



# COOKING WITH JAN ~ October 30, 2019

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### IT'S ALL ABOUT CROCK POT MEALS

#### CROCK POT ASIAN BEEF

1 CUP BEEF BROTH  
1/4 CUP SOY SAUCE  
1/2 TSP GROUND GINGERROOT  
6 GREEN ONIONS, SLICED ON BIAS  
1/4 CUP COLD WATER  
1/4 CUP CHOPPED FRESH CILANTRO  
1 LIME, CUT INTO WEDGES

1/4 CUP PACKED BROWN SUGAR  
2 TBLS CHILI GARLIC SAUCE  
2-3 LB CHUCK ROAST  
1/4 CUP CORNSTARCH  
4 CUPS HOT COOKED WHITE RICE  
1 TBLS TOASTED SESAME SEEDS

SPRAY 3-4 QUART CROCK POT WITH COOKING SPRAY. ADD BROTH, BROWN SUGAR, SOY SAUCE, CHILI GARLIC SAUCE & GINGERROOT TO POT; STIR WITH WHISK TO COMBINE. SEPARATE THE GREEN & WHITE PARTS OF THE ONIONS; ADD WHITE PART TO THE CROCK POT, REFRIGERATE THE GREEN PARTS TO USE FOR GARNISH. ADD ROAST TO POT; TURN TO COAT WELL. COVER; COOK ON LOW HEAT FOR 8-9 HOURS OR UNTIL VERY TENDER. TRANSFER ROAST TO CUTTING BOARD; COOL SLIGHTLY, SLICE OR SHRED, THEN RETURN TO CROCK POT & INCREASE HEAT TO HIGH. IN BOWL, BEAT THE CORNSTARCH WITH THE COLD WATER. QUICKLY POUR INTO THE CROCK POT; COVER & COOK 5-10 MINUTES OR UNTIL THICKENED. DIVIDE RICE INTO 8 BOWLS; DIVIDE THE SHREDDED BEEF AMONG THE BOWLS OF RICE. GARNISH EACH WITH THE GREEN ONION GREENS, CILANTRO & SESAME SEEDS; SERVE WITH LIME WEDGE. MAKES 8 SERVINGS!

#### CHICKEN POT ROAST DINNER

3 CUPS SMALL POTATOES, UNPEELED, CUT INTO CHUNKS  
1 CUP FROZEN SMALL WHOLE ONIONS, THAWED  
6 BONELESS, SKINLESS CHICKEN THIGHS  
1 PKG DRY ONION SOUP MIX  
18 OZ JAR CHICKEN GRAVY

2 CUPS BABY CARROTS  
1-1 1/2 TSPS SALT, TO TASTE  
1/2-1 TSP BLACK PEPPER, TO TASTE  
POULTRY SEASONING  
1 1/2 CUPS FROZEN PEAS, THAWED

SPRAY CROCK POT WITH COOKING SPRAY. INTO THE POT, PLACE THE POTATOES, CARROTS & THE THAWED ONIONS. SPRINKLE THE CHICKEN WITH SALT & PEPPER; PLACE OVER THE VEGGIES, THEN POUR THE GRAVY OVER TOP. COVER; COOK ON LOW FOR 8-10 HOURS. STIR IN THE THAWED PEAS; INCREASE HEAT SETTING TO HIGH. COVER & COOK FOR 15-20 MINUTES LONGER OR UNTIL PEAS ARE TENDER. MAKES 6 SERVINGS.

#### BBQ PULLED-PORK FAJITAS

1 BONELESS PORK LOIN ROAST (TRIMMED ON FAT)  
2 CUPS BBQ SAUCE, YOUR CHOICE FLAVOR  
1 TBLS CHILI POWDER  
1 LB BAG FROZEN STIR-FRY PEPPERS & ONIONS  
18 FLOUR TORTILLAS

1 ONION, THINLY SLICED  
3/4 CUP THICK & CHUNKY SALSA  
1 TSP GROUND CUMIN  
1/2 TSP SALT  
STREDDED CHEESE, GUACOMOLE,  
SOUR CREAM (OPTIONAL)

PLACE PORK IN CROCK POT; TOP WITH ONION SLICES. MIX THE BBQ SAUCE, SALSA, CHILI POWDER & CUMIN IN SMALL MEASURING CUP; POUR OVER THE PORK & ONIONS. COVER; COOK ON LOW HEAT FOR 8-10 HOURS. REMOVE PORK TO CUTTING BOARD; SHRED, USING 2 FORKS. RETURN TO THE CROCK POT & MIX WELL. STIR IN THE STIR-FRY PEPPERS & ONIONS, ADD SALT TO TASTE; INCREASE HEAT SETTING TO HIGH. COVER; COOK 30 MINUTES OR UNTIL MIXTURE IS HOT & VEGGIES ARE TENDER. USING A SLOTTED SPOON, REMOVE FROM CROCK POT; FILL EACH TORTILLA WITH 1/2 CUP OF THE MEAT MIXTURE. FOLD ONE END OF TORTILLA UP 1" OVER FILLING; FOLD RIGHT & LEFT SIDES OVER FOLDED END, OVERLAPPING. FOLD REMAINING END DOWN; TOP WITH CHEESE, GUACAMOLE & SOUR CREAM IF DESIRED.

#### CROCK POT CHOCOLATE LAVA CAKE

##### CAKE

1 BOX TRIPLE CHOCOLATE FUDGE CAKE MIX  
1/2 CUP VEGETABLE OIL

1 1/4 CUPS MILK  
3 EGGS

##### TOPPING

4-SERVING SIZE INSTANT CHOCOLATE PUDDING MIX  
12 OZ BAG CHOCOLATE CHIPS

2 CUPS MILK

SPRAY SLOW COOKER WITH COOKING SPRAY. IN LARGE MIXING BOWL, MAKE CAKE AS DIRECTED ON THE PACKAGE; POUR INTO THE SLOW COOKER. IN ANOTHER BOWL, BEAT PUDDING MIX & 2 CUPS MILK WITH A WHISK AS DIRECTED ON BOX. POUR OVER THE CAKE BATTER; **DO NOT MIX!** SPRINKLE WITH THE CHOCOLATE CHIPS. COVER; COOK ON LOW FOR 2-3 HOURS OR UNTIL CAKE IS SET & PUDDING IS BEGINNING TO BUBBLE OUT OF THE CAKE. MAKES 8 SERVINGS!



**HOLIDAY RECIPES START NEXT WEEK!**

