

Slow Cooker Gingered Beef

Source: BH&G's Crockery Cookbook

You can also use frozen green peas, asparagus, or tiny baby peas as a substitute for the snap peas in this delicious main dish recipe.

- ❑ 1-1/2 pounds boneless beef round steak, trimmed of excess fat
- ❑ 4 carrots, cut into 1/2" chunks
- ❑ 1 chopped onion
- ❑ 3 cloves minced garlic
- ❑ 1-1/2 cups beef broth
- ❑ 1/4 cup low sodium soy sauce
- ❑ 1 Tbsp. grated ginger root
- ❑ 1/4 tsp. Pepper
- ❑ 3 Tbsp. Cornstarch
- ❑ 3 Tbsp. Water
- ❑ 1 9-oz. pkg. frozen snap peas, thawed
- ❑ 3 cups hot cooked rice

Cut beef into 1" cubes. Place in crockpot along with carrots, onions and garlic. Combine broth, soy sauce, ginger root and pepper in a small bowl and mix well. Pour over beef and vegetables.

Cover crockpot and cook on low for 10 to 12 hours or until beef and vegetables are tender.

Turn crockpot to high heat setting. Mix cornstarch and water in a small bowl and stir into crockpot. Cover and cook on high for 15-20 minutes until thickened. Stir in snap peas and heat another 5-10 minutes until hot. Serve over cooked rice.

6 servings
Calories: 400
Fat: 8 grams
850 mg sodium
Vitamin C: 30% DV
Vitamin A: 40% DV

Slow Cooker Pot Roast Dinner

Source: Pillsbury's One Dish Meals Cookbook

- ❑ 1 Tbsp. Flour
- ❑ 1/2 tsp. Salt
- ❑ 1/8 tsp. Pepper
- ❑ 1 lb. boneless beef top round steak, cut into 4 pieces
- ❑ 1 Tbsp. olive oil
- ❑ 4 potatoes, peeled, cut into chunks
- ❑ 1 package baby cut carrots
- ❑ 1 onion, chopped
- ❑ 1 14-oz. can ready to serve beef broth
- ❑ 1 tsp. Worcestershire sauce
- ❑ 2 Tbsp. cornstarch

Combine flour, salt and pepper in small bowl and coat beef with this mixture. Cook beef pieces in a nonstick skillet in oil for 2-3 minutes on each side to brown. Set aside.

Combine potatoes, carrots and onion in 3-4 quart slow cooker. Place meat on vegetables. Pour beef broth and Worcestershire sauce over meat. Cover crockpot and cook on low for 8-10 hours until beef is tender.

Remove meat and vegetables from crockpot and place on serving platter. Cover with foil to keep warm and place in slow oven. Combine rest of broth and the cornstarch in a small bowl and mix well with wire whisk. Add to liquid in crockpot, turn to high and cook for 10-15 minutes until gravy is thickened. Serve with beef and vegetables.

4 servings
Calories: 350
Fat: 4 grams
Sodium: 600 mg
Vitamin A: 410% DV
Vitamin C: 30% DV
Iron: 25% DV

Beef Tamale Crockpot Pie

Source: Betty Crocker's *New Slow Cooker Meals*

You don't even need bread with this meal! Make sure to test the cornbread topping with the toothpick before you serve this fabulous pie.

- ❑ 1/2 pound lean ground beef
- ❑ 1 onion, chopped
- ❑ 2 cloves garlic, minced
- ❑ 1 15-oz. can kidney beans, drained and rinsed
- ❑ 1 10-oz. can enchilada sauce
- ❑ 1 6-oz. pkg. corn muffin mix
- ❑ 1/3 cup milk
- ❑ 2 Tbsp. melted butter
- ❑ 1 egg
- ❑ 1/2 cup shredded Colby cheese
- ❑ 1 4-oz. can chopped green chilies, undrained
- ❑ 1/2 cup sour cream
- ❑ 1/2 cup salsa

In nonstick skillet, cook ground beef, onion and garlic over medium heat until meat is cooked. Drain thoroughly and stir in drained kidney beans and enchilada sauce. Pour into 3-4 quart crockpot.

In large bowl, mix together corn muffin mix, milk, butter and egg just until combined. Then add cheese and chilies, including chili liquid. Spoon over beef in crockpot.

Cover crockpot and cook on low for 6-7 hours or until a toothpick inserted in the corn bread mixture comes out clean. Serve with sour cream and salsa.

4 servings
Calories: 600
Fat: 24 grams
Sodium: 1100 mg
Vitamin A: 30% DV
Vitamin C: 25% DV
Iron: 33% DV

Southwest Beef Chili

Source: BH&G Crockery Cookbook

- ❑ 1 pound beef chuck pot roast
- ❑ 1 Tbsp. olive oil
- ❑ 2 14-oz. cans Mexican diced tomatoes, undrained
- ❑ 2 onions, chopped
- ❑ 3 cloves garlic, minced
- ❑ 1 15-oz. can pinto beans
- ❑ 3 cups beef broth
- ❑ 1 6-oz. can tomato paste
- ❑ 1 4-oz. can chopped jalapeno peppers, undrained
- ❑ 1 Tbsp. chili powder
- ❑ 1/4 tsp. crushed red pepper
- ❑ 1/4 tsp. ground cloves
- ❑ 1/4 tsp. ground cinnamon
- ❑ 1 zucchini, chopped
- ❑ 2 yellow bell peppers, chopped

Cut meat into 1" pieces and trim excess fat. Brown meat in the olive oil over medium heat in a nonstick skillet until browned, about 5-6 minutes. Drain well. Place in 3-4 quart crockpot.

Add remaining ingredients except zucchini and yellow bell peppers. Cover crockpot and cook on low for 10-12 hours until beef is cooked and vegetables are tender.

Turn heat to high, add zucchini and peppers. Cover crockpot and cook for 20-30 minutes until thoroughly heated.

6 servings
Calories: 360
Fat: 10 grams
Sodium: 1100 mg
Vitamin A: 50% DV
Vitamin C: 35% DV

Crockpot Tortellini

Source: Betty Crocker's *Slow Cooker Meals*

Try using your favorite type of Italian sausage instead of ground beef in this recipe. It's sure to be a hit with your kids!

- ❑ 1 pound ground beef
- ❑ 1 chopped onion
- ❑ 1 15-oz. container marinara sauce
- ❑ 1 8-oz. pkg. sliced fresh mushrooms
- ❑ 1 14-oz. can diced tomatoes with seasonings, undrained
- ❑ 1 15-oz. can tomato sauce
- ❑ 1 9-oz. pkg. refrigerated cheese tortellini
- ❑ 1 cup shredded mozzarella cheese

Brown ground beef together with onions in nonstick skillet over medium heat, stirring frequently, until beef is browned. Drain thoroughly. Mix all ingredients except tortellini and cheese in 4-5 quart crockpot. Cover and cook on low for 8 hours. Add tortellini, stir to combine, then sprinkle with cheese. Cover crockpot and cook on low for 15-20 minutes or until tortellini is tender and cheese is melted.

4 servings
Calories: 550
Fat: 22 grams
Sodium: 1000 mg
Vitamin A: 25% DV
Vitamin C: 30% DV
Calcium: 33% DV

Crockpot Beef Stroganoff

This recipe is from "Better Homes and Gardens Crockery Cookbook", significantly adapted by your Guide at About.com

Serve over hot cooked egg noodles.

- ❑ 1-1/2 lbs. beef stew meat, cut into 1" cubes
- ❑ 1 pkg. baby carrots
- ❑ 2 onions, chopped
- ❑ 2 cloves garlic, minced
- ❑ 1/2 tsp. dried oregano
- ❑ 1/4 tsp. Salt
- ❑ 1/4 tsp. dried thyme
- ❑ 1/4 tsp. Pepper
- ❑ 1 bay leaf
- ❑ 1-1/2 cups beef broth
- ❑ 1/2 cup apple juice

Combine everything in a 3-1/2 quart slow cooker. Cook on low heat for 8-10 hours (high for 4-5 hours). Discard bay leaf.

- ❑ 1 8-oz. carton sour cream (low fat is fine)
- ❑ 1/2 cup flour
- ❑ 1/4 cup water

Combine sour cream, water, and flour in medium bowl and mix well, using a whisk. Add 1 cup of the hot liquid from the crockpot to the sour cream mixture and stir until combined. Return the whole thing to the crockpot mixture and stir well. Cover and cook on high for 30 minutes until thickened and bubbly.