



EXPRESS COOKING VOLUME II



POT ROAST

1 MEDIUM ROAST

1 CAN SLICED POTATOES

1 CAN CARROTS

1 TSP CRUSHED GARLIC

1\2 ONION SLICED

1 TSP SALT OR MRS. DASH

1TSP PEPPER

2 TBLSP BASIL

16 – 20 OZ OF WATER

PLACE EVERYTHING IN A SLOW COOKER BAG IN A CROCK POT AND TURN
ON MEDIUM FOR 4-5 HRS



SHRIMP SCAMPI

1LB SHRIMP (ANY STYLE YOU WANT)

1 LB BUTTER

1\4 CUP PARSLEY OR BASIL

1\2 CUP CRUSHED GARLIC

PLACE EVERYTHING IN A SLOW COOKER BAG AND IN THE CROCK POT,
PLACE CROCK POT ON LOW FOR 2 HRS, SERV WITH RICE OR PASTA



HAM AND SWEET POTATOES

2-3 SLICES OF HAM

1 CAN SWEET POTATOES

3 TABLE SPOONS LIGHT BROWN SUGAR

1 SMALL BUNCH ASPARAGUS

PLACE HAM, SWEET POTATOES, BROWN SUGAR IN A SLOW COOKER BAG IN
THE CROCK POT ON MEDIUM FOR 3 HRS

ROLL ASPARAGUS IN FOIL AND THE ON TOP OF THE CLOSED SLOW COOKER
BAG



CROCK POT PIZZA

1 CAN OF PILLBURY THIN PIZZA CRUST

1/3 CUP PIZZA SAUCE

½ CUP PEPPERONI

1 CUP SHREDDED MOZZARELLA CHEESE

SPRAY THE CROCK POT COOKING SPRAY, UNROLL DOUG AND FOLD IN HALF, PRESS INTO BOTTOM OF CROCK POT PRESSING SIDES OF DOUG UP ABOUT 1 INCH, SPREAD SAUCE EVENLY ON DOUGH THEN SPREAD THE CHEESE AND PEPPERONI ON DOUGH. SET SLOW COOKER ON LOW FOR 1 ½ TO 2 HOURS OR UNTIL CRUST SIDES ARE DEEP GOLDEN BROWN.



BBQ OR HOT WING

3 LBS OF WINGETTS AND DRUMETTS

1 LARGE BOTTLE OF YOUR FAVORITE WING SAUCE

1 BOTTLE BLUE CHEESE DRESSING OR RANCH DRESSING

SMALL CELERY STICKS AND BABY CARROTS

PLACE THE WINGS IN A SLOW COOKER BAG AND THEN IN THE SLOW COOKER, COVER WITH THE WINGS SAUCE OF YOUR CHOICE. PLACE THE CROCK POT ON MEDIUM FOR 5 HOURS. SERV WITH DRESSING, CELERY AND CARROTS ON THE SIDE



MEATLOAF

1 lb. hamburger meat

1 lb. pork or Italian sausage

1 cup chopped onions

2 med or lrg eggs

1 tbs. garlic

1 can slice potatoes

1 can slice carrots

Salt and pepper or Mrs. Dash

1 pack McCormick meatloaf mix

2 tsp. Basil

1 tsp garlic powder

Mix the meats, onions, garlic, salt, pepper or Mrs. Dash (season to taste) with the meat loaf mix and eggs together then form into a loaf. Place in a next to slow cooker bag and then into your crock pot. This cooks on med for 4 hrs. in foil place a drained can of sliced potatoes and slice carrots, season with garlic powder and basil wrap up and place next to the meat loaf



Chicken and Dumplings

3 boneless chicken breasts

1 can peas and carrots

2 cans diced potatoes

1 family size cream of chicken soup

3 tbsp parsley or basil

3 tbsp butter or olive oil

Salt and pepper or Mrs. Dash

1 can biscuit dough

Chunk chicken breast into cubes and place in a slow cooker bag and then in your crock pot, pour in cream of chicken soup (no water) season to taste with salt and pepper or Mrs. Dash, pour in drained potatoes, peas and carrots, basil or parsley, butter or olive oil. Set on high for 4 hrs. then place biscuit dough cut into pieces on top and let cook another 1 hr.



Chicken or Beef Fajitas/Street Tacos

1 lb. thin sliced chicken or beef

1 packet of McCormick chicken taco seasoning

1 sliced onion

1 slice bell pepper

2 sliced roma tomatoes

1 pack flour or corn tortillas

1 bunch of cilantro chopped

Place the chicken or beef or both (you can also use shrimp or fish) in a slow cooker bag and place it in your slow cooker. For fajitas add the peppers and onions, for street tacos just use the meats. Add the taco seasoning set at high for 3 hours. Serve fajitas on flour tortillas, serve street tacos on flour or corn tortillas with onions and cilantro



BBQ chicken

4-6 pieces of any kind of chicken

1 large bottle of your favorite BBQ sauce

2 tsp. Montreal chicken seasoning

Place the chicken in a slow cooker bag and then in the crock pot. Season with Montreal seasoning and cover with the BBQ sauce. Set it on high and cook for 4-5 hrs



Lasagna

2 lb. ground beef

1 cup chopped onions

1 tbsp. crushed garlic

2 cans or bottles of your favorite spaghetti sauce

1 12oz container of cottage cheese

4 cups mozzarella cheese

Salt and pepper

3 tbsp. Italian seasoning

Lasagna noodles

In your microwave or electric skillet brown the ground beef and mix in onions, garlic, spaghetti sauce. Salt and pepper to taste. Place a slow cooker bag into the crock pot and then layer the bottom with the meat and sauce mix, on top spread out a thin layer of cottage cheese and a good coverage of mozzarella, now place the noodles to cover it (break to make fit) then layer the meat and sauce with the cottage cheese and mozzarella again then one more layer of noodles. Now top with remaining sauce and meat mix and the rest of the cheeses. Set at medium for 5 hrs



Enchilada Casserole

2 lbs. ground beef or shredded chicken

1 cup chopped onions

1 tbsp. Crushed garlic

2 lg. can mild enchilada sauce

2 lg. can refried beans

6 cups of shredded sharp cheddar cheese

2 dozen corn tortillas

1 sm can slice black olives

Pre-cook the ground beef or shredded chicken in a micro wave or electric skillet, now place a slow cooker bag in your crock pot layer the bottom with the meat, on top of the meat put a layer of refried beans and then a layer of shredded cheese. Now coat it with enchilada sauce and cover with tortillas, repeat for two more layers for the last layer top the tortillas with cheese and the rest of the sauce and place olive slices on top of that. Set on med for 4 hrs.



Stuffed Avocado snacks

2 lg. avocados

$\frac{1}{4}$ cup chopped onion

$\frac{1}{2}$ cup chopped cashews or cashew pieces

Spoon out the avocado from the skin set the skins aside. Mash the avocado up to a creamy paste form and add onions and cashews, mix well and spoon back into the skin, enjoy with chips or Ritz crackers.

You can also add a can of drained tuna or drained canned chicken or a drained can of small salad shrimp



Greek salad

Green leaf lettuce chopped

2 roma tomatoes chopped

¼ cup sliced purple onion

¼ cup chopped unpeeled cucumber

¼ cup cubed feta cheese

Salt and pepper

Greek dressing

Mix all the veggies in a bowl, cover with a medium coat of Greek dressing and mix. Toss in feta cheese and enjoy



Tomatoes and Cucumbers

1 lg. ripe tomato

1 cucumber

½ cup olives any style

½ feta cheese cubed

Zesty Italian dressing

Slice or cube the tomato and cucumber (you can peel the cucumber if you want) and place on a plate or in a bowl, top with the olives and the cheese, coat with dressing. Serv with crackers or French/ Italian bread



Peaches and Strawberries

1 can strained peach slices

1 kiwi peeled and sliced

1 cup sliced strawberries

1 cup grapes

$\frac{1}{4}$ cup walnuts

Pretty easy this one mix it all in a bowl and top with walnut

Eat and smile



Banana Bread

1 box any style banana bread mix

2 ripe bananas

Place a slow cooker bag in your crock pot, spray the bag with canola spray.

In a bowl mix the banana bread mix with what is need from the box instructions and both bananas. Pour it all into the crock pot and smooth it even.

Set on medium for 2 ½ hrs

