

Betty
Crockpot

New!

Slow Cooker Helper



Serving
Suggestion

5 Minutes in the Morning,
A Hearty, Home-Cooked
Dinner at Night



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Slow Cooker

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Christine Gray

DESIGN

Kruse Design

PHOTOGRAPHY

General Mills Photography Studio

CIRCULATION MANAGER

Mary Tzimokas

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Comfort food for family meals

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Aromatic & delicious!

the right amount of stuff

Slow cookers work most efficiently when filled to between two-thirds and three-quarters of capacity.

For best results, use the size of slow cooker suggested in each recipe.

the layered look

Follow slow-cooker recipe ordering for adding ingredients to the appliance.

Unlike conventional cooking, meat cooks more quickly than carrots, potatoes, turnips and other root vegetables in the slow cooker. That's why it's important to arrange vegetables in the slow cooker along the bottom or sides (closest to the heat source), before topping with remaining ingredients and liquids.

no peaking!

Don't lift the slow cooker lid until shortly before the end of cooking time. Try spinning the slow cooker lid until vapors fall off so you can see inside. Stirring is not required. Uncovering the slow cooker releases heat and adds about 20 minutes to the cooking time.

slow-cooker tips

- If you are going to be away all day, set your slow cooker on Low setting so recipes do not overcook.
- To give a recipe a quicker start, cook for one hour on High, then switch to low for the remaining cooking time.
- Cooked food can be held up to an hour on the Low setting without overcooking.
- For easy clean-up, you can spray the inside of the slow cooker with nonstick cooking spray.

sliced or shredded?

Slow-cooking does wonders for transforming inexpensive, tough cuts of meat into delicious fork-tender treats. In general, plan on cooking meat for about 8 hours (on Low) if you wish to serve slices; cook for 10 hours (on Low) for shredded meat.

party pointers:

HOT TODDIES

Let your slow cooker double as a warm punch bowl for hot apple cider, mulled wine, cocoa or your favorite toddies.

BUFFET BENEFIT

No chafing dish? Use the slow cooker to keep foods warm on the serving table. (Make sure you can plug in the appliance where people won't trip over the cord.)

new slow cooker helper from Betty Crocker

It requires only 5 minutes preparation time. Simply add your own meat and the package contents into your slow cooker in the morning and come home to a delicious meal. Available in 4 flavors in the dry dinner section of the supermarket. See these recipes using this product:



Chicken Delicious p.11



Fantastic Pot Roast p.19



Harvest Sausage and Vegetable Casserole p.20



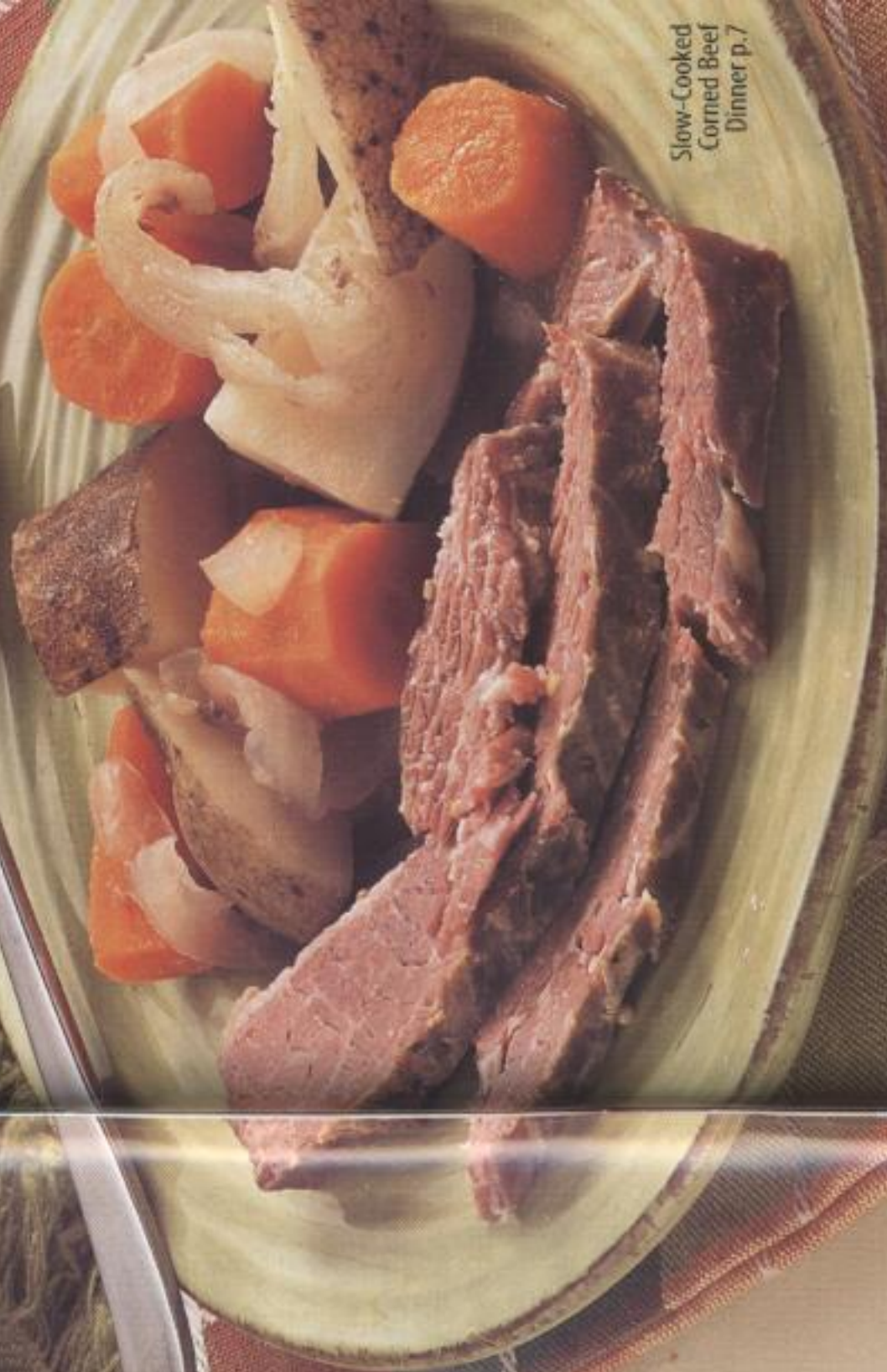
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Easy Entrees

*Fast-prep,
slow-cook favorites*



Turkey Breast with
Cranberry-Onion Gravy p.6



Slow-Cooked
Corned Beef
Dinner p.7

Turkey Breast with Cranberry-Onion Gravy



PREP TIME: 25 MINUTES
(READY IN 7 HOURS
25 MINUTES)

SERVINGS: 8

LOW FAT EASY

NUTRITION INFORMATION
PER SERVING:

Calories: 290	From Fat: 15	%DV
Total Fat	20g	39%
Saturated	1g	2%
Cholesterol	120mg	40%
Sodium	570mg	24%
Total Carbohydrate	20g	9%
Dietary Fiber	0g	0%
Sugars	20g	
Protein	43g	

EXCHANGES: 6 Very Lean Meat,
1½ Other Carbohydrates
CARBOHYDRATE CHOICES: 2

tip

Cornstarch makes a clear sauce or gravy while flour produces an opaque sauce. Cornstarch is used in this recipe to show off the pretty color of the cranberry-onion gravy.

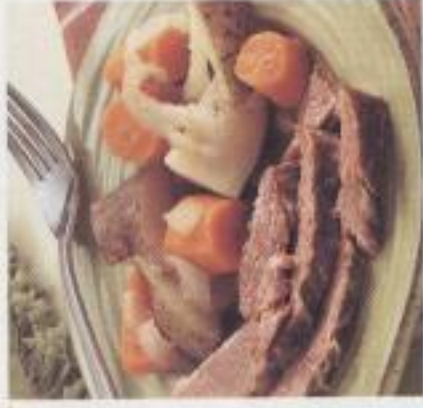
- 1 fresh or frozen (thawed) whole turkey breast (4 lb)
- 1 can (15 oz) jellied cranberry sauce
- 1 envelope (1 oz) onion soup mix
- 1 tablespoon prepared yellow mustard
- ½ teaspoon salt
- ¼ cup water
- 3 tablespoons cornstarch

- 1) Remove and discard skin from turkey breast; place turkey in 5- to 6-quart slow cooker.
- 2) In small bowl, mix cranberry sauce, soup mix, mustard and salt until well blended; pour over turkey.
- 3) Cover; cook on Low setting 6 to 7 hours or until meat thermometer inserted into thickest portion of turkey breast reads 170°F.
- 4) About 15 minutes before serving, remove turkey from slow cooker; place on cutting board and cover to keep warm. Place fine strainer over 3-quart saucepan. Carefully pour cooking juices from slow cooker through strainer into saucepan.
- 5) In small bowl, blend water and cornstarch until smooth; stir into strained liquid in saucepan. Heat to boiling over medium-high heat, stirring constantly; boil 1 minute.

- 6) Cut turkey into slices; arrange on serving platter. Spoon about ½ cup gravy over turkey. Serve with remaining gravy.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Slow-Cooked Corned Beef Dinner



PREP TIME: 20 MINUTES
(READY IN 12 HOURS
20 MINUTES)

SERVINGS: 6

- 6 medium carrots, cut into 1-inch-thick slices (3 cups)
- 4 medium potatoes, unpeeled, cut into 1-inch pieces (4 cups)
- 1 large onion, cut into thin wedges
- 1 corned beef brisket (2 to 2½ lb)
- 5 to 6 cups water
- ¼ teaspoon coarse ground black pepper
- 6 whole cloves
- 1 dried bay leaf

- 1) In 5- to 6-quart slow cooker, mix carrots, potatoes and onion.
- 2) If necessary, cut corned beef brisket to fit into slow cooker; place over vegetables. Add enough of the water to cover. If brisket is packaged with spice packet, add contents of spice packet and omit pepper, cloves and bay leaf. If not, add pepper, cloves and bay leaf.
- 3) Cover; cook on Low setting 10 to 12 hours.
- 4) Remove and discard bay leaf. Remove brisket from slow cooker; place on serving platter. Cut brisket into thin slices. With slotted spoon, place vegetables in serving bowl.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

tip

Since the shape of corned beef can vary, halve or trim it so it easily fits in the slow cooker and is covered with water. Uncovered portions will cook more slowly and may be dry.

Twenty-Garlic Chicken Dinner

15

PREP TIME: 15 MINUTES
(READY IN 8 HOURS
15 MINUTES)

SERVINGS: 6



EASY

NUTRITION INFORMATION PER SERVING

	Calories: 260	From Fat: 130	%DV
Total Fat		14g	22%
Saturated		4g	20%
Cholesterol		85mg	28%
Sodium		480mg	20%
Total Carbohydrate		6g	2%
Dietary Fiber		0g	0%
Sugars		1g	
Protein		28g	

EXCHANGES: 4 Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 1/2

tip

This sounds like a lot of garlic, but the garlic flavor dissipates during the long cooking. Plan to serve the cooked garlic with another part of the meal. It is delicious on bread or mashed potatoes.

1 teaspoon salt

1 teaspoon paprika

1/2 teaspoon pepper

1 teaspoon olive oil

3 to 3 1/2 lb cut-up frying chicken

1 large onion, sliced

1 medium bulb garlic (about 20 cloves)

- 1) In small bowl, mix salt, paprika, pepper and oil to form paste; spread evenly over each piece of chicken.
- 2) In 5- to 6-quart slow cooker, place onion slices. Arrange chicken over onion. Separate garlic into cloves; do not peel cloves. Place garlic cloves around chicken.
- 3) Cover; cook on Low setting 7 to 8 hours.
- 4) With slotted spoon, remove chicken, onion and garlic from slow cooker; place on serving platter. Squeeze garlic cloves to use cooked garlic on mashed potatoes, vegetables or bread.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



Chicken Delicious

1 package Slow Cooker Helper® chicken and dumplings

1 lb boneless skinless chicken breasts, thawed if frozen

4 cups hot water

1 can (10 3/4 oz) condensed cream of mushroom soup

1/3 cup dry sherry, dry white wine or apple juice
1/4 cup water

1/2 cup grated Parmesan cheese

1) In 3- to 4 1/2-quart slow cooker, stir uncooked Vegetables and Sauce Mix, chicken, 4 cups hot water, the soup and sherry until sauce mix is dissolved.

2) Cover; cook on Low setting 8 to 10 hours (or High heat setting 4 to 5 hours) or until chicken is tender.

3) In small bowl, stir Bisquick Mix and 1/4 cup water until dough forms; set aside.

4) Stir chicken mixture to break up chicken. Drop dumpling mixture by 8 to 10 spoonfuls onto chicken mixture. Sprinkle cheese over dumplings. Cover; cook on High setting about 20 minutes, without stirring, until dumplings look dry and spring back when touched.

HIGH ALTITUDE (ABOVE 3500 FEET): Use 4 1/2 cups hot water. Cover and cook dumplings on High heat setting about 25 minutes.

PREP TIME: 10 MINUTES
(READY IN 10 HOURS
10 MINUTES)

SERVINGS: 8

LOW FAT EASY

NUTRITION INFORMATION
PER SERVING:

Calories: 275 From Fat: 90
%DV

Total Fat	10g	15%
Saturated	4g	20%
Cholesterol	40mg	13%
Sodium	1150mg	48%
Total Carbohydrate	27g	9%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	19g	

EXCHANGES: 2 Starch, 2 Lean Meat
CARBOHYDRATE CHOICES: 2

tip

Slow Cooker Helper® can be found in the dry dinners section of the supermarket.

Chicken and Noodles Alfredo

15 PREP TIME: 15 MINUTES
(READY IN 6 HOURS
35 MINUTES)

SERVINGS: 5 (1½ CUPS EACH)

EASY

- 1 lb boneless skinless chicken thighs, cut into ¾-inch pieces
- 1 can (14 oz) quartered artichokes, drained
- 1 jar (16 oz) Alfredo pasta sauce
- 1 cup water
- ½ cup chopped sun-dried tomatoes (not in oil)
- 3 cups uncooked medium egg noodles (5 oz)
- 2 tablespoons shredded Parmesan cheese

- 1) In 3- to 4-quart slow cooker, mix chicken, artichokes, pasta sauce and water.
- 2) Cover; cook on Low setting 5 to 6 hours.
- 3) About 25 minutes before serving, stir tomatoes and uncooked noodles into chicken mixture.
- 4) Increase heat setting to High; cover and cook 15 to 20 minutes longer or until noodles are tender. Sprinkle cheese over individual servings.

HIGH ALTITUDE (ABOVE 3500 FEET): Use 1¼ cups water.

tip

Pasta quickly absorbs the sauce in this dish if it has to stand before serving. For a creamy consistency, stir in a little hot water.

NUTRITION INFORMATION PER SERVING	
Calories: 620	From Fat: 340
Total Fat	38g 58%
Saturated cholesterol	21g 103%
Sodium	170mg 57%
Total Carbohydrate	63g 33%
Dietary Fiber	3g 12%
Sugars	4g 24%
Protein	34g

EXCHANGES: 2 starch, 4 lean meat, 5 fat
CARBOHYDRATE CHOICES: 2



Tex-Mex Chicken and Rice

10 PREP TIME: 10 MINUTES
(READY IN 7 HOURS
15 MINUTES)

SERVINGS: 5 (1 1/3 CUPS EACH)

NUTRITION INFORMATION PER SERVING:

Calories: 600	From Fat: 220	%DV
Total Fat	24g	37%
Saturated	13g	62%
Cholesterol	170mg	37%
Sodium	880mg	37%
Total Carbohydrate	63g	21%
Dietary Fiber	2g	8%
Sugars	5g	
Protein	34g	

EXCHANGES: 4 Starch, 3 Lean Meat,
2 1/2 Fat
CARBOHYDRATE CHOICES: 4

tip

Converted rice has been processed so that the rice is less likely to become gummy, making it an ideal slow cooker ingredient.

1 lb boneless skinless chicken thighs, cut into 3/4-inch pieces

1 1/2 cups uncooked converted long-grain white rice

1 cup Old El Paso® Thick 'n Chunky salsa

1 can (14 oz) chicken broth

1 can (4.5 oz) Old El Paso® chopped green chiles

1 cup sour cream

1 cup shredded Colby-Monterey Jack cheese blend (4 oz)

1) In 3- to 4-quart slow cooker, mix chicken, rice, salsa, broth and chiles.

2) Cover; cook on Low setting 6 to 7 hours.

3) About 5 minutes before serving, turn off heat on slow cooker. Stir in sour cream and half of the cheese; sprinkle remaining cheese over top. Cover; let stand 5 minutes or until cheese is melted. Serve with additional salsa, if desired.

HIGH ALTITUDE
(ABOVE 3500 FEET):
Not recommended.



Maple-Mustard Country-Style Ribs

15

PREP TIME: 15 MINUTES
(READY IN 8 HOURS
15 MINUTES)

SERVINGS: 4

EASY

NUTRITION INFORMATION PER SERVING:

	Calories: 410	From Fat: 170	%DV
Total Fat	19g		29%
Saturated	7g		35%
Cholesterol	100mg		33%
Sodium	460mg		19%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	34g		

EXCHANGES: 5 Lean Meat, 1 Fat,
CARBOHYDRATE CHOICES: 1½

tip

If you'd rather, use about 2 pounds
boneless country-style ribs instead
of bone-in ribs. Cut the ribs into
3-inch pieces.

1 large onion, cut into ¼-inch-thick slices,
separated into rings

⅓ cup maple-flavored syrup

¼ cup spicy brown mustard or country-style
Dijon mustard

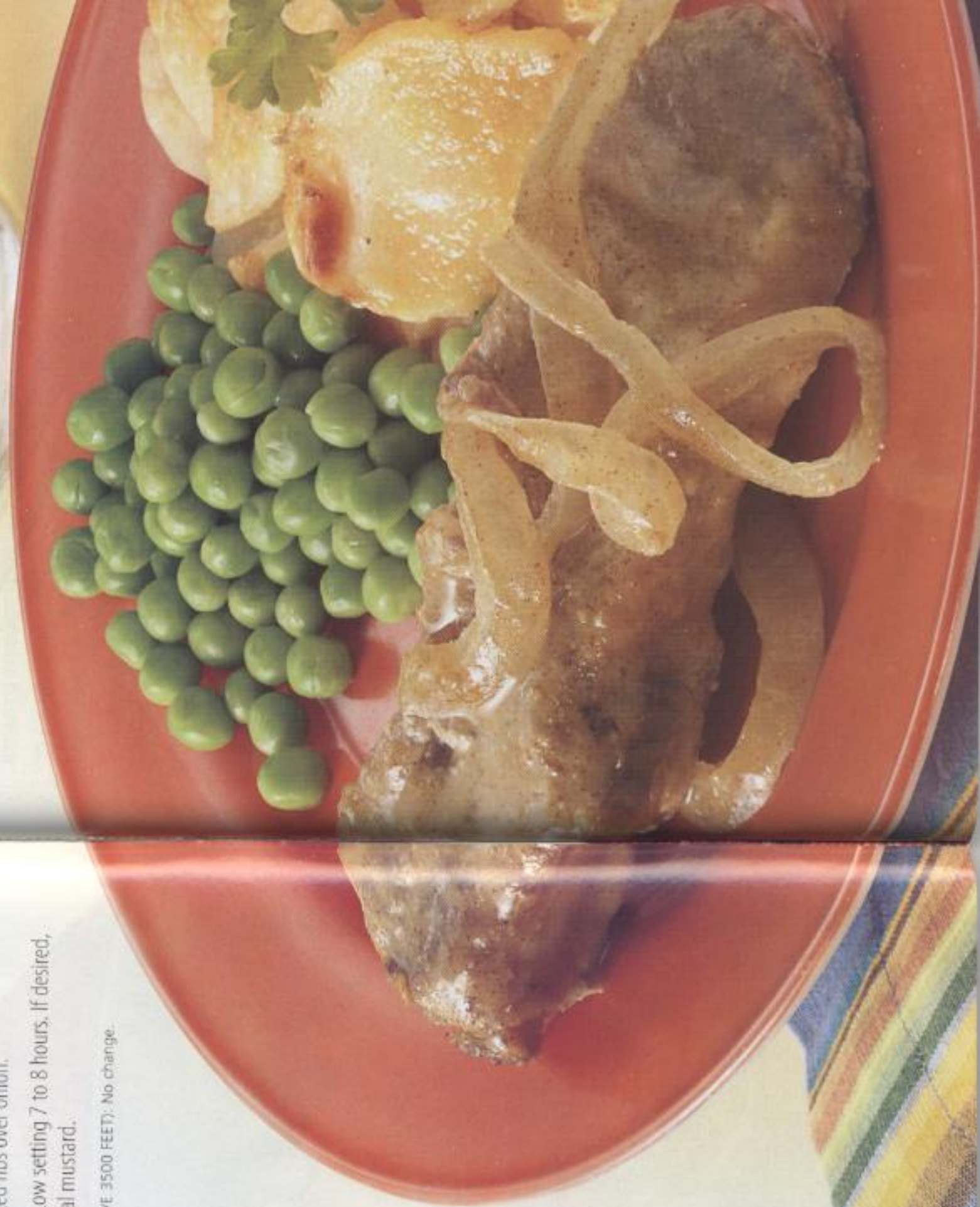
2½ to 3 lb country-style pork ribs, trimmed of fat

1) In 3- to 4-quart slow cooker, place onion rings.

2) In small bowl, mix syrup and mustard; spread evenly
over ribs. Place coated ribs over onion.

3) Cover; cook on Low setting 7 to 8 hours. If desired,
serve with additional mustard.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



Fantastic Pot Roast

1 package Slow Cooker Helper® pot roast

1½ to 2 lb boneless beef roast, thawed if frozen

4½ cups hot water

¾ cup chili sauce (from 12-oz bottle)

1 can (12 oz) cola

2 cloves garlic, if desired

- 1) In 3- to 4½-quart slow cooker, stir uncooked Vegetables and Sauce Mix, uncooked Potatoes and remaining ingredients until sauce mix is dissolved.
- 2) Cover; cook on Low setting 8 to 10 hours (or High heat setting 4 to 5 hours) or until beef is tender.
- 3) Turn slow cooker off. Remove beef. Stir vegetable mixture; let stand uncovered 5 minutes. Slice beef; serve with vegetables and sauce.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: **10 MINUTES**
(READY IN 10 HOURS
10 MINUTES)

SERVINGS: **8**

LOW FAT **EASY**

NUTRITION INFORMATION
PER SERVING:

Calories: 315 From Fat: 90

		%DV
Total Fat	10g	19%
Saturated	4g	20%
Cholesterol	50mg	17%
Sodium	970mg	40%
Total Carbohydrate	36g	12%
Dietary Fiber	3g	12%
Sugars	16g	
Protein	20g	

EXCHANGES: 2 Starch, 1 Vegetable,
2 Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 3½

tip

The cola not only adds flavor,
it also makes the roast
very moist and tender.

Harvest Sausage and Vegetable Casserole

10 PREP TIME: 10 MINUTES
(READY IN 10 HOURS
10 MINUTES)

SERVINGS: 8

LOW FAT EASY

NUTRITION INFORMATION
PER SERVING:

Calories: 235 From Fat: 70

		%DV
Total Fat	8g	12%
Saturated	2g	10%
Cholesterol	30mg	10%
Sodium	150mg	60%
Total Carbohydrate	30g	10%
Dietary Fiber	4g	10%
Sugars	9g	
Protein	12g	

EXCHANGES: 1 Starch, 3 Vegetable,
1/2 High-Fat Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 2

tip

To save time, purchase shredded cabbage in a bag. Slow Cooker Helper® can be found in the dry dinners section of the supermarket.

- 1 package Slow Cooker Helper® beef stew
- 1 ring (1 lb) fully cooked smoked sausage, thawed if frozen, cut into 1-inch pieces
- 5 cups hot water
- 2 cups chopped green cabbage
- 1 can (14.5 oz) stewed tomatoes with green pepper, celery and onion, undrained
- 3 tablespoons zesty Italian dressing
- 1 tablespoon Dijon mustard

1) In 3- to 4½-quart slow cooker, stir uncooked Vegetables and Sauce Mix, uncooked Potatoes and remaining ingredients until sauce mix is dissolved.

2) Cover; cook on Low setting 8 to 10 hours (or High heat setting 4 to 5 hours) or until sausage is tender.

HIGH ALTITUDE (ABOVE 3500 FEET):
No change.



Stroganoff Round Steak Strips

15 PREP TIME: 15 MINUTES
(READY IN 8 HOURS
40 MINUTES)

SERVINGS: 6 (1 3/4 CUPS EACH)

- 1 1/2 lb boneless beef round steak, trimmed of fat, cut into bite-size strips
- 2 tablespoons onion soup mix (from 1-oz envelope)
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 can (10 3/4 oz) condensed cream of mushroom soup
- 1 1/2 cups uncooked regular long-grain white rice
- 3 cups water
- 1/2 cup sour cream
- 2 tablespoons chopped chives

tip

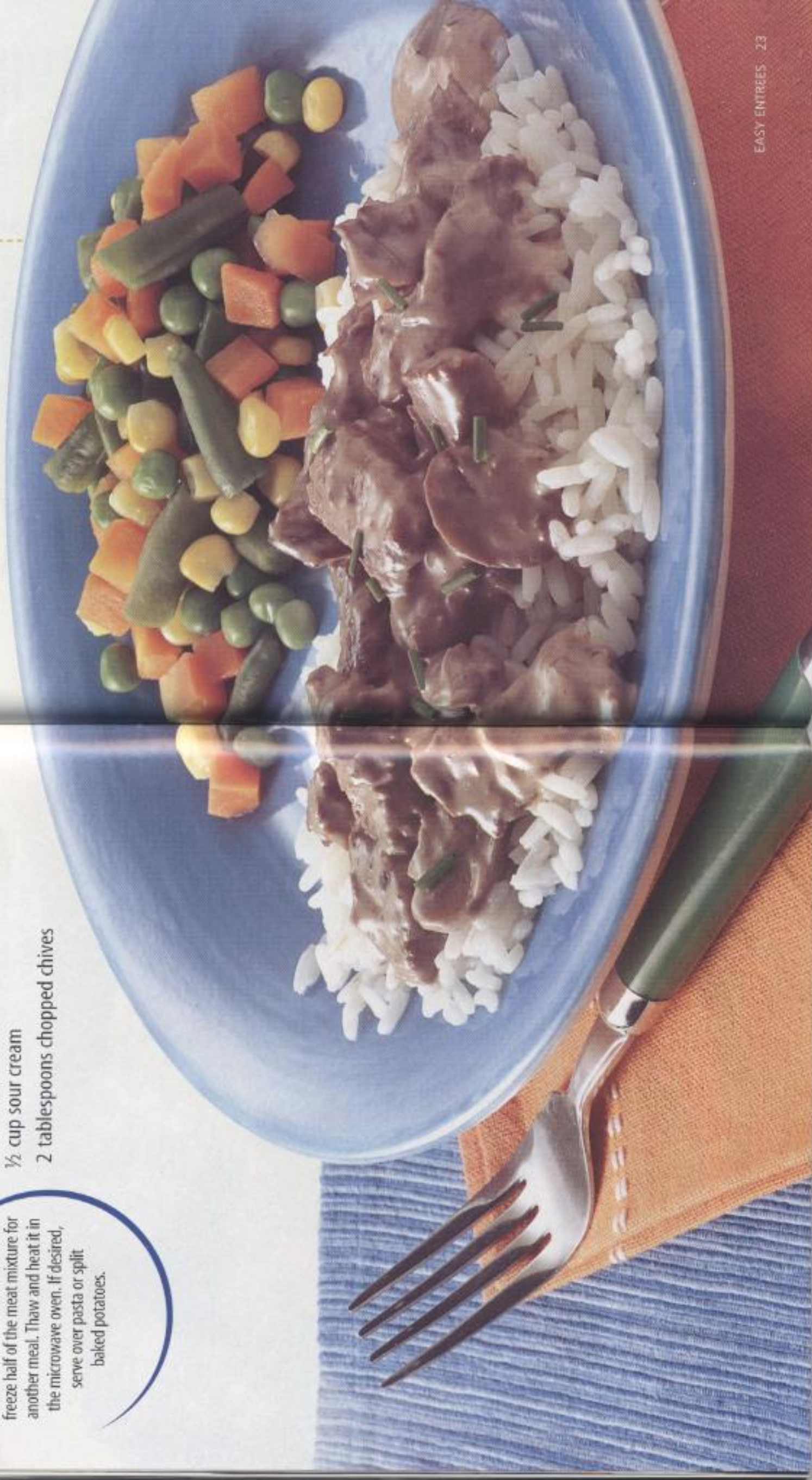
For a smaller family, freeze half of the meat mixture for another meal. Thaw and heat it in the microwave oven. If desired, serve over pasta or split baked potatoes.

- 1) In 2- to 3-quart slow cooker, mix beef strips and soup mix until evenly coated. Top with mushrooms and soup.
- 2) Cover; cook on Low setting 7 to 8 hours.
- 3) About 30 minutes before serving, cook rice in water as directed on package. Just before serving, stir sour cream into beef mixture. Sprinkle with chopped chives. Serve over rice.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING		Calories: 390	From Fat: 100
			%DV
Total Fat	11g		17%
Saturated	4g		20%
Cholesterol	75mg		25%
Sodium	700mg		29%
Total Carbohydrate	47g		16%
Dietary Fiber	1g		4%
Sugars	5g		
Protein	28g		

EXCHANGES: 3 Starch, 2 1/2 Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 3



Burgundy Beef and Mushrooms

10 PREP TIME: 10 MINUTES
(READY IN 10 HOURS
35 MINUTES)

SERVINGS: 8

NUTRITION INFORMATION PER SERVING:

	Calories: 290	From Fat: 100	%DV
Total Fat		11g	17%
Saturated		4g	20%
Cholesterol		40mg	13%
Sodium		710mg	30%
Total Carbohydrate		29g	10%
Dietary Fiber		3g	12%
Sugars		5g	
Protein		18g	

EXCHANGES: 1½ Starch, 1 Vegetable,
1½ Medium-Fat Meat, 1 Fat
CARBOHYDRATE CHOICES: 2

- 1 package Slow Cooker Helper® beef stroganoff
- 1 to 1½ lb beef stew meat, thawed if frozen
- 3½ cups hot water
- 4 slices bacon, cooked and crumbled
- 3 large carrots, cut into 1-inch chunks
- 1 medium onion, sliced
- ½ cup condensed beef broth (from 10½-oz can)
- ½ cup dry red wine or nonalcoholic red wine
- 1 tablespoon Worcestershire sauce

- 1) In 3- to 4½-quart slow cooker, stir uncooked Vegetables and Sauce Mix, Mushrooms and remaining ingredients except Pasta until sauce mix is dissolved.
- 2) Cover; cook on Low setting 8 to 10 hours (or High heat setting 4 to 5 hours) or until beef is tender.
- 3) About 25 minutes before serving, stir in uncooked Pasta. Cover; cook on High setting about 20 minutes or until pasta is tender.
- 4) Stir beef mixture. Turn slow cooker off. Let stand uncovered 5 minutes (sauce will thicken as it stands).

HIGH ALTITUDE (ABOVE 3500 FEET): After adding Pasta, cover and cook on High heat setting 25 to 30 minutes.

tip

In place of the cooked and crumbled bacon, use ¼ cup purchased cooked real bacon pieces.

Three-Cheese Creamy Lasagna

10

PREP TIME: 10 MINUTES
(READY IN 5 HOURS
10 MINUTES)

SERVINGS: 6 (1 CUP EACH)

NUTRITION INFORMATION PER SERVING:

Calories:	400	From Fat:	220	%DV
Total Fat	25g			38%
Saturated	14g			28%
Cholesterol	70mg			23%
Sodium	690mg			29%
Total Carbohydrate	27g			9%
Dietary Fiber	1g			4%
Sugars	5g			
Protein	18g			

EXCHANGES: 2 Starch, 1½ High-Fat Meat,
2 Fat
CARBOHYDRATE CHOICES: 2

8 no-boil lasagna noodles (from 16-oz package)
½ cup chive-and-onion cream cheese spread
(from 8-oz container)

1 can (18 oz) Progresso® Vegetable Classics
creamy mushroom soup

2 cups shredded Cheddar cheese (8 oz)

1 cup milk

¼ cup shredded Parmesan cheese (1 oz)

Paprika

1) Spray 3- to 4-quart slow cooker with cooking spray. Layer half of the noodles in slow cooker, breaking noodles and overlapping as necessary.

2) In small microwavable bowl, microwave cream cheese spread on High 20 to 30 seconds until soft. Stir in soup until well blended. Pour half of soup mixture over noodles. Sprinkle with half of the Cheddar cheese.

3) Repeat layering with remaining noodles, soup mixture and Cheddar cheese. Carefully pour milk over all. Sprinkle Parmesan cheese and paprika over top.

4) Cover; cook on Low setting 4 to 5 hours.

HIGH ALTITUDE (ABOVE 3500 FEET):
No Change.

tip

Generally, pasta does not hold its shape well during slow cooking. However, no-boil lasagna noodles are an exception and make a good addition to this creamy cheese sauce. It's like eating macaroni and cheese with lasagna noodles instead of macaroni.



Crowd Pleasers

*Large-quantity
entrees & sides*



Rice Pilaf with Green Beans and Carrots p.31



Hot Roast Beef
Sandwiches
Au Jus p.30

Hot Roast Beef Sandwiches Au Jus



PREP TIME: 20 MINUTES
(READY IN 8 HOURS
20 MINUTES)

SERVINGS: 10 SANDWICHES

LOW FAT

NUTRITION INFORMATION
PER SERVING:

Calories: 270	From Fat: 50	%DV
Total Fat	6g	9%
Saturated	1g	5%
Cholesterol	55mg	18%
Sodium	380mg	16%
Total Carbohydrate	30g	10%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	27g	

EXCHANGES: 2 Starch, 3 Very Lean Meat,
1/2 Fat
CARBOHYDRATE CHOICES: 2

tip

Use an electric knife to cut cooked beef easily into very thin slices.

- 1 beef eye of round roast (2½ lb), trimmed of fat
- 6 cloves garlic, peeled
- 2 teaspoons coarsely ground black pepper
- 1 large onion, thinly sliced
- ½ cup condensed beef broth (from 10 ½-oz can)
- 10 kaiser rolls, split, toasted
- 2 large tomatoes, each cut into 5 slices

- 1) With sharp knife, make 6 evenly spaced slits deep into beef roast. Insert garlic into slits. Sprinkle pepper evenly over entire roast; rub pepper into roast.
- 2) Spray 3- to 4-quart slow cooker with cooking spray. Place onion slices in slow cooker; pour broth over onion. Place roast over onion and broth.

- 3) Cover; cook on Low setting 6 to 8 hours.

- 4) Remove roast from slow cooker; place on cutting board. Cut roast across grain into thin slices; return slices to slow cooker to moisten. Fill each toasted roll with beef, onion and 1 tomato slice. If desired, spoon small amount of broth from slow cooker over beef.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Rice Pilaf with Green Beans and Carrots



PREP TIME: 10 MINUTES
(READY IN 2 HOURS
40 MINUTES)

SERVINGS: 12 (½ CUP EACH)

LOW FAT

NUTRITION INFORMATION
PER SERVING:

Calories: 130	From Fat: 25	%DV
Total Fat	3g	5%
Saturated	0g	0%
Cholesterol	0mg	0%
Sodium	270mg	11%
Total Carbohydrate	25g	8%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	3g	

EXCHANGES: 1½ Starch, ½ Fat
CARBOHYDRATE CHOICES: 1½

tip

If chicken broth with roasted garlic is unavailable, use regular chicken broth and add 2 cloves minced garlic.

- 2 tablespoons olive oil
- 1½ cups uncooked converted long-grain white rice
- ½ cup sliced carrot (1 medium)
- ½ teaspoon salt
- ½ teaspoon lemon-pepper seasoning
- 1 cup water
- 1 can (14 oz) chicken broth with roasted garlic
- 1¼ cups Green Giant® frozen cut green beans (from 1-lb bag), thawed*
- 2 medium green onions, sliced (2 tablespoons)

- 1) In 12-inch skillet, heat oil over medium-high heat. Add rice, carrot, salt and lemon-pepper seasoning; cook 8 to 10 minutes, stirring frequently, until rice is golden brown. Add water and broth; heat to boiling. Remove from heat.

- 2) Meanwhile, spray 3- to 4-quart slow cooker with cooking spray.

- 3) Pour rice mixture into slow cooker. Stir in thawed green beans and onions (make sure all rice is under liquid and not sticking to side of slow cooker).

- 4) Cover; cook on Low setting 2 to 2½ hours. If desired, keep rice mixture warm on Low setting up to 2 hours, stirring occasionally.

Note: *To thaw frozen green beans, place in colander or strainer; rinse with warm water until thawed. Drain well.

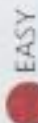
HIGH ALTITUDE (ABOVE 3500 FEET): Use 1¼ cups water.

Garlic Smashed Red Potatoes

15

PREP TIME: 15 MINUTES
(READY IN 4 HOURS
45 MINUTES)

SERVINGS: 14 (½ CUP EACH)



EASY

NUTRITION INFORMATION PER SERVING:

	Calories: 130	From Fat: 45	%DV*
Total Fat	5g		8%
Saturated	2g		10%
Cholesterol	10mg		2%
Sodium	270mg		9%
Total Carbohydrate	16g		6%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	3g		

EXCHANGES: 1 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1

tip

Look for chive-and-onion cream cheese with other cream cheese products in your grocer's refrigerated section. A half-cup will be about half the container. Use leftovers as a sandwich spread or vegetable dip.

3 lb small red potatoes (2 to 3 inch)

4 cloves garlic, minced

1 teaspoon salt

½ cup water

2 tablespoons olive oil

½ cup chive-and-onion cream cheese spread
(from 8-oz container)

½ to ¾ cup milk

1) Cut potatoes into halves or quarters as necessary to make similar-size pieces; place in 4- to 6-quart slow cooker. Stir in garlic, salt, water and oil until potato pieces are coated.

2) Cover; cook on High setting 3 ½ to 4 ½ hours or until potatoes are tender.

3) With fork or potato masher, mash potatoes and garlic. Stir in cream cheese spread until well blended. Stir in enough milk for soft serving consistency. Serve immediately, or cover and hold in slow cooker on Low setting up to 2 hours.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



Au Gratin Potatoes and Onion

PREP TIME: 20 MINUTES
(READY IN 8 HOURS
20 MINUTES)

SERVINGS: 12 (½ CUP EACH)

EASY

tip

To make ahead, slice potatoes up to 12 hours ahead, cover with lightly salted water and refrigerate. Chopped onion and shredded cheese can be refrigerated in separate covered containers. Drain potatoes and add to slow cooker when ready to cook.

1 cup shredded Cheddar-American cheese blend (4 oz)

½ cup coarsely chopped onion (1 medium)

½ teaspoon dried thyme leaves

½ cup milk

1 can (10 ¾ oz) condensed cream of mushroom soup

6 cups sliced peeled red potatoes (6 medium)

1) In small bowl, mix cheese, onion, thyme, milk and soup.

2) In 3- to 4-quart slow cooker, layer half each of the potatoes and cheese mixture; repeat layers.

3) Cover; cook on Low setting 7 to 8 hours.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING:

Calories: 130 From Fat: 45

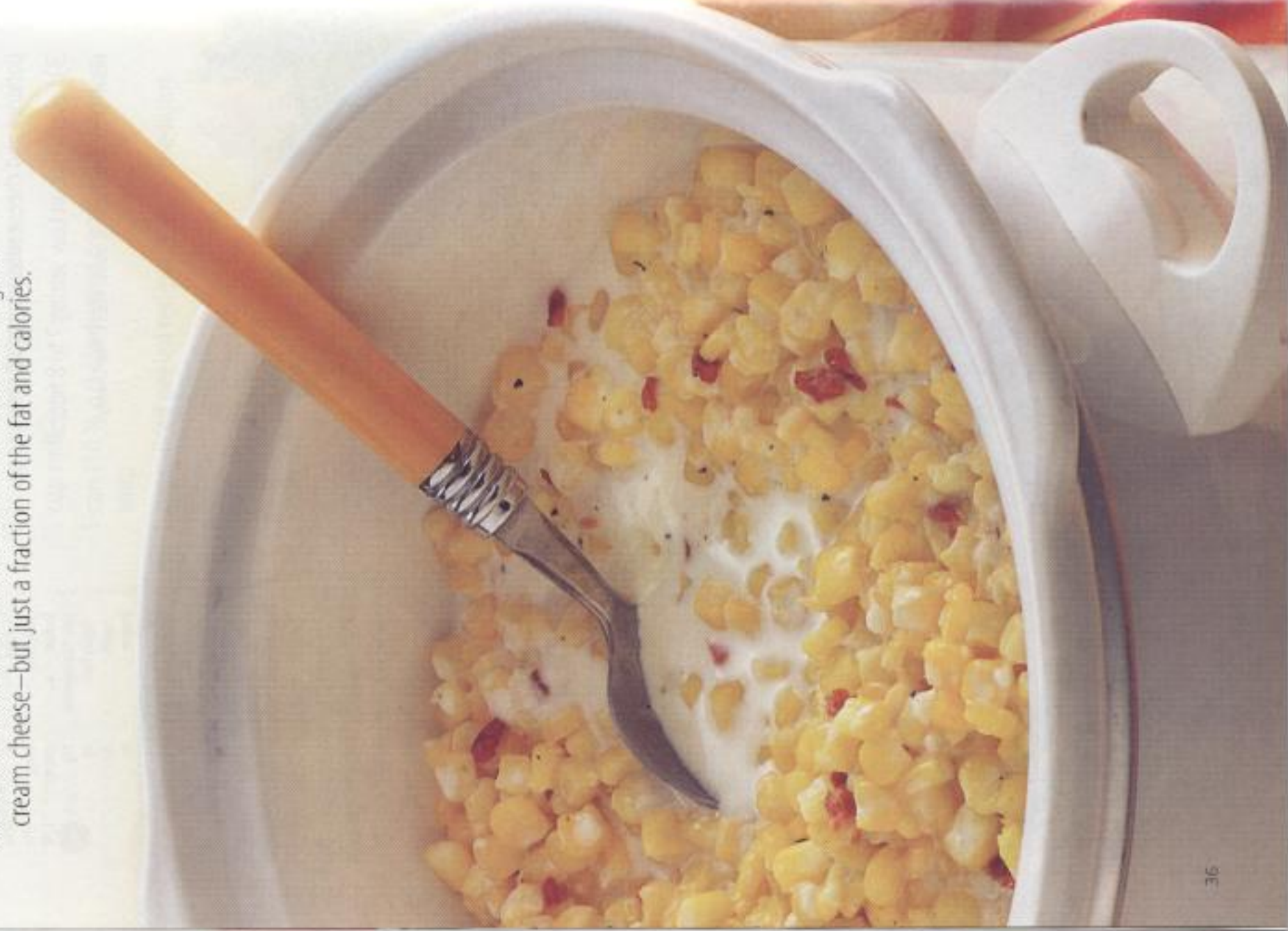
		%DV
Total Fat	5g	9%
Saturated	2g	10%
Cholesterol	10mg	2%
Sodium	280mg	12%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	4g	

EXCHANGES: 1 Starch, 1 Fat.
CARBOHYDRATE CHOICES: 1



Comforting Classic

Neufchâtel has the rich flavor and smooth texture of regular cream cheese—but just a fraction of the fat and calories.



Light Creamed Corn

- 2 bags (1 lb each) Green Giant® Niblets® frozen corn
- 2 packages (3 oz each) reduced-fat cream cheese (Neufchâtel), cut into cubes
- $\frac{3}{4}$ cup fat-free (skim) milk
- 2 tablespoons butter or margarine, melted
- 1 teaspoon sugar
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 tablespoons bacon flavor bits

1) In 3- to 4-quart slow cooker, spread corn to cover bottom. Top with cream cheese cubes. In small bowl, mix milk, butter, sugar, salt and pepper; pour over corn and cream cheese.

2) Cover; cook on High setting 3 to 4 hours.

3) Cream cheese may look curdled. Sprinkle bacon bits over top; stir until cream cheese is smooth and creamy. If necessary, add additional milk until desired creamy consistency.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: **10 MINUTES**
(READY IN 4 HOURS
10 MINUTES)

SERVINGS: **10** ($\frac{1}{2}$ CUP EACH)

EASY

NUTRITION INFORMATION PER SERVING

	Calories: 150	From Fat: 60
		%DV
Total Fat	7g	11%
Saturated	4g	20%
Cholesterol	20mg	7%
Sodium	300mg	15%
Total Carbohydrate	19g	6%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	5g	

EXCHANGES: 1 Starch, $\frac{1}{2}$ Fat
CARBOHYDRATE CHOICES: 1

Original Ingredients

- 2 bags (1 lb each) Green Giant® Niblets® frozen corn
- 4 packages (3 oz each) cream cheese, cut into cubes
- 1 cup milk
- $\frac{1}{4}$ cup butter or margarine, melted
- 2 teaspoons sugar
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 4 slices bacon, cooked until crisp, drained, crumbled

tip

Two

slices of cooked bacon may be crumbled and used in place of the bacon flavor bits. To easily cook bacon, place strips in a single layer between paper towels on a microwave-safe plate. Microwave on HIGH for 60 to 90 seconds or until crisp.



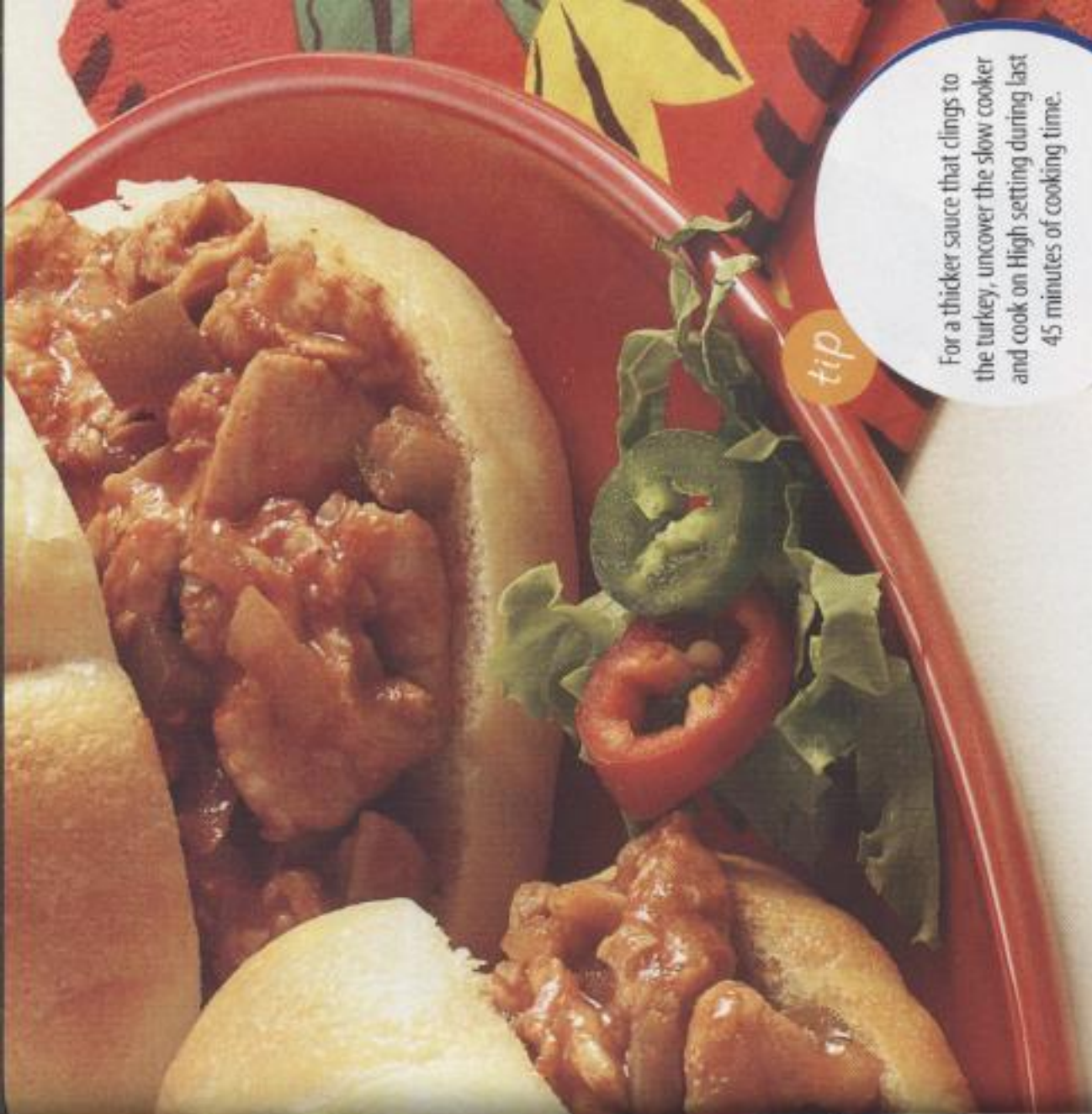
Turkey Barbecue Sandwiches

PREP TIME: 25 MINUTES
(READY IN 9 HOURS
25 MINUTES)

SERVINGS: 16 SANDWICHES

LOW FAT

- 3 lb turkey breast tenderloins, cut crosswise into ¼-inch-thick slices*
- 2 cups chopped onions (4 medium)
- 2 cups chopped green bell peppers (2 medium)
- ½ cup packed brown sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1½ teaspoons dry ground mustard
- 4 teaspoons chili powder
- ¼ cup vinegar
- 1 tablespoon Worcestershire sauce
- 1 can (6 oz) tomato paste
- 16 sandwich buns, split



tip

For a thicker sauce that clings to the turkey, uncover the slow cooker and cook on High setting during last 45 minutes of cooking time.

- 1) In 4- to 5-quart slow cooker, mix all ingredients except buns.
 - 2) Cover; cook on Low setting 7 to 9 hours.
 - 3) Break turkey into pieces with spoon; serve in buns.
- Note: *For easier slicing, freeze turkey slightly.
- HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING:

Calories: 250	From Fat: 30	%DV
Total Fat	3g	5%
Saturated	1g	5%
Cholesterol	55mg	10%
Sodium	530mg	22%
Total Carbohydrate	33g	11%
Dietary Fiber	3g	12%
Sugar	11g	
Protein	24g	

EXCHANGES: 1½ Starch, 3 Very Lean Meat
CARBOHYDRATE CHOICES: 2

Pork and Pineapple on a Stick

1½ lb boneless pork loin, trimmed of fat, cut into about ¾-inch pieces

¼ cup hoisin sauce

1 clove garlic, minced

1 can (8 oz) pineapple chunks in juice, drained, 2 tablespoons juice reserved

¼ cup barbecue sauce

¼ cup Chinese plum sauce

1 large green bell pepper, seeded, cut into about ¾-inch pieces

1) Spray 1½- to 2-quart slow cooker with cooking spray. In slow cooker, mix pork, hoisin sauce, garlic and reserved 2 tablespoons pineapple juice to coat pork evenly. (Refrigerate remaining pineapple.)

2) Cover; cook on Low setting 4 to 5 hours.

3) About 40 minutes before serving, drain cooking juices in slow cooker. In small bowl, mix barbecue sauce and plum sauce. Spoon sauce over pork; stir gently to coat. Add pineapple chunks to pork mixture. Sprinkle with bell pepper.

4) Increase heat setting to High; cover and cook 25 to 30 minutes longer or until pork is glazed.

5) Gently stir pork mixture. Serve with long wooden picks or skewers for spearing pork, pineapple and bell pepper pieces. If necessary, cover and hold in slow cooker on Low setting up to 2 hours.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: 15 MINUTES
(READY IN 5 HOURS
55 MINUTES)

SERVINGS: 15

NUTRITION INFORMATION PER SERVING:

Calories: 110 From Fat: 35

		% DV*
Total Fat	4g	6%
Saturated	1g	3%
Cholesterol	30mg	10%
Sodium	140mg	6%
Total Carbohydrate	7g	2%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	11g	

EXCHANGES: ½ Skirt, 1½ Lean Meat
CARBOHYDRATE CHOICES: ½

tip

Keep

mixture saucy during serving by occasionally stirring to recoat the meat pieces. If more sauce is desired, combine equal amounts of barbecue and plum sauce and serve in a small dish alongside the pork and pineapple mixture.



Southwestern Brunch Eggs

PREP TIME: 40 MINUTES
(READY IN 4 HOURS
40 MINUTES)

SERVINGS: 12 (¾ CUP EACH)

NUTRITION INFORMATION PER SERVING:

	Calories: 360	From Fat: 170	%DV
Total Fat	19g		20%
Saturated	9g		45%
Cholesterol	315mg		105%
Sodium	740mg		31%
Total Carbohydrate	31g		10%
Dietary Fiber	4g		16%
Sugars	5g		
Protein	19g		

EXCHANGES: 2 Starch,
2 Medium-Fat Meat, 1½ Fat
CARBOHYDRATE CHOICES: 2

- 5 cups frozen shredded hash-brown potatoes
(from 30-oz bag)
- 1 can (15 oz) black beans, drained, rinsed
- 16 eggs
- 1 cup half-and-half
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons butter or margarine
- 1 can (10 ¾ oz) condensed cream of mushroom
soup
- 2 cups shredded Colby-Monterey Jack
cheese blend (8 oz)
- 1 cup Old El Paso® Thick 'n Chunky salsa

1) In microwavable 3- to 4-quart slow cooker insert or medium bowl, microwave potatoes on High 3½ to 4 minutes, stirring once, until thawed. Stir in beans. With back of spoon, press mixture in bottom and 2 to 3 inches up side of slow cooker; set aside.

2) In large bowl, beat eggs, half-and-half, salt and pepper with wire whisk until well blended. In 10-inch nonstick skillet, melt butter over medium heat. Add egg mixture; cook, stirring occasionally, until eggs are almost set.

3) Spoon half of egg mixture into slow cooker; top with half each of the soup, cheese and salsa. Layer with remaining egg mixture, soup, cheese and salsa.

4) Cover; cook on Low setting 3 to 4 hours.

HIGH-ALTITUDE (ABOVE 3500 FEET): No change.

tip

A microwave-safe slow cooker container is one that removes from the cooking unit and is made of microwave-safe material such as pottery or ceramic glass. Never microwave the cooking unit part of a slow cooker.



Slow-Cooker Cheese Fondue

PREP TIME: 20 MINUTES
(READY IN 3 HOURS
20 MINUTES)

SERVINGS: 10 (1/4 CUP
FONDUE AND 8 BREAD
CUBES EACH)

 EASY

NUTRITION INFORMATION PER SERVING:

	Calories: 330	From Fat: 150	%DV
Total Fat	17g		26%
Saturated	10g		50%
Cholesterol	45mg		15%
Sodium	660mg		28%
Total Carbohydrate	27g		9%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	18g		

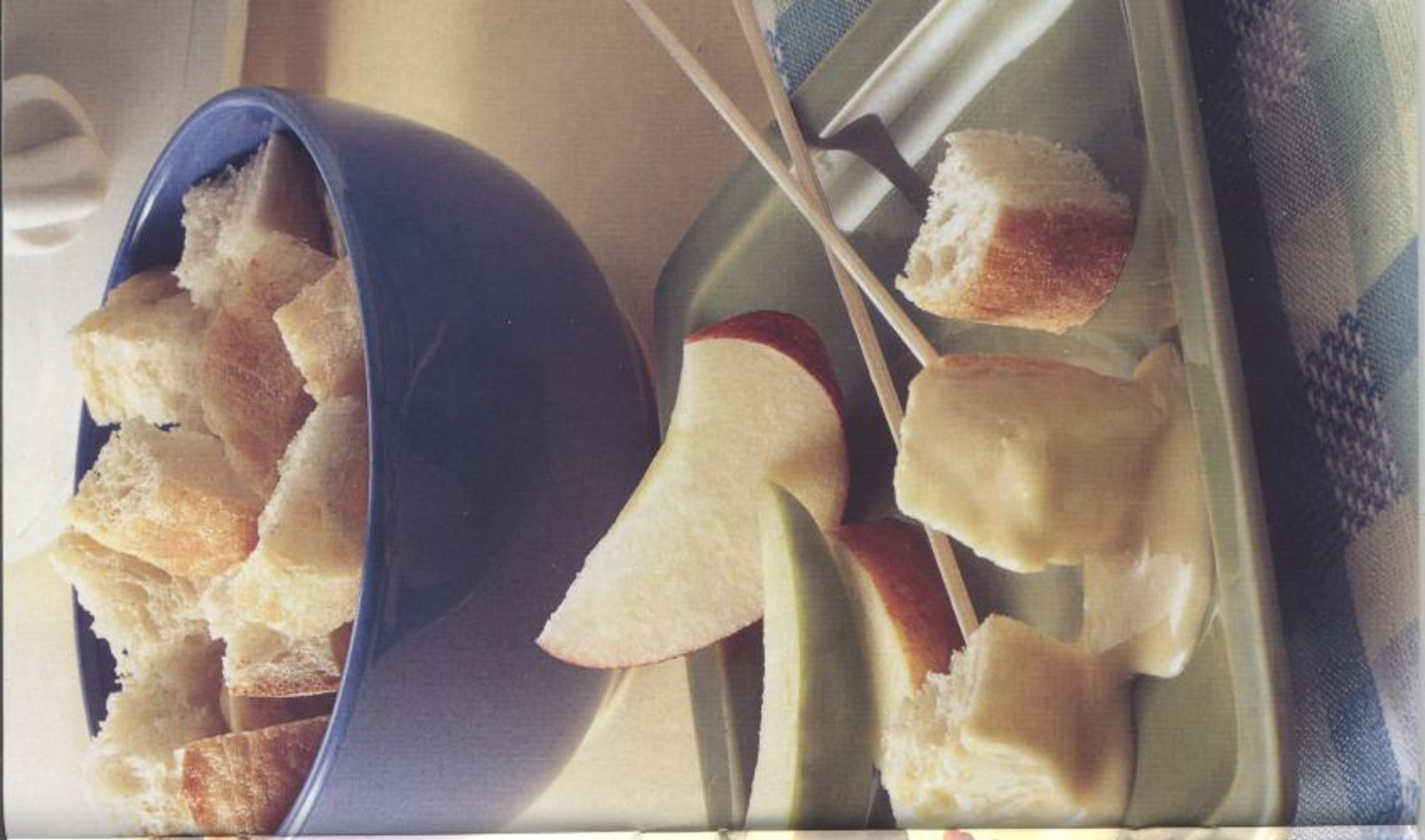
EXCHANGES: 2 Starch, 1 1/2 High-Fat Meat,
1/2 Fat
CARBOHYDRATE CHOICES: 2

tip

Be sure to purchase processed Swiss cheese instead of natural Swiss cheese. It keeps the fondue smooth and creamy throughout it's long heating time. Cut sliced cheese into pieces or strips for complete melting.

- 1 can (10 3/4 oz) condensed cheese soup
 - 1/4 cup white wine or apple juice
 - 2 packages (8 oz each) process Swiss cheese slices, chopped
 - 1/4 teaspoon garlic powder
 - 1/8 teaspoon ground nutmeg
 - 1 loaf (16 oz) French bread, cut into 1-inch cubes
- 1) In 1- to 2-quart slow cooker, mix all ingredients except bread.
 - 2) Cover; cook on Low setting 3 hours.
 - 3) Stir fondue until smooth. Serve bread with fondue, spearing bread and dipping into fondue. If necessary, cover fondue and hold in slow cooker on Low setting up to 2 hours.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



Hot Artichoke and Spinach Dip

2 cups Green Giant® frozen cut leaf spinach
(from 1-lb bag)

1 can (14 oz) quartered artichoke hearts,
drained, chopped

½ cup refrigerated Alfredo pasta sauce
(from 10-oz container)

½ cup mayonnaise

¾ teaspoon garlic salt

¼ teaspoon pepper

1 cup shredded Swiss cheese (4 oz)

3 loaves (16 inches each) baguette French
bread, each cut into 32 slices

- 1) Cook spinach as directed on bag. Drain spinach, pressing with fork to remove excess liquid. Finely chop spinach.
- 2) In 1- to 2-quart slow cooker, mix chopped spinach and all remaining ingredients except bread.
- 3) Cover; cook on Low setting 3 to 4 hours. Serve dip with sliced French bread.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

tip

Leftover Alfredo sauce can be stored in the refrigerator in a covered container for up to 5 days. For longer storage, place in freezer. Thaw by microwaving before adding to favorite vegetables or pasta.

NUTRITION INFORMATION PER SERVING:

Calories: 180 From Fat: 70

		%DV
Total Fat	8g	12%
Saturated	3g	15%
Cholesterol	10mg	3%
Sodium	360mg	15%
Total Carbohydrate	21g	7%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	6g	

EXCHANGES: 1½ Starch, 1½ Fat
CARBOHYDRATE CHOICES: 1½

Winter Fiesta

A warm-hearted party menu
brightens the season



Lime and Mango
Coleslaw p.52



Burritos for
a Bunch p.53

12

MENU FOR

Purchased Guacamole and Tortilla Chips

Easy Burrito Roll-Ups p.53

Lime and Mango Coleslaw p.52

Flavored Rice Mix

Mexican Margaritas p.51

Purchased Cheesecake

Mexican Coffee or Coffee



brighten up!

A party in January or February can be a great way to brighten the post-holiday season. To get into the spirit:

- Use colorful beach towels as tablecloths. Or, decorate your table with tropical travel brochures, vacation postcards and summertime photographs.
- Put a paper umbrella in each drink.
- Make a centerpiece of pineapple, coconuts and any other tropical fruit you can find in your market.
- Wind crepe-paper streamers in tropical colors such as hot pink, day-glow orange and sunny yellow around doorways and windows.
- Play lively party music—something with a strong beat to get people dancing.
- Encourage guests to wear fun summer tropical shirts.
- Buy some real or silk tropical flowers. Two or three stems of bird-of-paradise, for example, make a showy display.

Mexican Margaritas

- 1½ cups orange-flavored liqueur
- 1 cup lime juice
- 2 to 3 tablespoons powdered sugar, if desired
- 8 cups ice cubes
- 2 limes, cut into wedges, if desired
- ½ cup coarse salt, if desired
- ¾ cup tequila

1) In blender or food processor bowl with metal blade, place orange liqueur, lime juice, powdered sugar and ice. Cover; process with on/off pulses until mixture is smooth. Spoon into nonmetal freezer container. Cover; freeze 2 to 2½ hours or until almost firm.

2) If mixture freezes completely, let stand at room temperature for about 30 minutes.

3) To serve, rub rims of glasses with lime wedges; dip rims in coarse salt. Spoon orange liqueur mixture into food processor bowl with metal blade or blender container; process with on/off pulses until slushy. Place ½ cup slush in each salt-rimmed glass; add 1 to 2 tablespoons tequila. Garnish with lime wedges.

PREP TIME: 15 MINUTES
(READY IN 2 HOURS
45 MINUTES)

15

SERVINGS: 12

EASY

NUTRITION INFORMATION
PER SERVING:

	Calories: 105	From Fat: 0
Total Fat	0g	0%
Saturated	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	10g	3%
Dietary Fiber	0g	0%
Sugars	8g	
Protein	0g	

EXCHANGES: 1 Fruit, 1½ Fat
CARBOHYDRATE CHOICES: ½

tip

Lime juice makes these margaritas slightly tart. If desired, add extra powdered sugar to the lime juice mixture.



Lime and Mango Coleslaw



10 PREP TIME: 10 MINUTES
(READY IN 10 MINUTES)

SERVINGS: 12 (½ CUP EACH)

LOW FAT EASY

NUTRITION INFORMATION
PER SERVING:

Calories: 60	From Fat: 0	%DV
Total Fat	0g	0%
Saturated	0g	0%
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	12g	4%
Dietary Fiber	1g	4%
Sugars	9g	
Protein	2g	

EXCHANGES: 1 Other Carbohydrates,
CARBOHYDRATE CHOICES: 1

tip

Be sure the mango is ripe for the sweetest, juiciest flavor. Its skin usually changes from green to yellow or reddish-pink when ripe. Peel, then cut the flesh off in sections to chop. The large, oval pit becomes easier to remove as you cut away sections.

- 2 containers (6 oz each) Yoplait® Original 99% Fat Free Key Lime pie yogurt
- 1 tablespoon sugar
- 2 tablespoons vinegar
- ½ teaspoon ground cumin
- 5 cups coleslaw blend (from 16-oz bag)
- 1 large mango, seed removed, peeled and chopped (about 1½ cups)

- 1) In small bowl, mix yogurt, sugar, vinegar and cumin.
- 2) In 2-quart serving bowl, place coleslaw blend. Top with mango; spoon yogurt mixture over mango. Serve immediately, or cover tightly and refrigerate up to 8 hours. Before serving, toss salad lightly to mix.

HIGH ALTITUDE (ABOVE 3500 FEET): NO CHANGE.

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Easy Burrito Roll-Ups

BURRITOS

- 1 can (15 oz) black beans, drained, rinsed
- 2½ lb boneless skinless chicken thighs
- 2 cloves garlic, minced
- 2 tablespoons chopped chipotle chiles in adobo sauce (from 7- to 11-oz can)
- 1 teaspoon ground cumin
- 1 cup Old El Paso® Thick 'n Chunky salsa
- 12 flour tortillas (10 inch)

TOPPINGS

- 1 cup sour cream
- 1½ cups shredded Colby-Monterey Jack cheese blend (6 oz)
- ½ cup sliced ripe olives
- ½ cup chopped fresh cilantro

- 1) In 3- to 4-quart slow cooker, layer beans, chicken thighs, garlic, chiles, cumin and salsa.
- 2) Cover; cook on Low setting 7 to 8 hours.
- 3) About 15 minutes before serving, heat oven to 350°F. Wrap tortillas in foil; heat in oven about 15 minutes or until warm. Meanwhile, place all topping ingredients in individual serving dishes.
- 4) Remove chicken from slow cooker; place on large plate. With fork or potato masher, mash beans slightly to thicken sauce. Shred chicken with 2 forks; return to slow cooker and mix with bean mixture to moisten.
- 5) Have guests place warm tortilla on serving plate. Spoon about ½ cup chicken mixture onto tortilla; top with desired toppings. Fold sides of tortilla over filling; secure with toothpick.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



PREP TIME: 20 MINUTES
(READY IN 8 HOURS
20 MINUTES)

SERVINGS: 12

NUTRITION INFORMATION
PER SERVING:

Calories: 510	From Fat: 190	%DV
Total Fat	21g	32%
Saturated	9g	45%
Cholesterol	85mg	28%
Sodium	760mg	32%
Total Carbohydrate	45g	16%
Dietary Fiber	5g	20%
Sugars	3g	
Protein	33g	

EXCHANGES: 3 Starch, 3½ Lean Meat,
2 Fat
CARBOHYDRATE CHOICES: 3

tip

Look for chipotle chiles in adobo sauce in the Mexican food section of supermarkets. Leftovers can be frozen for use in other recipes that are enhanced by spicy, smoky flavors.

Ready-and-Waiting Asian Snack Mix

10

PREP TIME: **10 MINUTES**
(READY IN 4 HOURS
10 MINUTES)

SERVINGS: **20** (½ CUP EACH)

NUTRITION INFORMATION PER SERVING:

	Calories: 150	From Fat: 70	%DV*
Total Fat	8g		12%
Saturated	2g		10%
Cholesterol	5mg		2%
Sodium	260mg		11%
Total Carbohydrate	15g		9%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	4g		

EXCHANGES: 1 Starch, 1½ Fat
CARBOHYDRATE CHOICES: 3

- 4 cups Corn Chex® cereal
- 1 package (3.2 to 3.5 oz) sesame rice crunch crackers, broken in half (about 3 cups)
- 2 cups tiny pretzel twists
- 1 package (8 oz) slivered almonds (1½ cups)
- ¼ cup butter or margarine, melted
- 1 tablespoon packed brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon curry powder
- ½ teaspoon garlic powder

- 1)** In 5- to 6-quart slow cooker, lightly mix cereal, crackers, pretzels and almonds.
- 2)** In small microwavable bowl, microwave butter on High 30 to 45 seconds until melted. Stir in brown sugar, soy sauce, curry powder and garlic powder. Pour over cereal mixture, stirring gently until evenly coated.
- 3)** Cook uncovered on Low setting 3 to 4 hours (or on High setting 2 to 2½ hours), stirring every 30 minutes. If desired, keep snack mix warm on Low setting during serving.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

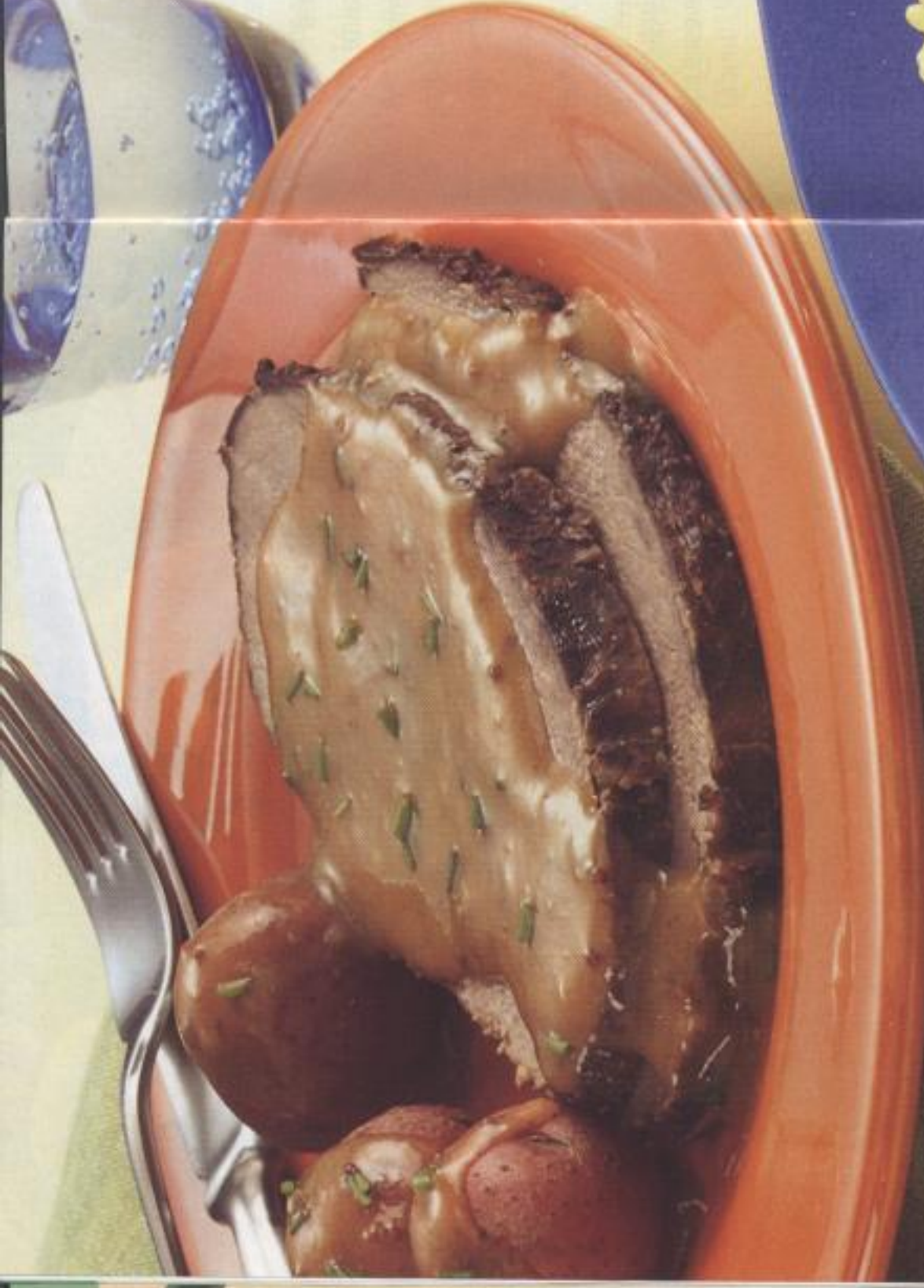
tip

Stirring is very important to this mixture, as it may scorch where the slow cooker's heater is located. Cooking it uncovered allows the excess moisture to evaporate, making for a crisp and crunchy toasted snack.

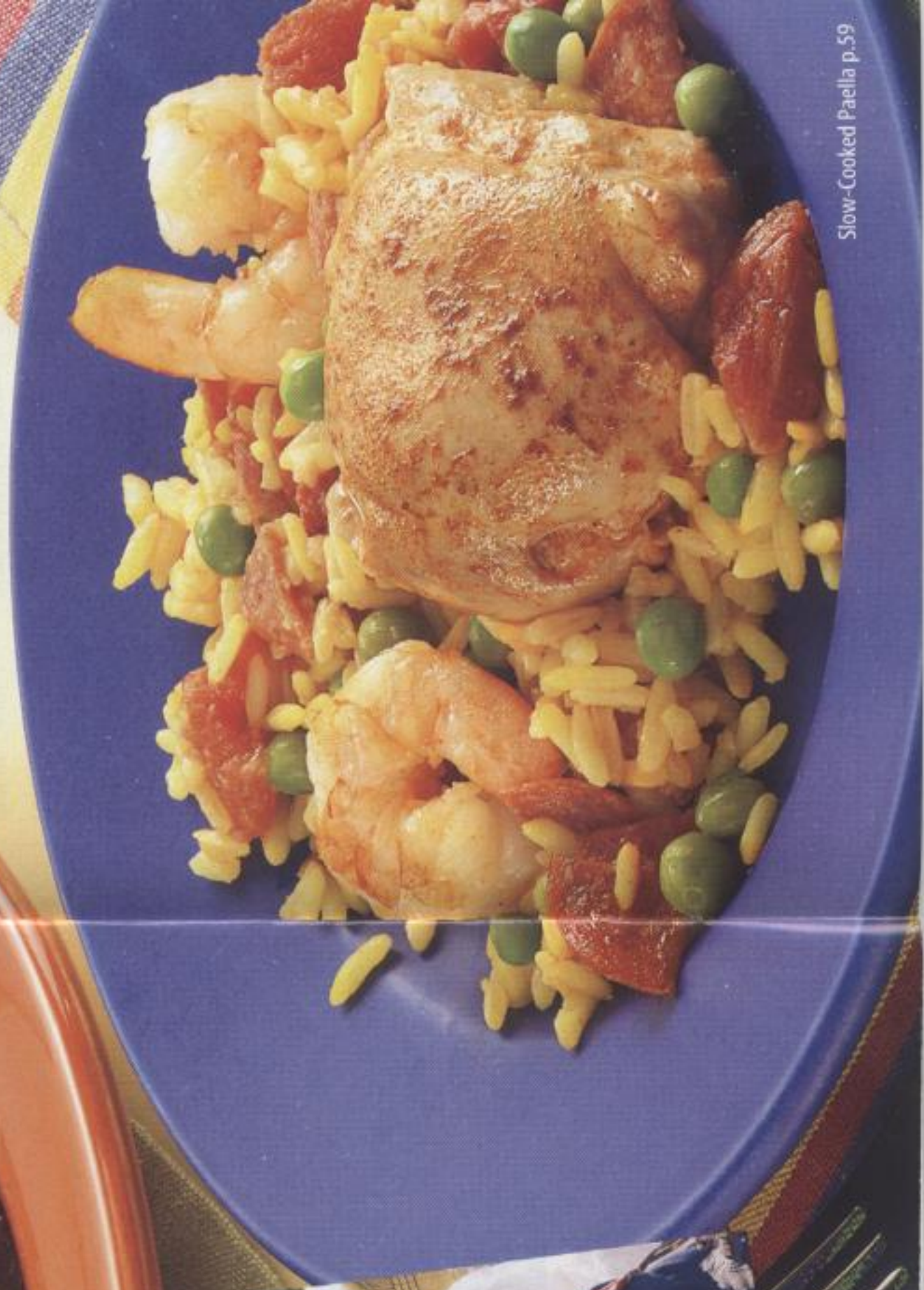


Hearty Winter Suppers

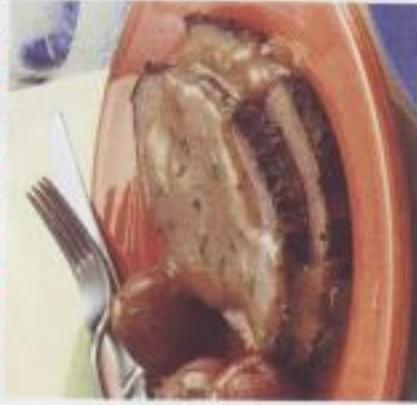
*Comfort food for
family meals*



Bavarian Beef Roast with Gravy p.58



Bavarian Beef Roast with Gravy



15 PREP TIME: 15 MINUTES
(READY IN 10 HOURS
15 MINUTES)

SERVINGS: 8

NUTRITION INFORMATION PER SERVING

Calories: 210	From Fat: 50	%DV*
Total Fat	6g	9%
Saturated	2g	10%
Cholesterol	90mg	30%
Sodium	311mg	13%
Total Carbohydrate	5g	2%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	35g	

EXCHANGES: 5 Very Lean Meat, ½ Fat
CARBOHYDRATE CHOICES: 0

tip

Coarse ground German mustard adds good flavor and texture to this dish, but other mustards can be used, such as spicy brown mustard or country-style Dijon mustard.

- 1 boneless beef rump or tip roast (3 lb), trimmed of fat
- 3 tablespoons stone-ground mustard
- 1 tablespoon creamy horseradish sauce
- 1 envelope (0.87 oz) brown gravy mix
- ½ cup beer or apple juice
- ½ cup water

- 3 tablespoons all-purpose flour
- 1 tablespoon chopped chives

- 1) In 3 ½- to 4-quart slow cooker, place beef roast. In small bowl, mix mustard, horseradish sauce and gravy mix. Spread mixture over roast. Pour beer around edge of roast, not on top of roast.
- 2) Cover; cook on Low setting 9 to 10 hours.
- 3) Remove roast from slow cooker; place on serving platter and cover to keep warm. In 2-quart saucepan, blend water and flour until smooth. Pour cooking juices from slow cooker into saucepan. Heat to boiling over medium-high heat, stirring constantly. Stir in chives. Cut roast into slices; serve with gravy.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Slow-Cooked Paella



15 PREP TIME: 15 MINUTES
(READY IN 6 HOURS
45 MINUTES)

SERVINGS: 6

NUTRITION INFORMATION PER SERVING

Calories: 510	From Fat: 160	%DV*
Total Fat	17g	28%
Saturated	5g	23%
Cholesterol	125mg	42%
Sodium	10,200mg	43%
Total Carbohydrate	53g	18%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	36g	

EXCHANGES: 3½ Starch, 3½ Lean Meat, 1 Fat
CARBOHYDRATE CHOICES: 3½

tip

Be sure to purchase converted rice, not long-grain white rice for this recipe. Converted rice holds up better in the slow cooker than other varieties of rice.

- 1½ cups uncooked converted long-grain white rice
- 1 tablespoon olive oil
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (14 oz) chicken broth
- ½ cup quartered sliced pepperoni (about 3 oz)
- ½ cup water
- ½ teaspoon salt
- ¼ teaspoon crushed saffron or ⅛ teaspoon turmeric
- 1 clove garlic, minced
- 6 boneless skinless chicken thighs (about 1¼ lb)
- ¼ teaspoon paprika

- 1 cup Green Giant® frozen sweet peas (from 1-lb bag), thawed*

- 6 oz deveined shelled cooked medium shrimp, tail shells removed

- 1) In 4- to 5-quart slow cooker, mix rice and oil. Stir in tomatoes, broth, pepperoni, water, salt, saffron and garlic. Arrange chicken thighs in single layer over rice mixture. Sprinkle paprika over top.

- 2) Cover; cook on Low setting 5 to 6 hours.

- 3) About 35 minutes before serving, sprinkle thawed peas over chicken mixture. Arrange shrimp over top.

- 4) Increase heat setting to High; cover and cook 20 to 30 minutes longer or until shrimp are thoroughly heated.

Note: *To quickly thaw frozen peas, place in colander or strainer; rinse with warm water until thawed. Drain well.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Winter Pork Roast Dinner

PREP TIME: 20 MINUTES
(READY IN 8 HOURS
20 MINUTES)

SERVINGS: 6

 EASY

NUTRITION INFORMATION PER SERVING:

	Calories: 380	From Fat: 100	%DV
Total Fat	11g		17%
Saturated	4g		20%
Cholesterol	85mg		28%
Sodium	460mg		19%
Total Carbohydrate	43g		14%
Dietary Fiber	3g		12%
Sugars	30g		
Protein	31g		

EXCHANGES: 1½ Starch, ½ Fruit,
3½ Very Lean Meat, 1½ Fat
CARBOHYDRATE CHOICES: 3

1 rolled boneless pork loin roast (1¾ to 2 lb)
1 teaspoon salt

¼ teaspoon pepper

3 large dark-orange sweet potatoes, peeled,
thinly sliced

1 medium onion, sliced, separated into rings

1½ teaspoons dried thyme leaves

1 quart (4 cups) apple juice

1) Sprinkle pork roast with ½ teaspoon of the salt and the pepper; place in 4- to 5-quart slow cooker. Place sweet potatoes around and on top of roast. Top with onion; sprinkle with thyme and remaining ½ teaspoon salt. Pour apple juice over onion.

2) Cover; cook on Low setting 6 to 8 hours.

3) With slotted spoon, remove vegetables from slow cooker; place on serving platter. Remove roast from slow cooker; place on cutting board. Cut roast into slices; place on platter. If desired, drizzle some of cooking liquid from slow cooker over vegetables and roast.

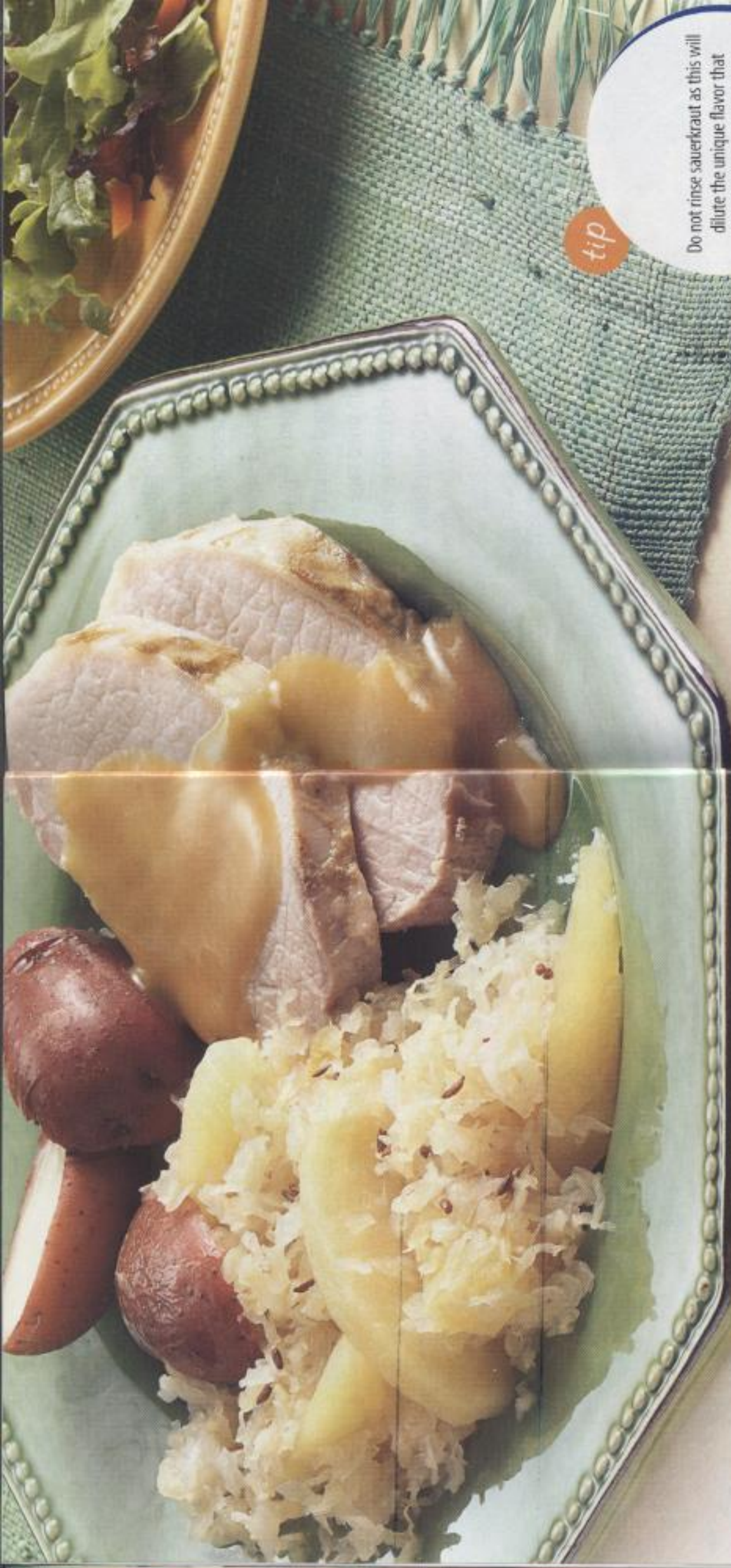
HIGH ALTITUDE (ABOVE 3500 FEET):
No change.

tip

Cooking

liquid can be thickened into gravy with flour. Two tablespoons flour will thicken 1 cup liquid. Mix flour with 2 tablespoons water before stirring into cooking liquid in saucepan. Boil over high heat for 1 minute, stirring constantly.





Pork Roast and Sauerkraut Dinner

15

PREP TIME: 15 MINUTES
(READY IN 8 HOURS
15 MINUTES)

SERVINGS: 6

- 1 package (32 oz) refrigerated sauerkraut, drained
- 2 medium apples, peeled, sliced
- 1 teaspoon caraway seed
- $\frac{1}{4}$ cup apple juice or water
- 1 boneless pork roast ($2\frac{1}{2}$ to 3 lb), string removed, trimmed of fat
- 6 small red potatoes (about 18 oz), cut in half
- 1 tablespoon Dijon mustard

MUSTARD SAUCE

- 3 tablespoons Dijon mustard
- 2 tablespoons packed brown sugar

tip

Do not rinse sauerkraut as this will dilute the unique flavor that sauerkraut gives this recipe.

NUTRITION INFORMATION PER SERVING

Calories: 450	From Fat: 140
%DV	
Total Fat	15g 25%
Saturated	3g 25%
Cholesterol	120mg 40%
Sodium	1330mg 55%
Total Carbohydrate	34g 11%
Dietary Fiber	6g 24%
Sugars	12g
Protein	46g

EXCHANGES: 1 Starch, 1 Vegetable,
6 Very Lean Meat, 2½ Fat
CARBOHYDRATE CHOICES: 2

- 1)** In 5- to 6-quart slow cooker, lightly mix sauerkraut, apples, caraway seed and apple juice. With spoon, make indentation in center of mixture; place pork roast in center.
- 2)** Arrange potato halves around roast on sauerkraut mixture. Spread 1 tablespoon mustard over roast.
- 3)** Cover; cook on Low setting 7 to 8 hours.
- 4)** In small bowl, mix sauce ingredients. Remove roast from slow cooker; place on serving platter. Cut roast into slices. Arrange potatoes around slices. With slotted spoon, remove sauerkraut mixture from slow cooker; place in serving bowl. Serve roast slices and potatoes with sauerkraut mixture and mustard sauce.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Pork Chops with Corn Stuffing

PREP TIME: 20 MINUTES
(READY IN 7 HOURS
20 MINUTES)

SERVINGS: 6

NUTRITION INFORMATION PER SERVING:

Calories: 410	From Fat: 110	%DV
Total Fat	12g	10%
Saturated	4g	20%
Cholesterol	65mg	22%
Sodium	1290mg	50%
Total Carbohydrate	45g	10%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	31g	

EXCHANGES: 3 Starch, 3 Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 3

- 1 tablespoon vegetable oil
- 6 boneless pork loin chops (about 1 inch thick)
- 1 teaspoon seasoned salt
- 4 cups cornbread stuffing mix
- 1/2 cup chopped celery (2 medium stalks)
- 1/4 cup chopped onion (1/2 medium)
- 1/4 teaspoon dried sage leaves, crushed
- 1 can (14 oz) chicken broth

1 can (11 oz) Green Giant® Mexicorn® whole kernel corn, red and green peppers, drained

- 1) In 12-inch nonstick skillet, heat oil over medium heat. Add pork chops; cook 6 to 8 minutes, turning once, until browned on both sides. Drain; sprinkle pork with seasoned salt.
- 2) In large bowl, mix all remaining ingredients.
- 3) Spray 3- to 4-quart slow cooker with cooking spray. Spoon stuffing mixture into slow cooker. Arrange browned pork chops over stuffing, in 2 layers if necessary to fit.
- 4) Cover; cook on Low setting 6 to 7 hours.

HIGH ALTITUDE (ABOVE 3500 FEET):
Brown pork chops over high heat.

tip

It is important to select 1-inch thick pork chops for this recipe. Thinner cuts may dry out during cooking.



Santa Fe Country Ribs

15 PREP TIME: 15 MINUTES
(READY IN 9 HOURS
15 MINUTES)

SERVINGS: 6

EASY

tip

Leftover tomato paste can be easily frozen by dropping onto waxed paper in 2-tablespoon quantities and freezing until firm. Transfer to a freezer plastic bag. Add one portion to vegetable, rice or pasta mixtures for a rich tomato flavor.

- 2 lb boneless country-style pork ribs
- ½ teaspoon salt
- ¾ cup Old El Paso® Thick 'n Chunky salsa
- ¾ cup chili sauce
- 1 teaspoon ground cumin
- ¼ teaspoon ground red pepper (cayenne)
- 2 tablespoons tomato paste (from 6-oz can)

- 1) Spray 3- to 4-quart slow cooker with cooking spray. Place pork ribs in slow cooker; sprinkle with salt. In small bowl, mix salsa, chili sauce, cumin and ground red pepper; spoon over ribs.
- 2) Cover; cook on Low setting 8 to 9 hours.
- 3) Remove ribs from slow cooker; place on serving platter. Into 2-cup measuring cup or bowl, pour 1 cup cooking juices from slow cooker. Stir in tomato paste; spoon over ribs.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING:		
Calories:	340	From Fat: 160
Total Fat	18g	28%
Saturated	6g	30%
Cholesterol	95mg	32%
Sodium	840mg	35%
Total Carbohydrate	13g	4%
Dietary Fiber	1g	4%
Sugars	10g	
Protein	32g	
EXCHANGES: 1 Sauté, 4 Lean Meat, 1 Fat CARBOHYDRATE CHOICES: 1		



Slow-Cooked Beef Burgundy

PREP TIME: 25 MINUTES
(READY IN 12 HOURS
55 MINUTES)

SERVINGS: 5 (1 2/3 CUP EACH)

NUTRITION INFORMATION PER SERVING:

Calories: 400	From Fat: 190	%DV
Total Fat	21g	32%
Saturated	8g	40%
Cholesterol	110mg	37%
Sodium	800mg	37%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	8%
Sugars	4g	
Protein	42g	

EXCHANGES: 1/2 Starch, 1 Vegetable,
5 1/2 Lean Meat, 1 Fat
CARBOHYDRATE CHOICES: 1

- 1 1/2 cups ready-to-eat baby-cut carrots, cut in half crosswise
- 2 lb cubed beef stew meat
- 1 cup frozen small whole onions (from 16-oz bag)
- 1 package (8 oz) fresh small whole mushrooms
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 dried bay leaf
- 1/2 cup red Burgundy wine
- 1 can (10 1/2 oz) condensed beef consommé
- 2 tablespoons all-purpose flour
- 2 tablespoons water

- 1) In 4- to 5-quart slow cooker, layer all ingredients except flour and water in order listed.
- 2) Cover; cook on Low setting 10 to 12 hours.
- 3) About 35 minutes before serving, remove and discard bay leaf. In small bowl, blend flour and water until smooth. Gradually stir flour mixture into beef mixture.
- 4) Cover; cook on High setting 15 to 30 minutes longer or until slightly thickened.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

tip

When cleaning fresh mushrooms, dampen them slightly and clean with a stiff brush or damp towel. Avoid soaking fresh mushrooms in water as they are sponge-like and will absorb water, resulting in a final dish with too much liquid.



Slow Cooker Steak Roll

Ladle gravy over savory beef roll slices

MENU FOR

- Italian Steak Roll for Two
- Wide Egg Noodles
- Steamed Green Beans
- Refrigerated Breadsticks
- Tossed Salad with Purchased Dressing
- Chocolate Pudding

2

Italian Steak Roll for Two

- $\frac{3}{4}$ lb beef round steak ($\frac{1}{2}$ inch thick), trimmed of fat
- $\frac{1}{2}$ teaspoon dried Italian seasoning
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 thin slice onion, halved
- 1 clove garlic, minced
- $\frac{1}{2}$ cup sliced fresh mushrooms
- 1 medium Italian plum tomato, cut into quarters, sliced

$\frac{3}{4}$ cup savory beef gravy (from 12-oz jar)

- 1) Place steak on work surface; sprinkle with Italian seasoning, salt and pepper. Top with onion slice halves. Roll up beef, jelly-roll fashion, with onion inside; tie with string.
- 2) In 2-to 3-quart slow cooker, place beef roll, seam side down. Sprinkle garlic, mushrooms and tomato around roll. Spoon gravy over roll.
- 3) Cover; cook on Low setting 5 to 6 hours.
- 4) Remove beef roll from slow cooker; place on serving platter. Remove string; cut roll into slices. Stir gravy mixture in slow cooker until blended; pour into serving bowl. Serve beef roll slices with gravy.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: 10 MINUTES
(READY IN 6 HOURS
10 MINUTES)

SERVINGS: 2

LOW FAT

NUTRITION INFORMATION
PER SERVING:

Calories: 230	From Fat: 60
Total Fat	7g
Saturated	3g
Cholesterol	85mg
Sodium	850mg
Total Carbohydrate	7g
Dietary Fiber	1g
Sugars	1g
Protein	35g

EXCHANGES: $\frac{1}{2}$ Starch,
 $\frac{4}{5}$ Very Lean Meat, 1 Fat
CARBOHYDRATE CHOICES: $\frac{1}{4}$

tip

Trim visible fat from the meat to avoid excess fat in the gravy sauce. Any fat on the surface of the sauce can be skimmed off with an ice cube or paper towel.



Jambalaya Red Beans and Rice

1 bag (12 oz) frozen deveined shelled cooked small shrimp

1 medium onion, chopped (½ cup)

¾ lb boneless skinless chicken thighs, cut into quarters

1 clove garlic, finely chopped

1 medium green bell pepper, chopped (1 cup)

2 dried bay leaves

1 can (15.5 oz) red beans, drained, rinsed

1 can (6 oz) tomato paste

1 can (14.5 oz) garlic-seasoned diced tomatoes, undrained

1 teaspoon sugar

3 teaspoons dried Creole seasoning

½ lb precooked kielbasa or Polish sausage, halved lengthwise, cut into 1-inch-thick slices

4 cups uncooked instant white rice

Water

1) Place bag of frozen shrimp in refrigerator to thaw. In 3- to 4-quart slow cooker, layer onion, chicken, garlic, bell pepper, bay leaves, beans, tomato paste, tomatoes, sugar and Creole seasoning.

2) Cover; cook on Low setting 6 to 8 hours.

3) About 35 minutes before serving, remove and discard bay leaves. If necessary, remove tail shells from thawed shrimp; gently stir shrimp and sausage into chicken mixture.

4) Increase heat setting to High; cover and cook 20 to 30 minutes longer or until shrimp and sausage are thoroughly heated. Meanwhile, cook rice in water as directed on package. Serve meat mixture over rice. If desired, serve with red pepper sauce.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: 30 MINUTES
(READY IN 9 HOURS)

SERVINGS: 8 (2 CUPS EACH)

NUTRITION INFORMATION PER SERVING:

Calories: 510	From Fat: 110
%	
Total Fat	13g
Saturated	4g
Cholesterol	125mg
Sodium	760mg
Total Carbohydrate	70g
Dietary Fiber	6g
Sugars	5g
Protein	33g

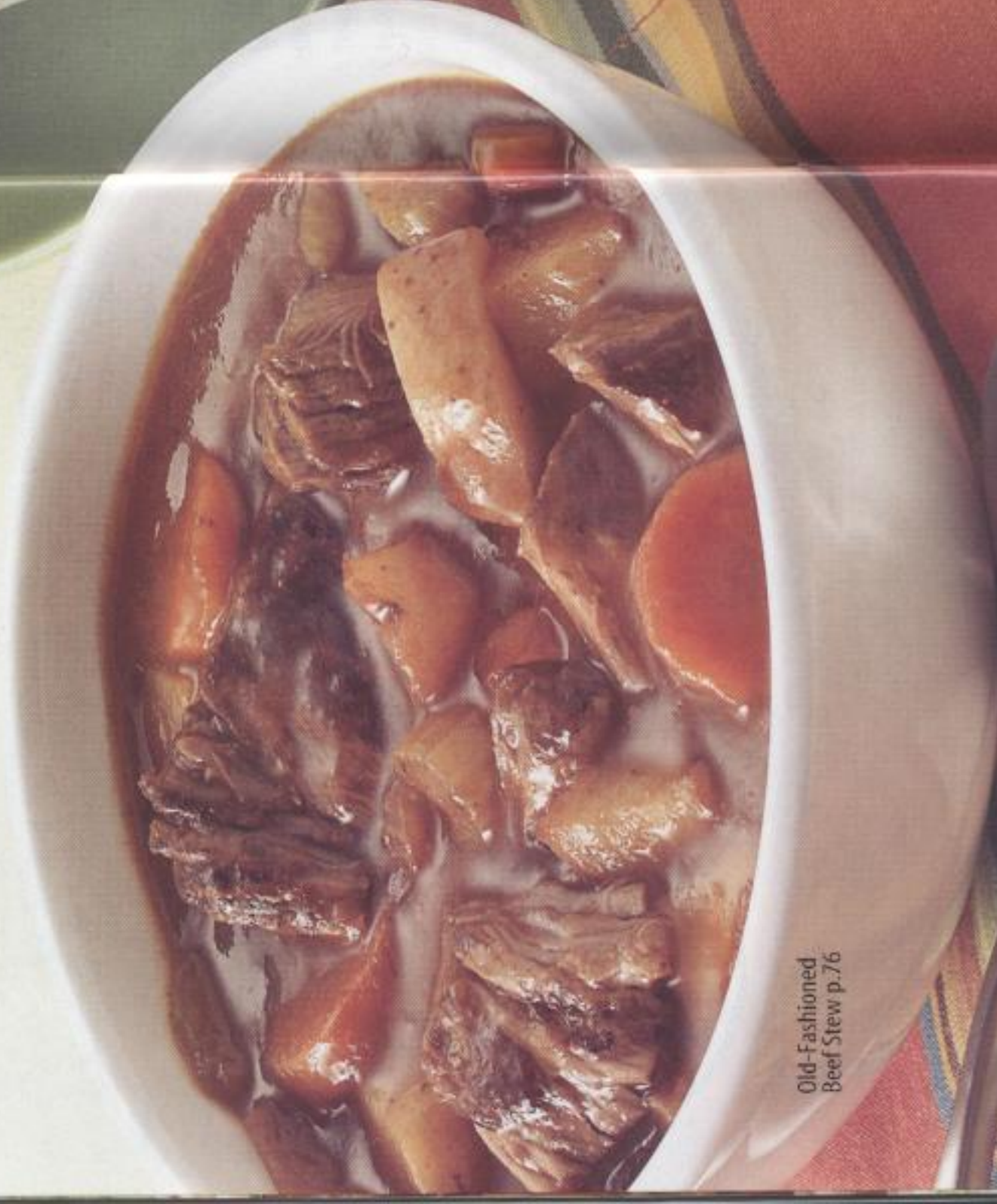
EXCHANGES: 4 Starch, 1 Lean Meat, ½ Fat
CARBOHYDRATE CHOICES: 4

tip

Regular rice, either brown or white, can be substituted for the instant rice. Allow more time to cook regular rice than instant and start with 2 cups rice, cooking as directed on the package.

Soups, Chilies and Stews

Aromatic & delicious!



Old-Fashioned
Beef Stew p.76



Winter
Vegetable
Soup p.77



Old-Fashioned Beef Stew



PREP TIME: **20 MINUTES**
(READY IN 10 HOURS
20 MINUTES)

SERVINGS: **6** (1 1/3 CUPS EACH)

NUTRITION INFORMATION PER SERVING:

	Calories: 360	From Fat: 140	%DV
Total Fat	16g		25%
Saturated	5g		25%
Cholesterol	70mg		23%
Sodium	1060mg		44%
Total Carbohydrate	30g		10%
Dietary Fiber	4g		16%
Sugars	9g		
Protein	27g		

EXCHANGES: 1 Starch, 1 Vegetable,
3 Lean Meat, 1 Fat
CARBOHYDRATE CHOICES: 2

tip

Because tapioca is one of the few thickeners that does not break down during long, slow cooking, it can be added at the beginning of cooking time. Thickeners such as flour or cornstarch are best added at the end of cooking time.

- 1 tablespoon vegetable oil
- 1 1/2 lb cubed beef stew meat
- 4 medium carrots, cut into 1/2-inch-thick slices (2 cups)
- 3 medium red potatoes, unpeeled, cut into 1/2-inch cubes (3 cups)
- 1 large onion, cut into 1-inch pieces (1 1/2 cups)
- 1 medium stalk celery, cut into 1-inch pieces (1 cup)
- 3 cups vegetable juice
- 3 tablespoons quick-cooking tapioca
- 1 tablespoon beef-flavor instant bouillon
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon pepper

- 1)** In 12-inch skillet or Dutch oven, heat oil over medium-high heat. Add beef stew meat; cook 4 to 6 minutes, stirring frequently, until browned on all sides.
- 2)** In 4- to 5-quart slow cooker, mix browned beef and all remaining ingredients.
- 3)** Cover; cook on Low setting 9 to 10 hours.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Winter Vegetable Soup



PREP TIME: **40 MINUTES**
(READY IN 10 HOURS
50 MINUTES)

SERVINGS: **8** (1 1/2 CUPS EACH)

LOW FAT

NUTRITION INFORMATION PER SERVING:

	Calories: 220	From Fat: 45	%DV
Total Fat	5g		8%
Saturated	3g		15%
Cholesterol	10mg		3%
Sodium	920mg		38%
Total Carbohydrate	42g		14%
Dietary Fiber	8g		32%
Sugars	13g		
Protein	10g		

EXCHANGES: 1 1/3 Starch, 2 Vegetable, 1 Fat
CARBOHYDRATE CHOICES: 2

tip

This delicious soup is filled with colorful vegetables important for good health. Keep extra on hand for satisfying winter meals.

- 1 lb portobello mushroom caps
- 3 tablespoons butter or margarine
- 2 large onions, halved, sliced (3 cups)
- 2 large dark-orange sweet potatoes, peeled, cut into quarters then into 1/2-inch-thick slices (3 cups)
- 1 cup chopped celery (2 1/2 medium stalks)
- 2 cloves garlic, minced
- 1 1/2 cups Green Giant® Niblets® frozen corn (from 1-lb bag)
- 1 can (28 oz) diced tomatoes, undrained
- 1 can (15 or 15.5 oz) kidney beans, drained, rinsed
- 2 cans (14 oz each) vegetable broth
- 4 oz fresh spinach, chopped (about 4 cups lightly packed)
- 1 teaspoon dried basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

- 1)** With small spoon, scrape and discard gills from under side of mushroom caps. Cut caps into 1/2-inch-thick slices; set aside.
- 2)** In 10-inch skillet, melt butter over medium heat. Add onions; cook 10 to 15 minutes, stirring occasionally, until onions are tender and have begun to caramelize.
- 3)** Meanwhile, in 6-quart slow cooker, place mushroom slices, sweet potatoes, celery, garlic, corn, tomatoes and beans. Gently stir in broth and caramelized onions.
- 4)** Cover; cook on Low setting 9 to 10 hours.
- 5)** About 10 minutes before serving, turn off heat on slow cooker. Stir in spinach, basil, salt and pepper. Cover; let stand 10 minutes or until spinach is limp.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Slow-Cooked Meatball Stew

15 PREP TIME: 15 MINUTES
(READY IN 10 HOURS
15 MINUTES)

SERVINGS: 6 (1½ CUPS EACH)

tip

In this recipe, it is important to place ingredients in the cooker in the order listed. Longer cooking vegetables are on the bottom where they cook more quickly. Already cooked or faster cooking ingredients are layered on top.

- 1 bag (1 lb) ready-to-eat baby-cut carrots
 - 1 lb small red potatoes (2½ to 3 inch), cut into quarters
 - 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
 - 1 small onion, cut into thin wedges
 - 1 bag (16 oz) frozen cooked meatballs (about 32)
 - 1 jar (12 oz) beef gravy
 - 1 can (14.5 oz) diced tomatoes, undrained
- Freshly ground black pepper, if desired

1) In 4- to 5-quart slow cooker, layer all ingredients in order listed.

2) Cover; cook on Low setting 8 to 10 hours. Before serving, gently stir stew.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING:

Calories: 350	From Fat: 140
%DV	
Total Fat	15g
Saturated	6g
Cholesterol	85mg
Sodium	980mg
Total Carbohydrate	37g
Dietary Fiber	6g
Sugars	9g
Protein	27g

EXCHANGES: 2 Starch, 1 Vegetable,
2 Medium-Fat Meat, ½ Fat
CARBOHYDRATE CHOICES: 2



Texas Two-Meat Slow-Cooked Chili

- 1 lb boneless beef chuck steak, cut into 1-inch pieces
- 1 lb pork tenderloin, cut into 1-inch pieces
- $\frac{1}{4}$ cup all-purpose flour
- 1 tablespoon vegetable oil
- 2 cans (10 oz each) tomatoes with green chiles, undrained
- 1 can (15 to 16 oz) pinto beans, undrained
- 1 can (12 oz) beer (1 $\frac{1}{2}$ cups)
- $\frac{1}{2}$ cup chopped red onion
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon ground cinnamon

Sliced green onion, if desired

- 1)** In large bowl, mix beef, pork and flour until evenly coated. In 12-inch skillet, heat oil over medium-high heat. Add beef and pork; cook 8 to 10 minutes, stirring frequently, until browned on all sides (if necessary, cook meat in batches).
- 2)** In 4- to 5-quart slow cooker, mix browned beef and pork and all remaining ingredients except green onion.
- 3)** Cover; cook on Low setting 7 to 9 hours. Before serving, skim off fat. Sprinkle with green onion.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: 25 MINUTES
(READY IN 9 HOURS
25 MINUTES)

SERVINGS: 6 (1 $\frac{1}{2}$ CUPS EACH)

NUTRITION INFORMATION PER SERVING:

Calories: 410 From Fat: 130

		%DV
Total Fat	15g	23%
Saturated	5g	25%
Cholesterol	95mg	32%
Sodium	670mg	28%
Total Carbohydrate	34g	11%
Dietary Fiber	5g	36%
Sugars	7g	
Protein	40g	

EXCHANGES: 1 $\frac{1}{2}$ Starch, 1 Vegetable,
5 Very Lean Meat, 2 Fat
CARBOHYDRATE CHOICES: 11 $\frac{1}{2}$

tip

Serve this chili with additional toppings such as sour cream and shredded Cheddar cheese.

Southwestern Chicken Chili

PREP TIME: **20 MINUTES**
(READY IN 8 HOURS
20 MINUTES)

SERVINGS: **6** (1½ CUPS EACH)

LOW FAT

NUTRITION INFORMATION PER SERVING:

	Calories: 310	From Fat: 80	%DV
Total Fat	9g		14%
Saturated	3g		15%
Cholesterol	60mg		20%
Sodium	820mg		34%
Total Carbohydrate	35g		12%
Dietary Fiber	10g		40%
Sugars	7g		
Protein	29g		

EXCHANGES: 1½ Starch, 1 Vegetable,
3 Lean Meat
CARBOHYDRATE CHOICES: 1½

tip

Chicken thighs, with their higher fat content, are better cooked in the slow cooker than lower fat chicken breasts. Breasts, which become tough and dry with long, slow cooking, are best used in recipes with minimal cooking time.

- 1 cup chopped onions (2 medium)
- 1 medium green bell pepper, chopped (1 cup)
- 3 cloves garlic, minced
- 3 tablespoons cornmeal
- 2 tablespoons chili powder
- 3 teaspoons dried oregano leaves
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1¼ lb boneless skinless chicken thighs, cut into 1-inch pieces
- 1 jar (16 oz) medium picante sauce
- 1 can (15 to 16 oz) pinto beans, undrained
- 1 can (14.5 oz) diced tomatoes, undrained
- Sliced green onion, if desired

- 1)** In 3- to 4-quart slow cooker, mix onions, bell pepper and garlic.
- 2)** In large bowl, mix cornmeal, chili powder, oregano, cumin and salt. Add chicken; toss to coat. Add chicken and any remaining seasoning mixture to vegetables in slow cooker. Gently stir in picante sauce, beans and tomatoes.
- 3)** Cover; cook on Low setting 6 to 8 hours. Sprinkle with green onion.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.



Vegetable, Bean and Ham Soup

PREP TIME: 20 MINUTES
(READY IN 20 HOURS
20 MINUTES)

SERVINGS: 4 (1½ CUPS EACH)

LOW FAT

tip

Presoaking beans and discarding the soaking liquid reduces the substances in beans that can cause gas.

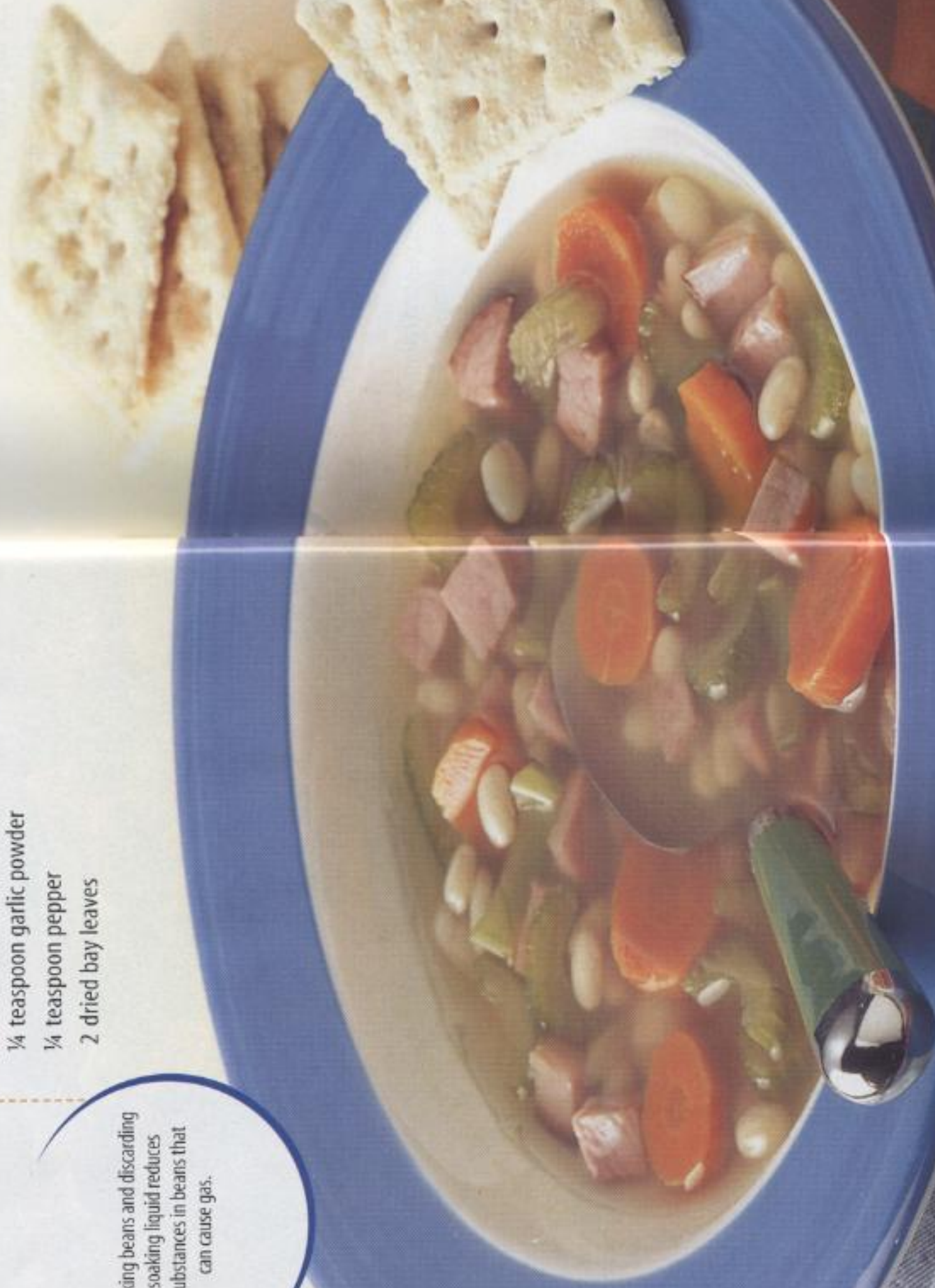
- 1 cup dried navy beans (from 16-oz bag)
- 1 cup diced cooked ham (about 6 oz)
- 1 cup sliced celery (about 2 medium stalks)
- 1 cup sliced carrots (about 2 medium)
- 2 cans (14 oz each) fat-free chicken broth with 33% less sodium
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon pepper
- 2 dried bay leaves

- 1) Sort beans; rinse well and drain. Soak beans at least 8 hours or overnight as directed on bag; drain.
- 2) In 3- to 4-quart slow cooker, mix beans and all remaining ingredients.
- 3) Cover; cook on Low setting 8 to 12 hours. Before serving, remove and discard bay leaves.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

NUTRITION INFORMATION PER SERVING		Calories: 240	From Fat: 35
			%DV
Total Fat	4g		8%
Saturated	2g		10%
Cholesterol	20mg		7%
Sodium	960mg		40%
Total Carbohydrate	32g		12%
Dietary Fiber	9g		36%
Sugars	6g		
Protein	23g		

EXCHANGES: 2 Starch, 2½ Very Lean Meat, ½ Fat
CARBOHYDRATE CHOICES: 7



Two-Potato Vegetable Soup

PREP TIME: 20 MINUTES
(READY IN 12 HOURS
35 MINUTES)

SERVINGS: 4 (1½ CUPS EACH)

LOW FAT EASY

NUTRITION INFORMATION
PER SERVING:

	Calories: 120	From Fat: 5	%DV*
Total Fat	1g		2%
Saturated	0g		0%
Cholesterol	0mg		0%
Sodium	3220mg		51%
Total Carbohydrate	27g		9%
Dietary Fiber	5g		20%
Sugars	11g		
Protein	5g		

EXCHANGES: 1 Starch, 1 Vegetable
CARBOHYDRATE CHOICES: 1½

1 large dark-orange sweet potato, peeled,
cut into ½-inch cubes (1¼ cups)

1 medium russet or baking potato,
cut into ½-inch cubes (1 cup)

¼ cup chopped onion (½ medium)

1 can (14.5 oz) diced tomatoes with basil,
garlic and oregano, undrained

2½ cups water

¾ teaspoon salt

2 vegetarian vegetable bouillon cubes

2 cups frozen peas and carrots
(from 1-lb bag), thawed*

1) In 3- to 4-quart slow cooker, mix all ingredients
except peas and carrots.

2) Cover; cook on Low setting 8 to 12 hours.

3) About 15 minutes before serving, stir thawed
peas and carrots into soup. Cover; cook on Low
setting 15 minutes longer or until peas and carrots
are thoroughly heated.

Note: *To quickly thaw frozen peas and carrots, place in
colander or strainer; rinse with warm water until
thawed. Drain well.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

tip

A 14- or 15-ounce can of diced
tomatoes, 1 dove minced garlic
and ½ teaspoon each dried basil and
oregano can be substituted for the
seasoned canned tomatoes.



Angel Food

Light and luscious wrapped up
in one heavenly dessert



Chocolate Cream Angel Slices with Cherry-Berry Sauce

SAUCE

- 1 can (21 oz) cherry pie filling
- 1 cup frozen whole raspberries
(from 12- to 14-oz bag)
- 2 tablespoons amaretto, if desired

ANGEL SLICES

- 2 oz semisweet chocolate
- 1 cup whipping cream
- 1 tablespoon amaretto, if desired
- 1 loaf (10.5 oz) angel food cake
(about 7x3x3 inch)

TOPPING

- 8 teaspoons chocolate-flavored syrup

- 1) In small bowl, mix all sauce ingredients. Cover; refrigerate until serving time.
- 2) In 1-quart saucepan, heat chocolate over low heat, stirring occasionally, just until melted. Remove from heat. Stir in $\frac{1}{4}$ cup of the whipping cream.
- 3) In medium bowl, beat remaining $\frac{3}{4}$ cup whipping cream with electric mixer on high speed until stiff peaks form. Beat in chocolate mixture and amaretto. Serve immediately, or cover and refrigerate up to 2 hours.
- 4) To serve, cut cake into 8 slices; place on individual dessert plates. Spoon about $\frac{1}{3}$ cup sauce over each slice. Top each with about $\frac{1}{4}$ cup chocolate cream mixture; drizzle with 1 teaspoon chocolate syrup.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

PREP TIME: 20 MINUTES
(READY IN 20 MINUTES)

SERVINGS: 8

EASY

NUTRITION INFORMATION PER SERVING:

Calories: 340 From Fat: 110
%DV

Total Fat	12g	100%
Saturated	7g	35%
Cholesterol	35mg	12%
Sodium	290mg	12%
Total Carbohydrate	56g	19%
Dietary Fiber	5g	20%
Sugars	47g	
Protein	5g	

EXCHANGES: 1 Starch, 2 Fat
CARBOHYDRATE CHOICES: $\frac{1}{2}$

tip

Slices from a round angel food cake can be substituted for the loaf cake. Or, use sponge shortcake rounds or slices of pound cake.

how to use our nutrition information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in *Classic*® Cookbooks can help you estimate the contribution of specific recipes to your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar and protein.

- Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.
- Exchange information: We include exchange information for those who are managing their calorie intake with this nutritional "accounting" method. "Other Carbohydrates" are included for foods that contain added sugars. If you are following a medically prescribed diet, consult your physician or registered dietitian about this information.
- Carbohydrate choices: To help people who want to count carbohydrates, the number of carbohydrate choices per serving is included for each recipe. Many people with diabetes use carbohydrate counting as a way to manage their blood sugar levels. One carbohydrate choice is equivalent to 15 grams of carbohydrate.

TAILORING YOUR DAILY DIET

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

WHAT YOU NEED DAILY	WOMEN 25-50	WOMEN OVER 50	MEN 25-50
Calories	2200	1900	2900
Total Fat	75 g or less	65	97
Saturated Fat	24 g or less	21	32
Cholesterol	300 mg or less	300	300
Sodium	2400 mg	2400	2400
Calcium	800 mg	800	800
Iron	15 mg	10	10

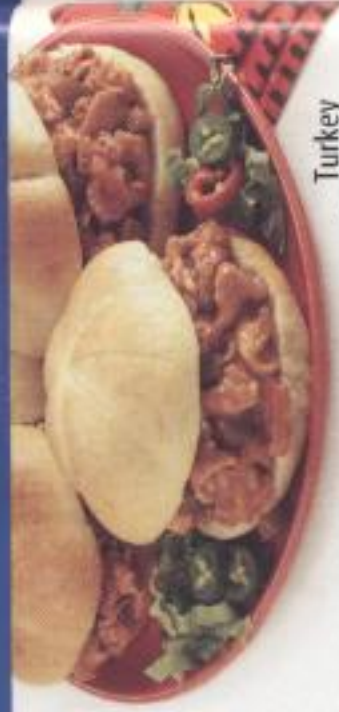
(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

GUIDELINES FOR CALCULATING NUTRITION INFORMATION

- The first ingredient is used wherever a choice is given (such as ½ cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

our experts behind the scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturers' labels are used to provide up-to-date nutrient values.



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6 ingredients or less OR ready in 30 minutes or less.
- **LOW-FAT RECIPES:**
10 grams of fat or less (main dishes) or 3 grams of fat or less (all other dishes) and 30% calories from fat or less.

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PHOTO OF
EVERY RECIPE!



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fantastic pot roast



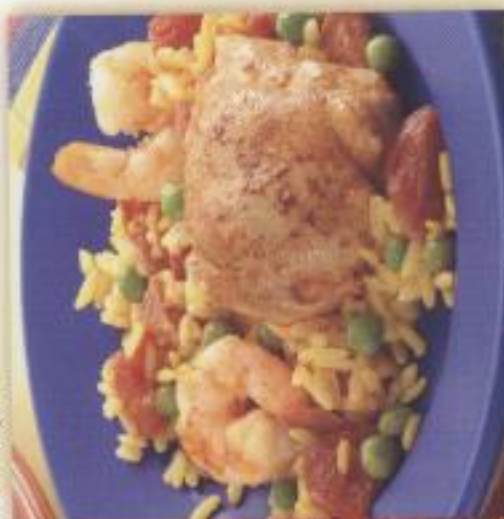
look for
15-minute prep
recipes

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Perfect Portions

- Easy-cook indoor grill and slow cooker recipes
- 30-minute dinners
- Hearty oven favorites tailored for two
- Small scale desserts with big flavor

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