

Cold Weather Cooking

Favorite Crock Pot Recipes

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Chilies Rellonos Casserole

- 2 pounds lean ground beef
- 1 cup chopped onions
- 1 (15 oz.) can tomato sauce
- 1 (1.25 oz.) pkg. taco seasoning
- 1 Tablespoon cumin
- 1 teaspoon chopped garlic
- 1 teaspoon salt
- 4 (4 oz.) cans whole green chiles
- 1 (8 oz.) bag grated Cheddar cheese (2 cups)
- 1 (8 oz.) bag grated Monterey Jack cheese (2 cups)
- 4 eggs
- 1 (12 oz.) can evaporated milk

Brown ground beef in a large pot and drain off fat. Add next 6 ingredients and mix well. Rinse all chiles, removing seeds. Pat dry. Place $\frac{1}{3}$ of the chiles in slow cooker first - top with $\frac{1}{3}$ of the meat mixture and then $\frac{1}{3}$ of the cheese. Repeat layers twice more, ending with cheese. Place eggs in a mixing bowl, beat lightly. Add milk to eggs, mix well. Pour egg mixture over casserole. Push a plain knife through the casserole to allow some of the egg mixture to soak down through the casserole. Cook $2\frac{1}{2}$ hours on High. Serves 8.

Nutritional analysis per serving: 625 Calories; 42 g Protein; 44 g Fat; 15 mg Carbohydrates; 247 mg Cholesterol; 2.5 g Fiber; 1078 mg Sodium

Norwegian Pot Roast

- 2 to $2\frac{1}{2}$ pounds pork chops
- 1 can whole-berry cranberry sauce
- 1 envelope onion soup mix
- 1 Tablespoon minced garlic

Place in crock pot that has been sprayed with oil. Sprinkle onion soup mix over meat. Combine cranberry sauce and garlic, stir and pour over mixture in crock pot. Cook on Low for 6 hours or High for 4 hours. Serve sauce over mashed potatoes. Serves 4. **Note:** Chicken breasts and turkey breasts may also be used in this recipe.

Nutritional analysis per serving: 294 Calories; 23 g Protein; 16 g Fat; 14 mg Carbohydrates; 68 mg Cholesterol; .5 g Fiber; 134 mg Sodium

Creamy Potatoes with Sausage

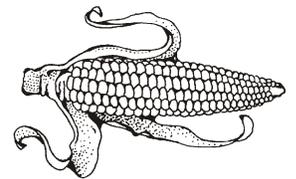
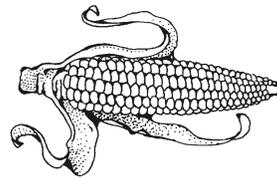
- 2 lbs. large link smoked sausage cut into 3" to 4" pieces
- $1\frac{1}{2}$ pounds small red potatoes, quartered

Mix the following 3 ingredients:

- 1 (8 oz.) tub cream cheese with chives
- 1 (1 oz.) envelope Ranch dressing mix
- 1 (10 oz.) can cream of potato soup

Place all ingredients in slow cooker in the order listed. Pour soup mixture on top of potatoes. Cook 6 hours on Low. Serves 8.

Nutritional analysis per serving: 369 Calories; 12 g Protein; 26 g Fat; 22 mg Carbohydrates; 69 mg Cholesterol; 2 g Fiber; 877 mg Sodium



Corn Pudding

- 3 (15 oz.) cans cream style corn
- 1 (12 oz.) can evaporated milk
- 3 eggs
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup flour
- 1 Tablespoon baking powder
- $\frac{1}{2}$ stick butter OR margarine, melted

Place corn into slow cooker, add milk. Place eggs in medium bowl and beat lightly with a fork. Add sugar, flour and baking powder to eggs. Add melted butter, mix well. Add egg mixture to corn, mix well. Cook 3 hours on High. Serves 6.

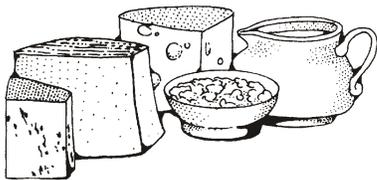
Nutritional analysis per serving: 454 Calories; 11 g Protein; 23 g Fat; 58 mg Carbohydrates; 122 mg Cholesterol; 3 g Fiber; 1123 mg Sodium

Crock Pot Chicken

- 4 chicken breasts, boned and skinned
- 1 can 98% fat-free cream of chicken soup
- 1 can 98% fat-free cream of mushroom soup
- 1 can tomatoes with chiles

Combine soups and tomatoes with chiles. Place chicken breasts into crock pot. Pour soup mixture over chicken breasts. Cook on low 6-8 hours. (You can put this on in the morning if you place frozen chicken breasts in the crock pot - the chicken will be done to perfection when you arrive home from work.) Serve over noodles. Serves 4.

Nutritional analysis per serving: 288 Calories; 31 g Protein; 12 g Fat; 14 mg Carbohydrates; 75 mg Cholesterol; .5 g Fiber; 1445 mg Sodium



Rich Macaroni & Cheese

- 2 cups elbow macaroni
- ¼ cup oil
- 1 stick margarine, cut into pieces
- 1 pound processed cheese, cut into cubes
- ¼ teaspoon salt
- 1 teaspoon black pepper
- Dash of Cayenne pepper (optional)
- 1 egg
- 1 cup milk + a little more milk
- 1 (8oz) bag shredded sharp Cheddar cheese (2 cups)

Cook macaroni in boiling water with oil added. Place margarine into slow cooker. Turn pot on to start melting margarine. Drain macaroni, but do not rinse it. Place in slow cooker. Add cubed processed cheese, salt and peppers. Mix gently. Mix egg and milk. Pour over macaroni. Add milk if necessary to come up to 1" from the top of the macaroni. (Do not cover the macaroni with milk.) Sprinkle cheddar over top of macaroni. Cook 4 hours on low or 2 hours on high. Stir well. Serves 8.

Nutritional analysis per serving: 386 Calories; 14 g Protein; 29 g Fat; 18 mg Carbohydrates; 64 mg Cholesterol; .5 g Fiber; 558 mg Sodium

"Awesome" Sunday Pot Roast

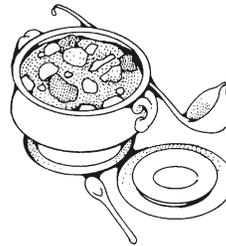
- 1 beef pot roast
- 2 packages Au Jus dry gravy mix
- 1 package dry Italian salad dressing mix
- 5 cups water

Preheat oven to 250 degrees. Place pot roast in Dutch oven. Mix Au Jus gravy, Italian salad dressing, and water in bowl. Pour over pot roast. Bake roast for approximately 3 to 4 hours, depending on size of roast or until falls apart with fork touch.

Take roast from pan and pull or tear apart, removing all fat. Place pulled beef in glass baking dish, pour remaining gravy mixture over meat and cover with foil. Put back in oven for about 30 minutes, until simmering. Serve over mashed potatoes or rice. Serves 8

For the crock pot: I used a 2 pound Chuck Boneless Shoulder Pot Roast and reduced the water to 4 cups. Cook on High for 2 hours. Reduce heat to Low and cook 4 to 4½ more hours. Shred the meat and proceed with the recipe.

Nutritional analysis per serving: 360 Calories; 37 g Protein; 10 g Fat; 29 mg Carbohydrates; 104 mg Cholesterol; .5 g Fiber; 6700 mg Sodium



No Peek Chicken

- 1 cup uncooked long grain rice (not instant rice)
- 1 (10 oz.) can cream of celery soup
- 1 (10 oz.) can of cream of chicken soup
- ½ cup water
- 1 packet dry onion soup mix
- 1 (7oz.) can mushroom stems and pieces, drained
- 1 whole chicken, cut into pieces
- ½ teaspoon pepper

Pull off the chicken skin and discard. Mix all ingredients except chicken in the slow cooker. Stir well. Place chicken pieces in pot last. Sprinkle chicken with pepper. Cook 6 hours on low or 3 hours on high. Serves 4.

Nutritional analysis per serving: 245 Calories; 12 g Protein; 7 g Fat; 34 mg Carbohydrates; 33 mg Cholesterol; 1.5 g Fiber