



FINGER-LICKIN' PULLED BBQ CHICKEN

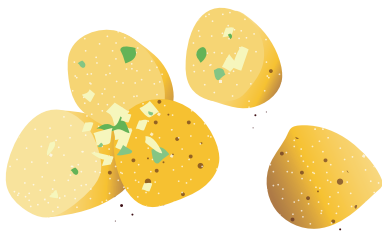
What you need

- ◆ 1 ½ cups barbeque sauce
- ◆ 1 tablespoon olive oil
- ◆ 1 tablespoon Worcestershire sauce
- ◆ 1 1/2 tablespoon brown sugar
- ◆ 1 teaspoon garlic powder
- ◆ 2 pounds boneless, skinless chicken breasts

Instructions

Grease the slow cooker with nonstick spray. In the basin of the slow cooker, stir in the barbeque sauce, olive oil, Worcestershire sauce, and brown sugar and garlic powder. Add your chicken in a single layer at the bottom of the slow cooker, spooning the sauce on top so it coats the entirety.

Cover and cook on high for 3 to 4 hours, or on low for 6 hours. Once the chicken is easy to shred, move it to a cutting board and shred each breast by using two forks. Return the shredded chicken to the slow cooker and toss it until it's coated in the sauce. Serve on warm buns!



LIL' GARLIC PARMESAN POTATOES

What you need

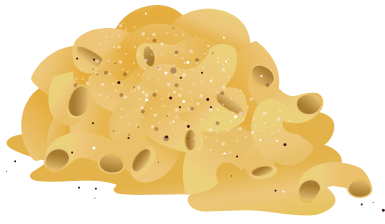
- ◆ 3 pounds of baby Dutch yellow potatoes
- ◆ 2 tablespoons unsalted butter
- ◆ 2 tablespoon olive oil
- ◆ 4 cloves garlic, minced
- ◆ ½ cup freshly grated Parmesan

Instructions

Grease the slow cooker with nonstick spray. Place your Dutch yellow potatoes, unsalted butter, olive oil, and garlic in the slow cooker. Feel free to add the herbs you have available such as oregano, basil, dill or rosemary. Stir to evenly distribute the ingredients.

Cover and cook on low heat for 4 hours, or high heat for 2 to 3 hours. Sprinkle Parmesan cheese throughout once you're ready to serve. Easy as that!





CREAMY HOMEMADE MAC AND CHEESE

What you need

- ◆ 1 pound elbow macaroni
- ◆ 3 cups whole milk
- ◆ 4 tablespoon unsalted butter
- ◆ 3 cups mild or medium cheddar cheese, shredded
- ◆ ½ cup Parmesan cheese

Instructions

Bring a pot to a boil and cook your macaroni to 2 minutes short of al dente. In your crockpot, add the cooked pasta, whole milk, unsalted butter, and cheddar cheese. Cover and cook on low for 2 to 3 hours, continuing to stir every 30 to 45 minutes.

Once it's ready to serve, top with Parmesan cheese, ground black pepper and salt to taste!



OLD FASHIONED PEACH COBBLER

What you need

- ◆ 4 cups fresh peaches, peeled and sliced
- ◆ ¾ cup sugar
- ◆ 1 cup pancake or waffle mix
- ◆ 1 cup whole milk
- ◆ 1 tub vanilla bean ice cream

Instructions

Grease the slow cooker with nonstick spray. Combine peaches and ¼ cup of sugar, then pour the mixture into the bottom of the slow cooker.

In a separate bowl, combine the remaining ½ cup of sugar, pancake or waffle mix, and whole milk, stirring until blended. Pour the mixture over the peaches in the slow cooker. Cover and cook on low heat for 3 hours.

Serve with a generous scoop of vanilla bean ice cream!





HEARTY SAUSAGE AND PEPPER HOAGIES

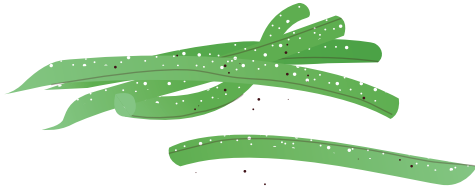
What you need

- ◆ 8 Italian sausage links
- ◆ 1 green bell pepper, sliced
- ◆ 1 yellow onion, sliced
- ◆ 1 (28 oz.) can crushed tomatoes
- ◆ 1 teaspoon of ground black pepper

Instructions

Stir and combine all ingredients at the bottom of the slow cooker, making sure to coat the sausage links entirely. Cover and cook on low heat for 6 hours.

Serve on a hoagie or sandwich bun!



SWEET SLOW-COOKED GREEN BEANS

What you need

- ◆ 2 pounds fresh green beans, trimmed
- ◆ ¼ cup chicken broth
- ◆ ½ of a yellow onion, sliced
- ◆ 3 thyme sprigs
- ◆ 2 teaspoons kosher salt

Instructions

Grease the slow cooker with nonstick spray. Stir in beans, chicken broth, yellow onion, kosher salt and thyme. Cover and cook on high for 4 to 6 hours until the beans are tender.





CREAMY QUESO DIP

What you need

- ◆ 1 (32 oz.) processed cheddar cheese, cubed
- ◆ 1 (16 oz.) jar salsa
- ◆ 3 tablespoons chile powder
- ◆ 1 teaspoon garlic powder
- ◆ ½ of a yellow onion, minced

Instructions

Grease the slow cooker with nonstick spray. Stir in the cheddar cheese, salsa, chile powder, garlic powder, and yellow onion. Cover and cook on high for around 1 hour, or until melted.

Serve with tortilla chips!



HERB ROASTED VEGETABLES

What you need

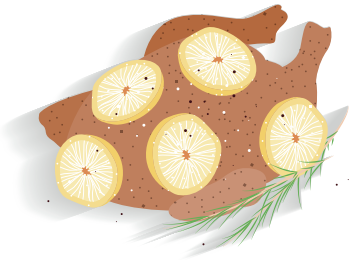
- ◆ 2 bell peppers (any color), cut into large chunks
- ◆ 1 large sweet potato, peeled and cubed
- ◆ 2 large zucchini
- ◆ 10 garlic cloves, peeled
- ◆ Your choice of herbs

Instructions

Grease the slow cooker with nonstick spray. Stir in all of your vegetables. Mix in 2 tablespoons of olive oil, salt, ground black pepper and herbs to your taste — we recommend oregano, thyme and rosemary. Cover and cook for 3 hours on high or 4 to 5 hours on low, continuing to stir every hour.

Enjoy as a side!





LEMON AND GARLIC ROASTED CHICKEN

What you need

- ◆ 3 lemons, sliced
- ◆ 2 heads garlic, halved horizontally
- ◆ 5 fresh sprigs rosemary
- ◆ One 5 pound chicken
- ◆ Your choice of herbs

Instructions

Grease the slow cooker with nonstick spray. Add lemon, garlic and rosemary to the bottom of the basin of your slow cooker, keeping a few lemon slices and rosemary aside.

Remove the insides of your chicken, rinse and pat dry. Season your chicken with the herb mixture of your choosing — we use garlic salt, onion powder, pepper, salt and paprika. Place the seasoned chicken into the slow cooker and put the remainder of the lemon and rosemary on top.

Cover and cook on high for 4 hours. Use a meat thermometer to confirm that the chicken reaches 165 degrees, then remove the chicken and let it rest for 20 minutes. Cut the chicken, pour the remaining liquid over the chicken and serve.



SMOKY BACON BAKED BEANS

What you need

- ◆ 2 pounds navy or pinto beans
- ◆ 1 pound bacon
- ◆ 1/4 cup brown sugar
- ◆ 1/4 cup molasses
- ◆ 1/2 of a yellow onion, diced

Instructions

Rinse and soak beans for 10 hours in a bowl without heat. Drain and dry the beans. In a pan, cook the bacon until crispy, breaking it into small pieces.

Grease the slow cooker with nonstick spray. Pour the beans, bacon, 2 tablespoons of bacon grease, brown sugar, molasses, and yellow onion into the slow cooker.

Cover and cook for 3 to 4 hours on high heat, or 6 to 7 hours on low heat. Enjoy alongside a burger or sandwich!

