



Spices and Herb

Allspice: pickling, gingerbread, holiday baking, pork and ham and squash dishes.

Anise: cakes, cookies and bread

Basil: Italian dishes, vegetables, meats, tomato salads and sauces.

Bay leaves: Grilled fish, marinades, meat stews and soups.

Cayenne pepper: Egg dishes, cream sauces, cheese dishes and spreads.

Chives: Fresh or dried are excellent in dips, salads, garnishing for potatoes.

Cinnamon: Toast, tea, coffee, fruit desserts and pies.

Cloves: Ham, apple desserts, spiced tea

Dill: cucumber salads, salmon, sauce for boiled beef, chicken or fish.

Garlic: used in French, Italian, Spanish and Chinese recipes, excellent in dressings and dips

Ginger: Broiled chicken, pot roast, peach desserts, barbeque sauces and holiday baking

Nutmeg: Rice and sweet puddings, spinach, mushrooms.

Paprika: Meat and poultry goulashes, broiled fish and decorative toppings

Sage: Pork, poultry or onion stuffing's, sausage, meat

Savory: string beans, cabbage, salad dressing, and beans

Thyme: clam chowder, meat and vegetable soups and stews and egg dishes

Beef Stew



1 pound of stew beef

1 can sliced potatoes

1 bag baby carrots

1 small can of peas

Brown gravy mix

Salt-and-pepper

1 teaspoon of garlic powder and onion powder

16 ounces of water

Place all the ingredients in the slow cooker bags place a slow cooker baggie in your
crockpot put it on high Cook for 4 to 5 hours on high and it will be done enjoy

Chili



1 pound hamburger or ground turkey

1 teaspoon of onion powder and garlic powder

2 small cans of pinto beans

1 box Carroll Shelby's chili mix

1-16 ounce can of tomato sauce

Place a slow cooker bag in your crockpot place all the ingredients

In the slow cooker bag mix well cook for 4 to 5 hours on high

Salmon with Wild Rice



2 boneless skinless salmon pieces

1 box uncle Ben's long grain and wild rice

1 8 to 12 ounce can sliced carrots

3 table spoons butter

2 cups (16oz) water

Place slow cooker bag in crock pot, place all ingrediencies

In crock pot bag, cover with lid place on low for 4 hrs. and enjoy

Steak and Potatoes



1-2 pieces of your favorite steak

2-4 potatoes whole

1 teaspoon of Monterey Steak Seasoning

1 teaspoon scoop of butter

Place the steak, seasoning and butter in a slow cooker bag and place in crock pot,

Roll the top closed. Wrap the potatoes with foil and place on top of the bag in the crock pot

Place the lid on and turn the crock pot on high for 4-5 hrs.

BBQ RIBS AND CORN

ANY STYLE RIBS YOU WANT CUT TO 3-4 BONE SECTIONS

1 LARGE BOTTLE OF YOUR FAVORITE SAUCE

1 CORN ON THE COB PER PERSON EATING

SALT AND PEPPER

2 TABLE SPOONS BUTTER

CUT THE RIBS TO 3-4 BONE SECTIONS AND SALT/PEPPER TO YOUR TASTE

PLACE THEM IN A SLOW COOKER BAG AND THE PUT IT IN THE CROCK POT

ROLL THE TOP SHUT. PLACE THE CORN IN A SLOW COOK BAG WITH THE BUTTER

ROLL THE TOP CLOSED AND PLACE ON TOP OF RIB BAG. TURN THE CROCK POT

ON HIGH FOR 4-5 HRS



CHICKEN TORTELLINI

2 BONELESS CHICKEN BREASTS

2 LBS CHEESE FILLED TORTELLINI

2 LARGE CANS OR BOTTLES OF SPAGHETTI SAUCE

1 PACK SLOPPY JOE MIX

½ CUP CHOPPED YELLOW ONIONS

¼ CUP CHOPPED GARLIC

3 TABLE SPOONS BASIL

SALT AND PEPPER

CUBE THE CHICKEN, SALT AND PEPPER TO TASTE AND PLACE IN A SLOW COOKER BAG, PLACE THE BAG IN THE CROCK POT ADD ONIONS, BASIL, GARLIC AND SAUCE SET CROCK POT ON HIGH FOR 4-5 HRS



PASTRAMI

1LB THIN SLICED PASTRAMI

2 SOFT FRENCH OR HOAGIE ROLLS

14OZ CAN BEEF BROTH

MUSTARD

DILL PICKLES

IN YOUR CROCK POT PLACE A SLOW COOKER BAG, PLACE YOUR PASTRAMI AND BEEF BROTH IN THE CROCK POT PLACE IT ON HIGH FOR 2HRS.

WHEN DONE SLATHER THE ROLL WITH MUSTARD AND ADD PICKLES THEN STUFF WITH PASTRAMI AND ENJOY



BEEF DIP

2LBS OF ROAST BEEF THIN SLICE

1 14OZ CAN BEEF BROTH

2 FRENCH OR HOAGIE ROLLS

SLICED ONIONS AND BELL PEPPER IF WANTED

PLACE A SLOW COOK BAG IN YOUR CROCK POT, NOW PLACE YOU SLICED ROAST BEEF
AND THE BEEF BROTH IN THE CROCK POT

PLACE ON HIGH FOR 4 HRS

ADD ONIONS AND BELL PEEPERS IF WANTED

PLACE SLICED ROAST BEEF IN ROLL THEN DIP THE WHOLE ROLL IN THE JUICE AND
ENJOY



BONELESS PORK CHOPS WITH MUSHROOM SAUCE

4 BONELESS PORK CHOPS

1 CAN CREAM OF MUSHROOM SOUP

SALT AND PEPPER

PLACE A SLOW COOKER BAG IN YOUR CROCK POT ADD YOUR PORK CHOPS AND
MUSHROOM SOUP

PLACE ON HIGH FOR 4-5 HRS

YOU CAN ADD INSTANT RICE AND EXTRA SLICE MUSHROOM IF WANT A HEARTY
COMPLETE MEAL



SALISBURY STEAK

2-4 HAMBURGER PATTIES

1 BOTTLES 16OZ WATER

2 BROWN GRAVY MIX (WITH OR WITHOUT MUSHROOMS)

1 SMALL CAN MIXED VEGGIES

1 CONTAINER BOB EVANS MASHED POTATOES

PLACE SLOW COOKER BAG IN YOUR CROCK POT, ADD THE WATER AND GRAVY MIX THEN STIR TO MIX WELL, PLACE YOUR HAMBURGER PATTIES IN THE MIX.

PLACE ON HIGH FOR 5 HOURS.

MICROWAVE YOUR MIXED VEGGIES AND MASHED POTATOES AND SERV



PULLED PORK

1 SMALL PORK ROAST

1 LARGE BBQ SAUCE AND STYLE

BURGER BUNS OR LARGE ROLLS

1 SMALL COLESLAW

PLACE A SLOW COOK BAG IN YOUR CROCK POT, PLACE YOUR ROAST AND BBQ SAUCE, SALT AND PEPPER TO TASTE IN THE CROCK POT ON HIGH FOR 5 HRS

YOUR SLAW IS A SIDE DISH FOR ON YOUR SANDWICH OR ON THE PLATE SIDE



CHICKEN BREAST WITH CREAM SAUCE

2-4 CHICKEN BREAST

1 LARGE CREAM OF CHICKEN SOUP

1 CAN SMALL WHOLE POTATOES

1 CAN OF SWEET PEAS

PLACE A SLOW COOKER BAG IN THE CROCK POT, PLACE THE CHICKEN BREAST, POTATOES, SWEET PEAS IN THE BAG AND NOWS POUR THE CREAM OF CHICKEN SOUP ON TOP OF IT, SALT AND PEPPER TO TASTE

PLACE ON HIGH FOR 5 HRS



FRUIT SALAD

THIS IS A EASY ONE FOR YOU, USED YOUR FAVORITE FRESH FRUIT HERE IS A BASIC LIST

BLACK BERRIES

KIWI

STRAWBERRIES

PEACHES

APPLES

BLUE BERRY



YOUR BASIC SALAD

TOMATOES

OLIVES

ONIONS

GREEN LEAF LETTUCE

BELL PEPPERS (ANY COLOR)

FETTA CHEESE OR BLUE CHEESE

CUCUMBER AND TOMATOES

3 CUCUMBERS PEELED AND SLICED

3 TOMATOES SLICED

CRUMBLED FETTA CHEESE

ZESTY ITALIAN DRESSING

MIX IT ALL IN A LARGE BOWL