

470 Crockpot Recipes

CROCKPOT RECIPES

16 BEAN SOUP

- 1 package 16 Bean Soup
- 3 bay leaves
- 1 tablespoon crushed oregano
- 2 cans no-fat chicken stock
- Additional water to cover
- 3 stalks celery chopped
- 3 carrots diced
- 1 large onion chopped
- 3 cloves garlic sliced
- 1 pound turkey Italian sausage sliced
- 2 cans stewed (or diced) tomatoes

Combine first 5 ingredients (liquid should cover mixture by 1"-2") in Crock Pot Cook on high for 2 hours Add remaining ingredients and shift cooker to low and cook for additional 3 hours For more zing, add cayenne or crushed red pepper when adding second set of ingredients. Serve as complete meal or over rice. Freezes well.

ALL DAY CROCKPOT DELIGHT

- 2-3 lbs. boneless chuck, cut into 1 inch cubes
- 1/2 c. flour
- 1/4 c. butter
- 1 onion, sliced
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 clove garlic, minced
- 2 c. beer
- 1/4 c. flour

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