

Crock-Pot Cooking for Home Kitchens, 3rd Ed.

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Crock Pot

A crock pot has an electric base that holds a ceramic pot with a lid. The heating element is electric. The pot heats slowly and holds a steady temperature. There are often two or three settings, hot, warm, and off. When using the pot to cook, the lid should remain on. When the lid is off, the pot should be turned off and unplugged.

Wash the crock pot by hand. Only the ceramic pot and lid should be washed. Use paper towels to clean the electric base. Dry between use.

When cooking, only fill the pot to one inch below the lid. This is so the pot does not spill over while cooking. Do not over fill.

When stirring or mixing, wooden or plastic spoons should be used. Do not use metal spoons.

This cookbook is written for the 3 quart crock pot. Each recipe adjusts by servings.

Potato Soup

1 1/2 onion
4 potatoes (russet)
1 carton of half and half
1 can of corn
garlic powder
salt

Slice onion. Slice potatoes. Layer onions in first. Layer potatoes next. Season between layers of potatoes with salt and garlic powder. Dump corn on top. Pour in half and half. Fill with water until liquid visible. Cook on high for 8 hours.

Beef Stew

3 carrots
3 potatoes
1 onion
4 stalks of celery
1 pound of meat

Slice carrots. Chop onion. Slice celery. Layer in onions first. Layer carrots and potatoes next. Throw on celery. Put the meat on top. Fill with water until water covers vegetables. Cook on high for 19 hours adding water.

Clam Chowder

1/2 onion
5 potatoes (russet)
1 carton of heavy cream
1 jar of clam juice
1 can of whole clams

Slice onion. Slice potatoes. Layer onion and potatoes and put in pot. Pour clams and juice on top. Pour in cream. Fill with water until water covers potatoes. Cook on high for 4 hours.

Beans (flavored)

1 bag of beans
onion powder
oregano

Rinse beans. Put beans in pot. Fill with water to cover beans. Sit to soak for 8 hours. Drain water. Rinse beans. Flavor with less than half of spices. Cook on high for 8 hours. Flavor lightly.

Chicken Soup

1/2 cup rice
5 stalks of celery
1/2 onion
3 carrots
diced chicken (1/2 pound)

Slice carrots. Carrots in the pot. Chicken in the pot. Slice onion. Onion in the pot. Slice celery. Celery in the pot. Add water to 2 inches below the lid of the pot. Cook on high for 2 hours. Add rice. Cook for 6 hours adding water.

Taco Meat

2 pounds of ground beef
4 carrots
1 container of chili powder

Chop carrots. Layer in bottom of pot. Fill with water to visible with the carrots. On a cutting board, knead spice into meat. Put meat on top of carrots in pot. Use a fork to loosen slightly. Cook on high about 4 hours. Cook on low for 2 hours.

Roast

3 onions
1 roast (2 pounds)
wine (bottle) white
oregano

Slice onions. Brown. Onions in pot. Set roast on top. Pour in wine. Dump oregano on top. Cook on high for 5 hours.

Rice

rice
water to twice the rice volume

Cook on high for 1 hour. Cook on low until done, about 30 minutes.

Salmon

Cook rice. Add 1/2 cup of water. Put salmon on top. Cook on high until done.

Hawaiian Haystacks

diced chicken (1 breast)
rice
celery (6-7 stalks)
pineapple
almonds
coconut (dried)
crunchy noodles

Throw in rice and twice the volume of water. Slice celery. Add chicken and celery. Pineapple on top. Cook on high for 3 and 1/2 hours. Serve topped with coconut, almonds, and noodles.

Coffee

Water to one inch below the lid of the pot. Add coffee, 1/2 cup. Cook on high for 30 minutes. Set to keep warm. Let sit for 1 and 1/2 hours. Ladle coffee.

Hot Cider

six pack of (hard) apple cider
cloves
cinnamon
cardamon
whole pepper corn

Cook on high for 2 hours.

Mashed Potatoes

8 potatoes (russet)
1 cup cream (heavy cream)
gorgonzola cheese

Chop potatoes. Put potatoes in pot with water covering. Cook on high for approximately 4 hours until fork in potatoes is soft. Drain water. Mash potatoes and stir in cream. Stir in cheese.

Gravy (meat)

1 cup flour
4 tablespoons corn starch
pinch of salt
2 carton beef broth

Put broth in pot. Heat on high for approximately 1 hour. Whisk in flour and corn starch. Cook on high for 1 hour and stir every 15 minutes.

Gravy (vegetable)

6 cups water
4 sticks celery
1 carrot
1 cup white wine
1 cup flour
4 tablespoons corn starch

Cut celery and carrot into sticks. Put celery and carrot sticks in pot. Put in water. Cook on high for 1 and 1/2 hours. Remove celery and carrot sticks. Add wine. Whisk in flour and baking powder. Cook on high for 1 and 1/2 hours stirring occasionally.

Sweet Potatoes

5 yams
bag of marshmallows

Chop yams. Put yams in pot. Fill with water to visible. Cook on high until yams are soft to a fork approximately 4 hours. Drain water. Top with marshmallows. Cook on low until marshmallows are soft approximately 5 minutes.

Seasoned Stuffing (vegetable)

4 carrots
3 bags of croutons
celery
parsley
dill

Chop carrots. Layer on bottom of pot. Water to cover carrots. Croutons in a bowl. Chop celery, parsley and dill. Stir celery, parsley, and dill into the croutons. Layer the croutons and spice into the pot. Cook on high approximately 1 and 1/2 hours until mixture is soft.

Cranberries

fresh cranberries
1/4 cup sugar

Layer cranberries into pot. Add water until berries float. Cook on high for 1 and 1/2 hours. Drain half the water. Stir in sugar. Mash.

Refried Beans

1 bag pinto beans
5 limes

Rinse beans. Put in pot with water covering beans. Leave to sit for 8 hours. Drain water. Rinse beans. Add water to cover beans. Cook on high until soft approximately 8 hours. Stir beans. Squeeze lime. Cook on low for 1/2 hour.

Soup

whole onion
whole celery
carrots
chicken

Dice chicken. Slice carrots. Put the carrots in the pot. Put chicken in the pot. Put water in. Peel onion. Put onion in the pot. Put the celery in the pot. Cook on high.

Pasta in the Pot

2 cups penne pasta
3 cans tomato paste (6 oz can)
1 onion

Slice onion. One layer of onion on bottom. Layer in chicken. Add water to visible. Dump tomato paste on top. Add garlic powder and onions. Cook on high for 2 hours. Add pasta and stir into sauce. Cook another 1 hour.

Linguine in the Pot

2 cups milk
1 cup shredded cheese parmesan
pasta
onion powder

Milk. Pasta. Cheese. Onion powder. Cook on high for 1 hour. After 1 hour push the noodles into the pot. Stirring occasionally cook for 30 minutes.

Beets

whole beets

Put the beets in the pot. Water to cover the beets, but no higher than 1 inch below the lid of the pot. Cook on high for 5 hours, until beets are soft. Skin beets. This is done by taking each beet in your hand and rubbing the skins until they slide off the beet.

Pommes et Cannelle

3 apples
cinnamon
can of cider
1 cup flour
pinch of salt
1 tbsp sugar
1/2 cup water
3 eggs

Skin the apples. Cut the apples and put them in the pot. Sprinkle cinnamon. Pour 1/2 can of cider in. Cook on high for 3 hours. Pour egg batter on top. Cook on high for 1 hour with lid on.

Steamed Greens

spring mix

Throw spring mix in the pot. Water to 1/2 cup. Cook on high for 1 hour.

Tomato Chicken

2 chicken breasts
2 cans tomato sauce
1 onion
3 tomatoes
chilli powder
parsley flakes
paprika

Dice tomatoes. Throw them in the pot. Dice onion. Throw the onion in the pot. Chilli powder. Parsley flakes. Chop the chicken and throw it in. Paprika. Put the sauce in and stir. Cook on high for 6 hours.

Meat balls

1 pound ground beef
2 onions
dill
pepper

Chop onions. Throw in pot for a bed. Make meet balls with dill. Place on top of the onions. Sprinkle pepper. Cook on high for 2 hours.

Endive Soup

1 carton chicken broth
3 endives

Slice endives short ways so the slices resemble noodles. Add broth and endives in the pot. Cook on high for 1 hour.

French Onion Soup

3 onions
4 stalks celery
mozarella cheese
bread

Slice onions. Brown onions. Throw browned onions in the pot. Cut celery and throw in the pot. Add water. Cook on high for 2 hours. Serve with mozarella and bread.

Frittata

2 cups flour
2 tbsp mayonaise
4 tbsp oil
1/4 cup powdered sugar
3 eggs
pinch of salt
2 head brocolli
16 eggs
1/4 cup shredded cheese

Make crust with flour, mayonaise, oil, sugar, 3 eggs, and a pinch of salt. Roll the crust out with a rolling pin and line the pot with the crust. Chop brocolli and put in the pot. Mix eggs and cheese. Poor mixture into the pot. Cook on high for 2 hour. Add cheese on top and cook for 1/2 hour.