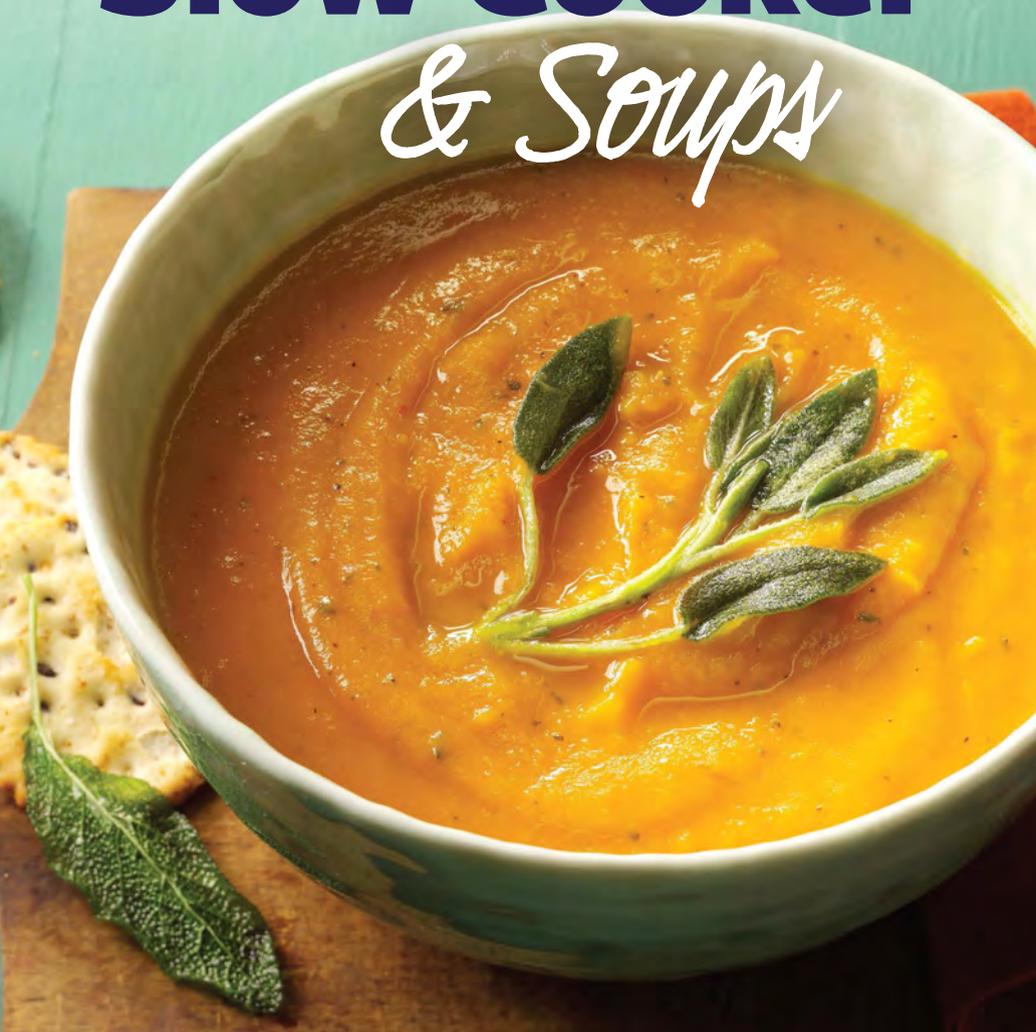




.....  
**30** EASY-TO-PREP  
FAMILY DISHES  
.....

# Casseroles, Slow Cooker & Soups





# Casseroles, Slow Cooker & Soups

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## Look for These Icons

**FAST FIX**

Done in 30 minutes or less

**5 INGREDIENTS**

Recipes made with a few ingredients

**FREEZE IT**

Make now, eat later

**SLOW COOKER** 

Set it and forget it

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# soups

**Simple, hearty and heartwarming! These soul-satisfying soups and stews will please the entire family, so whip one up tonight.**



## Neighborhood Bean Soup

PREP: 30 min. + standing • COOK: 2¼ hours

MAKES: 10 servings (2¾ qt.)

*Even though I'm single, I make multiple servings of everything. The habit has helped me to get to know my neighbors. A few of them always volunteer to be my guinea pigs when I try out a new recipe.*

—Cheryl Trowbridge, Windsor, ON

- 2 cups dried great northern beans
- 5 cups chicken broth
- 3 cups water
- 1 meaty ham bone or  
2 smoked ham hocks
- 2 to 3 Tbsp. chicken bouillon granules
- 1 tsp. dried thyme
- ½ tsp. dried marjoram
- ½ tsp. pepper
- ¼ tsp. rubbed sage
- ¼ tsp. dried savory
- 2 medium onions, chopped

- 3 medium carrots, chopped
- 3 celery ribs, chopped
- 1 Tbsp. canola oil

1. Sort beans and rinse with cold water. Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let soak for 1-4 hours or until beans are softened.
2. Drain and rinse the beans, discarding liquid. Return beans to pan; add broth, 3 cups of water, ham bone, bouillon and seasonings; bring to a boil. Reduce heat; cover and simmer for 1½ hours.
3. Meanwhile, in a large skillet, saute the onions, carrots and celery in oil until tender; add to soup. Cover and simmer 45-60 minutes longer or until the beans are tender.
4. Remove the ham bone; cool slightly. Remove meat from bone and cut into chunks; return to soup. Discard bone. Skim fat from soup.

**FAST FIX****Super Fast Mexican Soup**

START TO FINISH: 25 min.

MAKES: 4 servings

*We take this spicy soup to rodeos on cool nights or sip it by a campfire. Top with jalapenos, avocado, cheese, onions, sour cream and salsa—or anything else you like.*

—Gloria Huse, Simpsonville, SC

- 2 tsp. olive oil
- 1 lb. boneless skinless chicken thighs, cut into  $\frac{3}{4}$ -in. pieces

- 1 Tbsp. reduced-sodium taco seasoning
- 1 cup frozen corn
- 1 cup salsa
- 1 carton (32 oz.) reduced-sodium chicken broth

1. In a large saucepan, heat the oil over medium-high heat. Add chicken; cook and stir 6-8 minutes or until no longer pink. Stir in taco seasoning.
2. Add remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes to allow flavors to blend. Skim fat before serving.





**FAST FIX** Basil Tortellini Soup

START TO FINISH: 20 min.

MAKES: 6 servings

*I keep these ingredients on hand for a fast meal and serve it with bread to soak up every last delicious bit. Colorful and quick, it's also good warmed up the next day—if there's any left.*

—Jayne Dwyer-Reff, Fort Wayne, IN

- 4 cups chicken broth
- 1 pkg. (9 oz.) refrigerated cheese tortellini
- 1 can (15 oz.) white kidney

or cannellini beans,  
rinsed and drained

- 1 cup chopped fresh tomato
- $\frac{1}{3}$  to  $\frac{1}{2}$  cup shredded fresh basil
- 1 to 2 Tbsp. balsamic vinegar
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  to  $\frac{1}{4}$  tsp. pepper
- $\frac{1}{3}$  cup shredded Parmesan cheese

1. In a large saucepan, bring broth to a boil. Add the tortellini; cook for 7-9 minutes or until tender.
2. Stir in the beans, tomato and basil. Reduce heat; simmer, uncovered, for 5 minutes. Add the vinegar, salt and pepper. Serve with cheese.



## Spicy Pork & Green Chili Verde

PREP: 40 min. + standing • COOK: 25 min.

MAKES: 6 servings

*My pork chili is brimming with sweet red peppers and poblano for a hearty kick. Top it with sour cream, Monterey Jack and tortilla chips.*

—Anthony Bolton, Bellevue, NE

- 6 poblano peppers
  - 2 Tbsp. butter
  - 1½ lbs. pork tenderloin, cut into 1-in. pieces
  - 2 medium sweet red or yellow peppers, coarsely chopped
  - 1 large sweet onion, coarsely chopped
  - 1 jalapeno pepper, seeded and finely chopped
  - 2 Tbsp. chili powder
  - 2 garlic cloves, minced
  - 1 tsp. salt
  - ¼ tsp. ground nutmeg
  - 2 cups chicken broth
- Optional toppings: sour cream, shredded Monterey Jack cheese,

crumbled tortilla chips and lime wedges

1. Place poblano peppers on a foil-lined baking sheet. Broil 4 in. from heat until the skins blister, about 5 minutes. With tongs, rotate the peppers a quarter turn. Broil and rotate until all the sides are blistered and blackened. Immediately place peppers in a large bowl; let stand, covered, 10 minutes.
2. Peel off and discard the charred skin. Remove and discard stems and seeds. Finely chop peppers.
3. In a 6-qt. stockpot, heat butter over medium heat. Brown pork in batches. Remove with a slotted spoon.
4. In the same pan, add red peppers, onion and jalapeno; cook, covered, over medium heat for 8-10 minutes or until tender, stirring occasionally. Stir in the chili powder, garlic, salt and nutmeg. Add broth, roasted peppers and pork; bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until the pork is tender. Serve with toppings as desired.



## Turkey Biscuit Stew

PREP: 15 min. • BAKE: 20 min.

MAKES: 6 servings

*This chunky stew makes a hearty supper, especially in the fall and winter. It's a great way to use leftover turkey.*

—Lori Schlecht, Wimbledon, ND

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 can (10 1/2 oz.) condensed chicken broth, undiluted
- 3/4 cup milk
- 2 cups cubed cooked turkey
- 1 cup cooked peas
- 1 cup cooked whole baby carrots
- 1 tube (10 oz.) refrigerated buttermilk biscuits

1. In a 10-in. ovenproof skillet, saute onion in the butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Add turkey, peas and carrots; heat through. Separate biscuits and arrange over the stew.
2. Bake at 375° for 20-25 minutes or until biscuits are golden brown.



## Hearty Beef & Sweet Potato Stew

PREP: 40 min. • BAKE: 2 hours

MAKES: 8 servings (2½ qt.)

*I have fond memories of growing up in an Irish-Italian family and learning how to cook from my grandparents. On busy weeknights I use a slow cooker to make a beefy stew that reminds me of them.*

—Renee Greene, Smithtown, NY

- 3 Tbsp. canola oil, divided
- 1½ lbs. boneless beef chuck steak, cut into 1-in. pieces
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 2 cans (14½ oz. each) reduced-sodium beef broth
- ⅓ cup dry red wine or additional reduced-sodium beef broth
- 1 Tbsp. minced fresh thyme or 1 tsp. dried thyme
- 1 Tbsp. Worcestershire sauce
- 1 tsp. salt
- ¾ tsp. pepper
- 3 Tbsp. cornstarch
- 3 Tbsp. cold water
- 1¼ lbs. sweet potatoes (about 2 medium), cut into 1-in. cubes
- 1 lb. baby portobello mushrooms, halved
- 4 medium carrots, cut into ½-in. slices
- 2 medium parsnips, cut into ½-in. slices
- 1 medium turnip, cut into ¾-in. cubes

**1.** Preheat oven to 325°. In an ovenproof Dutch oven, heat 2 Tbsp. oil over medium-high heat. Brown beef in batches. Remove with a slotted spoon.

**2.** Add remaining oil to pan. Add onions;

cook and stir 2-3 minutes or until tender. Add garlic; cook 1 minute longer. Add broth and wine, stirring to remove browned bits from pan. Stir in thyme, Worcestershire sauce, salt and pepper. Return beef to pan; bring to a boil. Bake, covered, 1¼ hours.

**3.** In a small bowl, mix cornstarch and cold water until smooth; gradually stir into the stew. Add the sweet potatoes, mushrooms, carrots, parsnips and turnip to pan. Bake, covered, 45-60 minutes longer or until the beef and vegetables are tender. If desired, strain cooking juices; skim fat. Return the cooking juices to Dutch oven.





**FREEZE IT FAST FIX**

## Easy White Chicken Chili

START TO FINISH: 30 min.

MAKES: 6 servings

*Chili is how we fight cold weather. We use chicken and white beans for a comforting change from the classic red versions. It's a satisfying weeknight meal.*

—Rachel Lewis, Danville, VA

- 1 lb. lean ground chicken
- 1 medium onion, chopped
- 2 cans (15 oz. each) cannellini beans, rinsed and drained
- 1 can (4 oz.) chopped green chilies
- 1 tsp. ground cumin
- ½ tsp. dried oregano
- ¼ tsp. pepper
- 1 can (14½ oz.) reduced-sodium chicken broth

**Optional toppings: reduced-fat sour cream, shredded cheddar cheese and chopped fresh cilantro**

1. In a large saucepan, cook the chicken and onion over medium-high heat 6-8 minutes or until chicken is no longer pink, breaking up chicken into crumbles.
  2. Place one can of beans in a small bowl; mash slightly. Stir the mashed beans, the remaining can of beans, chilies, seasonings and broth into the chicken mixture; bring to a boil. Reduce heat; simmer, covered, for 12-15 minutes or until flavors are blended. Serve with toppings as desired.
- FREEZE OPTION** Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth if necessary.



## Creamy Butternut Squash & Sage Soup

PREP: 20 min. • COOK: 50 min.

MAKES: 4 servings

*After I started experimenting with new soup recipes, I created a rich squash version that omits heavy cream altogether, resulting in a healthier way to satisfy my cravings for creamy soups.*

—Nithya Kumar, Davis, CA

- 4 cups cubed peeled butternut squash
- 1 Tbsp. olive oil
- 2 Tbsp. minced fresh sage
- ¼ tsp. salt
- ¼ tsp. pepper

### SOUP

- 1 Tbsp. olive oil
- 2 Tbsp. butter, divided
- 1 medium onion, chopped
- 1 garlic clove, minced
- ¾ tsp. salt
- ¼ to ½ tsp. crushed red pepper flakes
- ⅛ tsp. pepper

- 4 cups water
- 1 medium sweet potato, chopped
- 1 medium carrot, chopped

**1.** Preheat oven to 400°. Place squash in a foil-lined 15x10x1-in. baking pan. Drizzle with oil; sprinkle with the sage, salt and pepper. Toss to coat. Roast 30-35 minutes or until tender, stirring occasionally.

**2.** Meanwhile, in a large saucepan, heat oil and 1 Tbsp. butter over medium heat. Add onion and garlic; cook and stir for 3-4 minutes or until softened. Reduce heat to medium-low; cook 30-40 minutes or until deep golden brown, stirring occasionally. Stir in salt, pepper flakes and pepper.

**3.** Add water, sweet potato and carrot to saucepan. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until vegetables are tender. Add the squash mixture and remaining butter to soup. Puree soup using an immersion blender. Or, cool the soup slightly and puree in batches in a blender; return to pan and heat through.

**FAST FIX****Tuscan Cauliflower Soup**

START TO FINISH: 30 min.

MAKES: 8 servings (2½ qt.)

*A classic Tuscan soup is chock full of potatoes, but I make mine the low-carb way using cauliflower. I think it turns out even better and has a heartier flavor.*

—Heather Bewley, Bemidji, MN

- 4 cups fresh cauliflowerets (about 14 oz.)
- 2 cans (14½ oz. each) reduced-sodium chicken broth
- 2 cups water
- 2 garlic cloves, minced
- 1 lb. bulk Italian sausage
- 1 cup sliced fresh mushrooms

- 1 cup heavy whipping cream
- ¼ tsp. pepper
- ½ lb. bacon strips, cooked and crumbled

1. In a large saucepan, combine the cauliflower, broth, water and garlic; bring to a boil. Simmer, uncovered, until cauliflower is tender, 12-15 minutes.
2. Meanwhile, in a large skillet, cook sausage and mushrooms over medium heat 6-8 minutes or until sausage is no longer pink, breaking up sausage into crumbles. Remove with a slotted spoon; drain on paper towels.
3. Add sausage and mushrooms to cauliflower mixture; return to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in cream and pepper; heat through. Serve with bacon.



# casseroles

**Families across the country have been savoring these easy, comforting hot dishes for years, so go ahead and dig in. Requests for second helpings are guaranteed.**



## All-in-One Egg Casserole

PREP: 25 min. • BAKE: 20 min.

MAKES: 4 servings

*What could be better than combining eggs, bacon, cheese, vegetables and bread all in one pan? No matter how many times I make it, it's a great hit at our house.*

—Carol Trotter, Inman, SC

- 10 bacon strips, diced
- 1 cup sliced fresh mushrooms
- ½ cup sliced green onions
- ¼ cup butter, cubed
- ¼ cup all-purpose flour
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 cups milk
- 1½ cups (6 oz.) shredded cheddar cheese

### SCRAMBLED EGGS

- 8 large eggs
- ½ cup milk
- ½ tsp. pepper
- ¼ tsp. salt
- 4 English muffins, split, toasted

and lightly buttered

- 2 Tbsp. minced fresh parsley

1. In a large skillet, cook bacon until crisp. Remove bacon and set aside; discard all but 2 Tbsp. of the drippings. Sauté the mushrooms and onions in the drippings until tender; set aside.
2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth; cook until bubbly. Gradually stir in milk and cheese; cook and stir until thickened. Stir in the bacon, mushrooms and onions; remove from the heat and set aside.
3. For the scrambled eggs, beat the eggs, milk, pepper and salt; pour into a greased skillet. Cook and stir gently until eggs are set. Remove from the heat and set aside.
4. Cut the English muffin halves in half again. Place in a greased 11x7-in. baking dish. Cover with half of the cheese sauce. Spoon eggs over all; top with remaining sauce. Sprinkle with parsley.
5. Bake casserole, uncovered, at 325° for 20-25 minutes or until bubbly.



## Dulce de Leche French Toast Bake

PREP: 30 min. + chilling • BAKE: 40 min.

MAKES: 6 servings

*I'm a big fan of dulce de leche and am always looking for a way to incorporate it into sweet dishes. I decided to make a breakfast dish that was reminiscent of luscious dulce de leche cheesecake. The pecan topping takes the dish over the top without making it overly sweet. And you don't need to pour any additional syrup!*

—Anna Stigger, Katy, TX

- 8 slices Texas toast
- $\frac{1}{3}$  cup whipped cream cheese
- $\frac{1}{3}$  cup dulce de leche
- 3 large eggs
- $\frac{1}{2}$  cup 2% milk
- $\frac{1}{2}$  cup half-and-half cream
- 3 Tbsp. sugar
- $1\frac{1}{2}$  tsp. vanilla extract

### TOPPING

- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{4}$  cup butter, cubed

- 1 Tbsp. corn syrup
- $\frac{3}{4}$  cup chopped pecans

1. Preheat oven to 325°. Place Texas toast on an ungreased baking sheet. Bake for 15-20 minutes or until light brown. Cool.
2. Arrange half of the toast in a single layer in a greased 8-in. square baking dish, trimming to fit into the dish if necessary. In a small bowl, mix cream cheese and dulce de leche; spread over toast. Top with remaining toast.
3. In a small bowl, whisk the eggs, milk, cream, sugar and vanilla; pour over toast. Refrigerate, covered, overnight.
4. Preheat oven to 350°. Remove French toast from refrigerator while oven heats. In a small saucepan, combine the brown sugar, butter and corn syrup; cook and stir over medium heat until the sugar is dissolved. Stir in pecans; spread over top.
5. Bake, uncovered, 40-50 minutes or until puffed, golden and a knife inserted near the center comes out clean. Let stand 5-10 minutes before cutting.

## Zucchini Quiche

**PREP:** 25 min. • **BAKE:** 35 min. + standing

**MAKES:** 8 servings

*I found this zucchini recipe a few years ago and have been making it often since then. If you like breakfast for dinner (as my family does), put your quiche in the fridge in the morning and bake it when you get home from work.*

—Karen Howard, Lakeville, MA

### Pastry for single-crust pie (9 in.)

- 3 Tbsp. butter
- 4 cups thinly sliced zucchini (about 3 medium)
- 1 large onion, thinly sliced
- 2 large eggs
- 2 tsp. dried parsley flakes
- ½ tsp. each salt and garlic powder
- ½ tsp. each dried basil and oregano
- ¼ tsp. pepper
- 2 cups (8 oz.) part-skim shredded mozzarella cheese
- 2 tsp. prepared mustard

1. Preheat the oven to 400°. On a lightly

floured surface, roll pastry dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond the rim of the plate; flute edge. Refrigerate while preparing filling.

2. In a large skillet, heat the butter over medium heat. Add zucchini and onion; cook and stir until tender. Drain and cool slightly.

3. In a large bowl, whisk the eggs and seasonings until blended. Stir in cheese and zucchini mixture. Spread mustard over pastry shell; add filling.

4. Bake quiche on a lower oven rack for 35-40 minutes or until a knife inserted near the center comes out clean and crust is golden brown. Cover edge loosely with foil during the last 15 minutes if needed to prevent overbrowning. Let stand for 10 minutes before cutting.

### PAstry FOR SINGLE-CRUST PIE (9 IN.)

Combine ¼ cups all-purpose flour and ¼ tsp. salt; cut in ½ cup cold butter until crumbly. Gradually add 3-5 Tbsp. of ice water, tossing with a fork until the dough holds together when pressed. Wrap in plastic wrap and refrigerate 1 hour.



## Corn Bread Taco Bake

PREP: 20 min. • BAKE: 25 min.

MAKES: 6 servings

*The corn bread and beef bake together in one casserole dish, making this entree convenient. It's packed with tempting seasonings, and the cheese and french-fried onions are an attractive topping.*

—Vicki Good, Oscoda, MI

- 1½ lbs. ground beef
- 1 can (15¼ oz.) whole kernel corn, drained
- 1 can (8 oz.) tomato sauce
- ½ cup water
- ½ cup chopped green pepper
- 1 envelope taco seasoning
- 1 pkg. (8½ oz.) corn

bread/muffin mix

- 1 can (2.8 oz.) french-fried onions, divided
- ⅓ cup shredded cheddar cheese

**1.** In a large skillet, cook the beef over medium heat until no longer pink; drain. Stir in the corn, tomato sauce, water, green pepper and taco seasoning. Spoon into a greased 2-qt. baking dish.

**2.** Prepare corn bread mix according to package directions for corn bread. Stir in half of the onions. Spread over beef mixture. Bake, uncovered, at 400° for 20 minutes.

**3.** Sprinkle with cheese and remaining onions. Bake 3-5 minutes longer or until cheese is melted and a toothpick inserted into the corn bread layer comes out clean.



## Chicken Potpie Casserole

PREP: 40 min. • BAKE: 15 min.

MAKES: 8 servings

*I always have leftover chicken broth on hand and use it for many things, including this comforting family favorite. You can bake your own biscuits, as I do, or buy them at the store. I like to bake extra biscuits to eat with butter and jam.*

—Liliane Jahnke, Cypress, TX

- ⅓ cup butter, cubed
- 1½ cups sliced fresh mushrooms
- 2 medium carrots, sliced
- ½ medium onion, chopped
- ¼ cup all-purpose flour
- 1 cup chicken broth
- 1 cup 2% milk
- 4 cups cubed cooked chicken
- 1 cup frozen peas
- 1 jar (2 oz.) diced pimientos, drained
- ½ tsp. salt

### BISCUIT TOPPING

- 2 cups all-purpose flour
- 4 tsp. baking powder
- 2 tsp. sugar
- ½ tsp. salt
- ½ tsp. cream of tartar
- ½ cup cold butter, cubed
- ⅓ cup 2% milk

1. Preheat oven to 400°. In a large saucepan, heat butter over medium heat. Add mushrooms, carrots and onion; cook and stir until tender.
2. Stir in flour until blended; gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir for 2 minutes or until thickened. Stir in chicken, peas, pimientos and salt; heat through. Transfer to a greased 11x7-in. baking dish.
3. For topping, in a large bowl, whisk



- flour, baking powder, sugar, salt and cream of tartar. Cut in butter until mixture resembles coarse crumbs. Add milk; stir just until moistened.
4. Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to ½-in. thickness; cut with a floured 2½-in. biscuit cutter. Place over chicken mixture. Bake, uncovered, 15-20 minutes or until biscuits are golden brown.

## Short Rib Cobbler

PREP: 45 min. • BAKE: 3 hours

MAKES: 8 servings

*My family's love of beef stew and biscuits inspired me to create this savory cobbler. I used to cook the two separately, but then I put the biscuits on top of the stew. I've been making it that way ever since. This supper is as down-home as it gets.*

—Janine Talley, Orlando, FL

- ½ cup plus 3 Tbsp. all-purpose flour, divided
- 1¼ tsp. salt, divided
- ½ tsp. pepper
- 2 lbs. well-trimmed boneless beef short ribs, cut into 1½-in. pieces
- 5 Tbsp. olive oil, divided
- 1 large onion, chopped
- 1 medium carrot, chopped
- 1 celery rib, chopped
- 1 garlic clove, minced
- 2 Tbsp. tomato paste
- 5 cups beef stock
- 1 cup dry red wine or additional beef stock
- 1 tsp. poultry seasoning
- 1 bay leaf
- 1 pkg. (14 oz.) frozen pearl onions, thawed
- 4 medium carrots, cut into 2-in. pieces

### COBBLER TOPPING

- 2 cups biscuit/baking mix
- ⅔ cup 2% milk
- Fresh thyme leaves

**1.** Preheat oven to 350°. In a shallow bowl, mix ½ cup flour, ¾ tsp. salt and the pepper. Dip short ribs in flour mixture to coat all sides; shake off excess.

**2.** In an ovenproof Dutch oven, heat 3 Tbsp. oil over medium heat. Brown beef in batches. Remove from pan.

**3.** In same pan, heat remaining oil over medium heat. Add onion, chopped carrot and celery; cook and stir 2-3 minutes or until tender. Add garlic; cook 1 minute longer. Stir in the tomato paste and remaining flour until blended. Gradually stir in beef stock and wine until smooth. Return beef to the pan; stir in poultry seasoning, bay leaf and remaining salt. Bring to a boil.

**4.** Bake, covered, 1¾ hours. Stir in pearl onions and carrot pieces. Bake, covered, 30-45 minutes longer or until beef and onions are tender. Skim fat and remove bay leaf.

**5.** In a small bowl, mix biscuit mix and milk just until a soft dough forms. Drop by scant ¼ cupfuls over beef mixture. Bake, uncovered, 40-45 minutes longer or until topping is golden brown. Sprinkle with thyme.





## Crumb-Topped Broccoli Bake

PREP: 20 min. • BAKE: 50 min.

MAKES: 6 servings

*Broccoli is one of the main crops grown in my area. This recipe has pleased just about everyone who has tried it, including some who said they didn't like the green veggie.*

—Hope Huggins, Santa Cruz, CA

- ¼ cup chopped onion**
- 2 Tbsp. butter**
- 2 Tbsp. all-purpose flour**
- ½ cup milk**
- 1 jar (8 oz.) process cheese sauce**
- 2 pkg. (10 oz. each) frozen broccoli cuts**
- 3 large eggs, lightly beaten**
- ½ cup crushed butter-flavored crackers (about 12 crackers), divided**
- Salt and pepper to taste**

- 1.** In a large saucepan, saute onion in butter until tender. Stir in flour until blended. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in cheese sauce until smooth. Remove from heat.
- 2.** Cook broccoli according to the package directions; drain and place in a bowl. Add the cheese sauce mixture, eggs, ¼ cup of cracker crumbs, salt and pepper.
- 3.** Transfer to a greased 1½-qt. baking dish; sprinkle with remaining cracker crumbs. Place dish in a larger baking pan. Fill pan with hot water to a depth of 1 in. Bake, uncovered, at 350° for 50 minutes or until a thermometer reads 160°.

## Monterey Spaghetti

PREP: 15 min. • BAKE: 35 min.

MAKES: 6-8 servings

*I'm a working mother with two young boys. Our family leads very active lives, so I make a lot of casseroles. It's nice to have a hearty, nutritious side dish the kids will eat: a tasty casserole topped with cheese and french-fried onions. It's a hit at our house.*

—Janet Hibler, Cameron, MO

- 4 oz. spaghetti, broken into 2-in. pieces
- 1 large egg
- 1 cup (8 oz.) sour cream
- ¼ cup grated Parmesan cheese
- ¼ tsp. garlic powder

- 2 cups (8 oz.) shredded Monterey Jack cheese
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
- 1 can (2.8 oz.) french-fried onions, divided

1. Cook spaghetti according to package directions. Meanwhile, in a medium bowl, beat the egg. Add the sour cream, Parmesan cheese and garlic powder. Drain spaghetti; add to egg mixture with Monterey Jack cheese, spinach and half of the onions. Pour into a greased 2-qt. baking dish.
2. Cover and bake at 350° for 30 minutes or until heated through. Top with the remaining onions; return to the oven for 5 minutes or until the onions are golden brown.





## Party Potatoes

PREP: 15 min. • BAKE: 50 min.

MAKES: 10 servings

*You can make creamy potatoes ahead and store them in the fridge until you're ready to bake them. The garlic powder and chives add zip, and shredded cheese adds color.*  
—Sharon Mensing, Greenfield, IA

- 4 cups mashed potatoes (about 8 to 10 large) or 4 cups prepared instant potatoes
  - 1 cup (8 oz.) sour cream
  - 1 pkg. (8 oz.) cream cheese, softened
  - 1 tsp. minced chives
  - $\frac{1}{4}$  tsp. garlic powder
  - $\frac{1}{4}$  cup dry bread crumbs
  - 1 Tbsp. butter, melted
  - $\frac{1}{2}$  cup shredded cheddar cheese
1. In a large bowl, combine potatoes, sour cream, cream cheese, chives and garlic powder. Turn into a greased 2-qt. casserole. Combine bread crumbs with butter; sprinkle over potatoes.
  2. Bake at 350° for 50 to 60 minutes. Top with cheese and serve immediately.

# slow cooker

**Just prep the recipe, then let your slow cooker  
take care of the rest of the work. You can  
tackle other to-dos or maybe even  
find time to relax!**

**FREEZE IT SLOW COOKER** 

## Peach Salsa

**PREP:** 20 min. • **COOK:** 3 hours

**MAKES:** 11 cups

*Fresh peaches and tomatoes make my salsa a clear winner over store-bought versions. As a treat, I give my co-workers several jars throughout the year.*

—Peggi Stahnke, Cleveland, OH

- 4 lbs. tomatoes (about 12 medium), chopped
- 1 medium onion, chopped
- 4 jalapeno peppers, seeded and finely chopped
- ½ to ⅔ cup packed brown sugar
- ¼ cup minced fresh cilantro
- 4 garlic cloves, minced
- 1 tsp. salt
- 4 cups chopped peeled fresh peaches (about 4 medium), divided
- 1 can (6 oz.) tomato paste

**1.** In a 5-qt. slow cooker, combine the first seven ingredients; stir in 2 cups peaches. Cook, covered, on low 3-4 hours or until onion is tender.

**2.** Stir tomato paste and remaining peaches into slow cooker. Transfer to covered containers. (If freezing, use freezer-safe containers and fill to within ½ in. of tops.) Refrigerate up to 1 week or freeze up to 12 months. Thaw frozen salsa in refrigerator before serving.

**NOTE** Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.



**5** INGREDIENTS SLOW COOKER 

## Buffet Meatballs

PREP: 10 min. • COOK: 4 hours

MAKES: about 10½ dozen

*I need only five ingredients to fix these easy appetizers. Grape juice and apple jelly are the secrets behind the sweet yet tangy sauce that complements convenient packaged meatballs.*

—Janet Anderson, Carson City, NV

- 1 cup grape juice
- 1 cup apple jelly
- 1 cup ketchup
- 1 can (8 oz.) tomato sauce
- 1 pkg. (64 oz.) frozen fully cooked Italian meatballs



1. In a small saucepan, combine the juice, jelly, ketchup and tomato sauce. Cook and stir over medium heat until jelly is melted.
2. Place meatballs in a 5-qt. slow cooker. Pour sauce over the top and gently stir to coat. Cover and cook on low for 4-5 hours or until heated through.



**5** INGREDIENTS SLOW COOKER 

## Simmered Smoked Links

PREP: 5 min. • COOK: 4 hours

MAKES: 16-20 servings

*No one can resist the glaze on these bite-size sausages. The preparation is nearly effortless, and they are the perfect party nibblers.*

—Maxine Cencer, Weirton, WV

- 2 pkg. (16 oz. each) miniature smoked sausage links
- 1 cup packed brown sugar
- ½ cup ketchup
- ¼ cup prepared horseradish

Place sausages in a 3-qt. slow cooker. Combine the brown sugar, ketchup and horseradish; pour over sausages. Cover and cook on low for 4 hours.



**SLOW COOKER** 

### Bacon-Ranch Spinach Dip

PREP: 15 min. • COOK: 2 hours

MAKES: 24 servings (¼ cup each)

*When I'm busy with summer parties, my slow cooker works overtime. I fill it with a savory bacon dip and watch everyone line up for a helping. Keep the recipe in mind for tailgating, too.*

—Crystal Schlueter, Northglenn, CO

- 2 pkg. (8 oz. each) cream cheese, softened
- 1½ cups bacon ranch salad dressing
- ¼ cup 2% milk
- 2 cups (8 oz.) shredded sharp cheddar cheese
- 1 can (14 oz.) water-packed

artichoke hearts, rinsed, drained and chopped

- 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
  - 2 plum tomatoes, seeded and finely chopped
  - ½ cup crumbled cooked bacon
  - 4 green onions, thinly sliced
- Assorted crackers and fresh vegetables

**1.** In a large bowl, beat cream cheese, salad dressing and milk until blended. Stir in cheese, artichokes, spinach, tomatoes, bacon and green onions. Transfer to a 4- or 5-qt. slow cooker.

**2.** Cook, covered, on low for 2-3 hours or until heated through. Serve with crackers and vegetables.

**SLOW COOKER** 

## Citrus Turkey Roast

PREP: 15 min. • COOK: 5¼ hours

MAKES: 12 servings

*I was skeptical at first about making turkey in the slow cooker. But once I tasted this dish, I was hooked.*

—Kathy Kittell, Lenexa, KS

- 1 frozen boneless turkey roast, thawed (3 lbs.)
- 1 Tbsp. garlic powder
- 1 Tbsp. paprika
- 1 Tbsp. olive oil
- 2 tsp. Worcestershire sauce
- ½ tsp. salt
- ½ tsp. pepper
- 8 garlic cloves, peeled
- 1 cup chicken broth, divided
- ¼ cup water
- ¼ cup white wine or additional chicken broth
- ¼ cup orange juice
- 1 Tbsp. lemon juice
- 2 Tbsp. cornstarch

**1.** Cut roast in half. Combine the garlic powder, paprika, oil, Worcestershire sauce, salt and pepper; rub over turkey. Place in a 5-qt. slow cooker. Add the garlic, ½ cup broth, water, wine, orange juice and lemon juice. Cover and cook on low for 5-6 hours or until a thermometer reads 175°.

**2.** Remove turkey; keep warm. Discard the garlic cloves. For gravy, combine cornstarch and remaining broth until smooth; stir into cooking juices. Cover and cook on high for 15 minutes or until thickened. Slice turkey; serve with gravy.



**SLOW COOKER** **Italian Meatball Subs**

PREP: 25 min. • COOK: 4 hours

MAKES: 6-7 servings

*I always come back to this recipe. The flavorful tomato sauce and mildly spiced meatballs make a hearty sandwich filling. You can also serve the meatballs over pasta or as a simple appetizer. I broil them first to quickly brown them.*

—Jean Glacken, Elkton, MD

- 2 large eggs, lightly beaten
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  cup dry bread crumbs
- 2 Tbsp. grated Parmesan cheese
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper
- $\frac{1}{8}$  tsp. garlic powder
- 1 lb. ground beef
- $\frac{1}{2}$  lb. bulk Italian sausage

**SAUCE**

- 1 can (15 oz.) tomato sauce
- 1 can (6 oz.) tomato paste
- 1 small onion, chopped

- $\frac{1}{2}$  cup chopped green pepper
- $\frac{1}{2}$  cup dry red wine or beef broth
- $\frac{1}{3}$  cup water
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 1 tsp. salt
- $\frac{1}{2}$  tsp. sugar
- $\frac{1}{2}$  tsp. pepper
- 6 to 7 Italian rolls, split
- Shredded Parmesan cheese, optional

**1.** In a large bowl, combine the eggs and milk; add the bread crumbs, cheese, salt, pepper and garlic powder. Add beef and sausage; mix well. Shape into 1-in. balls. Preheat the broiler. Place meatballs in a 15x10x1-in. baking pan. Broil 4 in. from the heat for 4 minutes; turn and broil 3 minutes longer.

**2.** Transfer the meatballs to a 5-qt. slow cooker. Combine tomato sauce and paste, onion, green pepper, wine or broth, water and seasonings; pour over the meatballs. Cover and cook on low for 4-5 hours. Serve on rolls. Sprinkle with shredded cheese if desired.



**5 INGREDIENTS SLOW COOKER** **Sweet and Savory Brisket**

PREP: 10 min. • COOK: 8 hours

MAKES: 8-10 servings

*I like this recipe not only because it makes such tender and flavorful beef, but also because it takes advantage of a slow cooker. It's wonderful to come home from work and have this dish waiting for me.*

—Chris Snyder, Boulder, CO

- 1 beef brisket (3 to 3½ lbs.), cut in half
- 1 cup ketchup
- ¼ cup grape jelly
- 1 envelope onion soup mix
- ½ tsp. pepper

1. Place half of the brisket in a 5-qt. slow cooker. In a small bowl, combine the ketchup, jelly, soup mix and pepper; spread half over meat. Top with the remaining meat and ketchup mixture.

2. Cover and cook on low for 8-10 hours or until meat is tender. Slice brisket; serve with cooking juice.

**NOTE** This is a fresh beef brisket, not corned beef.

**SLOW COOKER** **Red Pepper Chicken**

PREP: 15 min. • COOK: 6 hours

MAKES: 4 servings

*Chicken breasts cook with black beans, roasted red peppers and juicy tomatoes in this Southwestern supper. We serve it with rice prepared in chicken broth.*

—Piper Spiwak, Vienna, VA

- 4 boneless skinless chicken breast halves (4 oz. each)
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (14½ oz.) Mexican stewed tomatoes, undrained
- 1 jar (12 oz.) roasted sweet red peppers, drained and cut into strips
- 1 large onion, chopped
- ½ tsp. salt
- Pepper to taste
- Hot cooked rice

Place the chicken in a 3-qt. slow cooker. In a bowl, combine the beans, tomatoes, red peppers, onion, salt and pepper. Pour over the chicken. Cover and cook on low for 6 hours or until chicken is tender. Serve with rice.

## Pork Carnitas

**PREP:** 15 min. • **COOK:** 9 hours

**MAKES:** 12 servings

*Often use this recipe when entertaining. Folks have fun assembling their own carnitas when I set out all the toppings. Since I prepare everything in advance, I get to spend more time with guests.*  
—Tracy Byers, Corvallis, OR

- 1 boneless pork shoulder butt roast or pork loin roast (2-3 lbs.), cut into 3-in. cubes
- ½ cup lime juice
- 1 tsp. salt
- ½ tsp. pepper
- ½ tsp. crushed red pepper flakes
- 12 flour tortillas (6 in.), warmed
- 2 cups (8 oz.) shredded cheddar or Monterey Jack cheese
- 2 medium avocados, peeled and diced
- 2 medium tomatoes, diced

- 1 medium onion, diced
- Shredded lettuce
- Minced fresh cilantro, optional
- Salsa

**1.** In a 3-qt. slow cooker, combine pork, lime juice, salt, pepper and pepper flakes. Cover and cook on high for 1 hour; stir. Reduce heat to low and cook 8-10 hours longer or until meat is tender.

**2.** Shred pork with two forks. Spoon about ⅓ cup pork mixture down the center of each tortilla. Top with cheese, avocados, tomatoes, onion, lettuce and, if desired, cilantro. Fold in bottom and sides of tortillas. Serve with salsa.

**FREEZE OPTION** Before adding toppings, freeze cooled shredded meat mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth or water if necessary. Serve as directed.



**FREEZE IT SLOW COOKER** 

## Stuffed Chicken Rolls

**PREP:** 25 min. + chilling • **COOK:** 4 hours

**MAKES:** 6 servings

*Just thinking about this dish sparks my appetite. The ham and cheese tucked inside are a welcome surprise, and the rolls are especially tasty served over rice or pasta.*

—Jean Sherwood, Kenneth City, FL

- 6 boneless skinless chicken breast halves (8 oz. each)
- 6 slices fully cooked ham
- 6 slices Swiss cheese
- ¼ cup all-purpose flour
- ¼ cup grated Parmesan cheese
- ½ tsp. rubbed sage
- ¼ tsp. paprika
- ¼ tsp. pepper
- ¼ cup canola oil
- 1 can (10¾ oz.) condensed cream of chicken soup, undiluted

½ cup chicken broth  
Chopped fresh parsley, optional

1. Flatten chicken to ¼-in. thickness; top with ham and cheese. Roll up and tuck in ends; secure with toothpicks.
  2. In a shallow bowl, combine the flour, cheese, sage, paprika and pepper; coat chicken on all sides. In a large skillet, brown the chicken in oil over medium-high heat.
  3. Transfer to a 5-qt. slow cooker. Combine soup and broth; pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender. Remove toothpicks. Garnish with parsley if desired.
- FREEZE OPTION** Cool chicken mixture; freeze in freezer containers. To use, partially thaw in refrigerator overnight. Heat through slowly in a covered skillet, stirring occasionally, until a thermometer inserted in chicken reads 165°.



**SLOW COOKER** 

## French Dip Sandwiches

**PREP:** 15 min. • **COOK:** 10 hours

**MAKES:** 12 sandwiches

*I found a recipe like this in one of our local publications. It's great for an easy meal, because the meat cooks all day without needing any attention.*

—Dianne Joy Richardson,  
Colorado Springs, CO

- 1 beef sirloin tip roast (3 to 4 lbs.)
- $\frac{1}{2}$  cup reduced-sodium soy sauce
- 1 tsp. beef bouillon granules
- 1 bay leaf
- 3 to 4 whole peppercorns
- 1 tsp. dried crushed rosemary
- 1 tsp. dried thyme
- 1 tsp. garlic powder
- Hard rolls, split

- 1.** Cut roast in half. Place in a 5-qt. slow cooker. Combine the soy sauce, bouillon and seasonings; pour over the roast. Add water to almost cover roast, about 5 cups. Cover and cook on low for 10-12 hours or until meat is very tender.
- 2.** Remove roast; cool slightly. Discard bay leaf. Shred meat with two forks and return to the slow cooker; heat through. Serve on rolls with broth.

**SLOW COOKER** 

## Porky Picadillo Lettuce Wraps

PREP: 30 min. • COOK: 2½ hours

MAKES: 2 dozen

*Warm pork and cool, crisp lettuce are a combination born in culinary heaven. My spin on a lettuce wrap is chock full of scrumptious flavor and spice.*

—Janice Elder, Charlotte, NC

- 3 garlic cloves, minced
- 1 Tbsp. chili powder
- 1 tsp. salt
- ½ tsp. pumpkin pie spice
- ½ tsp. ground cumin
- ½ tsp. pepper
- 2 pork tenderloins (1 lb. each)
- 1 large onion, chopped
- 1 small Granny Smith apple,

peeled and chopped

- 1 small sweet red pepper, chopped
- 1 can (10 oz.) diced tomatoes and green chilies, undrained
- ½ cup golden raisins
- ½ cup chopped pimiento-stuffed olives
- 24 Bibb or Boston lettuce leaves
- ¼ cup slivered almonds, toasted

**1.** Mix garlic and seasonings; rub over pork. Transfer to a 5-qt. slow cooker.

Add onion, apple, sweet pepper and tomatoes. Cook, covered, on low for 2½-3 hours or until meat is tender.

**2.** Remove pork; cool slightly. Shred meat into bite-size pieces; return to the slow cooker. Stir in raisins and olives; heat through. Serve in lettuce leaves; sprinkle with almonds.





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1610 N 2nd Street, Suite 102  
Milwaukee, WI 53212-3906

