

Squash and Pork Slow Cooker Stew

Source: Pillsbury's Slow Cooker Recipes

If your family doesn't like squash, just add another cup of baby carrots and omit the butternut squash.

- ❑ 1 Tbsp. olive oil
- ❑ 1-1/2 lbs. boneless pork shoulder roast
- ❑ 1 onion, chopped
- ❑ 1/8 tsp. salt
- ❑ 1/8 tsp. pepper
- ❑ 1-1/2 cups 1" butternut squash cubes
- ❑ 1 pkg. baby carrots
- ❑ 8 small red potatoes, unpeeled, quartered
- ❑ 1 12-oz. jar homestyle pork gravy
- ❑ 1/4 cup ketchup
- ❑ 1 tsp. dried sage leaves
- ❑ 1/2 tsp. dried thyme leaves
- ❑ 1/4 cup water

Heat olive oil in nonstick skillet and add onions. Cut pork into 1-1/2" cubes. Sprinkle with salt and pepper and add to onions in skillet. Cook, stirring frequently, until pork is browned and onion is tender, about 5 minutes. Place all ingredients in 4-5 quart crockpot and stir to blend. Cover crockpot and cook on low for 7-8 hours.

6 servings
Calories: 350
Fat: 12 grams
Sodium: 550 mg
Vitamin A: 200% DV
Vitamin C: 35% DV
Iron: 25% DV

Pork Roast Crockpot Dinner

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

You can use any kind of mustard in this delicious, homey recipe. You can also thicken the juices if you wish after removing the roast and vegetables. Just pour the juice into a saucepan and add 2 Tbsp. cornstarch dissolved in 1/4 cup water, then bring to a boil.

- ❑ 1 pound small red potatoes, cut in half
- ❑ 1 pkg. baby cut carrots
- ❑ 3-pound boneless pork loin roast, trimmed of excess fat
- ❑ 1/4 cup Dijon mustard
- ❑ 1 tsp. dried rosemary, crumbled
- ❑ 1/2 tsp. dried thyme leaves
- ❑ 1/2 tsp. salt
- ❑ 1/2 tsp. pepper
- ❑ 1 chopped onion
- ❑ 1-1/2 cups beef broth

Place potatoes and baby carrots around bottom edge of 4-6 quart crockpot. In small bowl, combine mustard, rosemary, thyme, salt and pepper and spread over pork roast. Place roast in crockpot and sprinkle with chopped onion. Pour beef broth over all. Cover crockpot and cook on low for 8-9 hours until pork is thoroughly cooked and vegetables are tender.

6 servings
Calories: 450
Fat: 18 grams
Sodium: 800 mg
Vitamin A: 40% DV
Vitamin C: 25% DV

Slow Cooker Carrot and Sausage Stew

Source: Pillsbury's Soup and Crockpot Recipes

If your family doesn't like sweet potatoes, just use an ordinary baking potato as a substitute. You can use any kind of sausage in this recipe. If you choose an uncooked version, cook it in a skillet first and drain well to render off excess fat and add color.

- ❑ 1 baking potato, cut into 1/2" cubes
- ❑ 1 sweet potato, peeled and chopped
- ❑ 1 bag baby cut carrots
- ❑ 2 onions, chopped
- ❑ 1 lb. smoked fully cooked sausage, sliced
- ❑ 1 14-oz. can ready to serve chicken broth
- ❑ 1 14-oz. can diced tomatoes with seasonings, undrained
- ❑ 2 tsp. sugar
- ❑ 1/2 tsp. dried thyme leaves
- ❑ 1/4 tsp. pepper
- ❑ 1/2 cup Parmesan cheese

Combine all ingredients except cheese in a 3-4 quart crockpot. Cover slow cooker and cook on low for 7-9 hours until vegetables are tender. Serve with cheese.

Calories: 440
Fat: 26 grams
Sodium: 1400 mg
Vitamin A: 250% DV
Vitamin C: 40% DV

Tex-Mex Pork Crockpot Stew

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

The cornmeal acts as a thickener in this rich and savory stew. You can add chili powder or red pepper if you like a very spicy dish.

- ❑ 1 chopped onion
- ❑ 4 cloves garlic, minced
- ❑ 2 pounds boneless pork top loin
- ❑ 1/4 cup cornmeal
- ❑ 1/2 tsp. cumin seeds
- ❑ 1/2 tsp. dried oregano leaves
- ❑ 1 15-oz. can chili beans in sauce, undrained
- ❑ 1 14-oz. can diced tomatoes with onions and garlic, undrained
- ❑ 1 cup chicken broth
- ❑ 2 cups frozen corn, thawed

In 5-6 quart crockpot, mix together onion and garlic. Cut pork into 1-1/2" cubes and place on top of onions. In small bowl, mix cornmeal, cumin and oregano. Sprinkle over pork cubes and mix to coat. Add undrained chili beans, undrained tomatoes and chicken broth to pork mixture. Cover crockpot and cook on low for 8-10 hours or until pork is thoroughly cooked. Add corn, cover crockpot and cook on high for 15-20 minutes or until stew is thoroughly heated.

6 servings
Calories: 400
Fat: 13 grams
Sodium: 600 mg
Vitamin C: 20% DV

Apple Pork Chops with Sauerkraut

Source: Mable Hoffman's Healthy Crockery Cookery

- ❑ 2 sweet potatoes, peeled and sliced 1/2" thick
- ❑ 1 onion, chopped
- ❑ 2 tart apples, cored and sliced
- ❑ 1 Tbsp. brown sugar
- ❑ 1/4 tsp. cinnamon
- ❑ 1/4 tsp. salt
- ❑ 1/8 tsp. pepper
- ❑ 5 boneless 1" thick pork chops
- ❑ 1 15-oz. can sauerkraut, rinsed and drained

Place sweet potatoes and onions in bottom of 3-4 quart slow cooker. Cover with apple slices. In small bowl, combine brown sugar, cinnamon, salt and pepper and sprinkle over apples.

Cook pork chops in nonstick skillet for 3-4 minutes on each side to brown slightly. Place over apples. Top with sauerkraut. Cover crockpot and cook on LOW for 6-7 hours or until pork chops are tender.

5 servings
Calories: 300
Fat: 11 grams
Sodium: 700 mg
Vitamin A: 35% DV
Protein: 45% DV