

Crock Pot Recipes from Brooke

Orange Glazed Chicken Breasts

1 6-ounce can frozen orange juice concentrate
½ ts dried marjoram leaves
2 Tbs. Cornstarch

8 4-ounce chicken breast halves, skin & fat removed
¼ cup of water

Combine thawed orange juice and marjoram in shallow dish. Dip each breast in orange juice mixture and put in crock pot.

Pour remaining sauce over breasts. Cover, cook on low 7 to 9 hours (high 4 to 5 hours).

Before serving, remove chicken breasts from crock pot. Turn to high and cover. Mix water and cornstarch, stir into liquid in crock pot. Place cover slightly ajar in crock pot. Cook until thick and bubbly (15 - 30 minutes). Serve over chicken.

6 servings.

Swiss Steak

1 ½ pounds round steak ¾ - inch thick
2 Tbs. flour
½ ts salt
1 small stalk celery, chopped

1 medium onion, sliced
1 carrot, chopped
¼ ts pepper
1 15ounce can tomato sauce

Cut round steak into serving pieces. Season flour with salt and pepper. Dredge meat in seasoned flour. Put onions in bottom of crock pot; add meat. Top with carrots and celery and cover with tomato sauce. Cover, cook on low 8 to 10 hours (High 3 to 5 Hours).

6 servings.

Brooke's Boneless Pork Roast

3 pound boneless pork roast
1 to 2 Tbs. cracked black peppercorns
2 cloves garlic, minced
2 ts dry Mustard

3 Tbs. balsamic vinegar
¼ cup reduced-sodium soy sauce
2 Tbs. Worcestershire sauce

Rub cracked pepper and garlic onto roast. Put roast in Crock pot. Make several shallow slits in top of roast. In a small bowl, combine remaining ingredients and pour over meat. Cover, cover on low 8 to 10 hours (high 4 to 5).

12 servings.

Mazzulo's *Only the Best*

Chicken in a pot

2 carrots, sliced	1ts. Salt
2 onions, sliced	½ ts coarse black pepper
2 celery stalks with leaves, cut in 1- inches pieces	½ cup water, chicken broth or white wine
3 pound broiler/fryer chicken	½ ts basil

Put carrots, onion and celery in bottom of crock pot. Add whole chicken. Top with salt, pepper, liquid. Sprinkle basil over top. Cover, cook on low 8 to 10 hours (High 3 ½ to 5 hours, using 1 cup water).

Remove chicken and vegetables with spatula.

4 serving.

Sloppy Joes

3 pounds ground chuck	1 Tbs. Worcestershire sauce
1 onion, finely chopped	1 ts chili powder
1 green pepper, seeded and chopped	¼ Ts pepper
2 8-ounce cans tomato sauce	¼ ts garlic powder
¾ cup ketchup	

Brown beef in skillet and drain off fat. Put in crock pot. Add remaining ingredients. Stir thoroughly. Cover, cook on low 8 to 10 hours. (High: 3 to 4 Hours).

12 servings.

Sweet ` n Spicy Glazed Chicken

6 4 ounce skinless boneless chicken breast	1 cup reduced-sodium soy sauce
1 Tbs. Oil	1 cup reduced-sodium chicken broth
¼ ts salt	2 Tbs. Lemon juice
¼ ts pepper	½ ts cayenne pepper
4 cloves garlic, minced	¼ cup cornstarch
½ cup brown sugar	½ cup water

In large skillet, heat oil over medium-high heat. Add chicken and brown on both sides. Season chicken with salt and pepper. Put in crock pot. In a small bowl. Combine remaining ingredients, except cornstarch and water.

Pour over chicken. Cover, cook on Low 7 to 9 hours (High 3 to 4 hours). When done, remove chicken breast and turn crock pot to high, cover. Combine cornstarch and water. Stir into liquid in crock pot. Place cover slightly ajar on crock pot. Cook until thickened (15 to 30 minutes).

6 servings

Corned Beef and Cabbage

3 carrots, cut in 3-inch pieces	1 cup water
3 to 4 pound corned beef brisket	½ small head cabbage, cut in wedges
2 medium onions, quartered	

Put all ingredients except cabbage wedges n crock pot in order listed. Cover, cook on Low 8 to 10 hours (High 5 to 6 hours). Add cabbage wedges to liquid, pushing down to moisten, turn to high and cook an additional 2 to 3 hours. 12 to 14 servings.

Cabbage: To prepare more cabbage than crock pot will hold with large brisket, cook it separately in skillet. Remove 1 cup of broth from crock pot during last our of cooking. Pour over cabbage wedges in skillet. Cover, cook slowly for 20 to 30 minutes