

# Top 10 Crock-Pot Recipes

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## Crockpot Smothered Pork Chops with Gravy

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- 4-5 bone in pork chops, thicker cut
- 1 teaspoon minced garlic, from the jar
- 1 envelope pork gravy mix
- 1 - 14 oz. can chicken broth
- 1 - 10.5 oz. can cream of chicken soup
- 1 envelope dry onion soup mix
- Optional to thicken gravy: 2 tablespoons cornstarch, plus 2 tablespoons water

Pour chicken broth, cream of chicken soup, gravy mix, onion soup mix, and garlic into the Crock-Pot slow cooker and whisk together.

Place pork chops inside slow cooker and cover. Cook on low for 7-8 hours, or high for 3-4 hours or until pork is tender.

To thicken gravy, first carefully remove meat from slow cooker. Then dissolve cornstarch with cool water in a separate cup, and pour into slow cooker.

Stir well, cover lid and cook on high for about 10-15 minutes until thickened.

Serve pork chops with gravy on top, with mashed potatoes and asparagus on the side.

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## Crockpot Salsa Chicken

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- 3-4 skinless boneless chicken breast
- 1 or 2 large jars of Salsa, depending on how saucy you want them.
- 1 pkt, taco seasoning, or 3 tbsp. if you make your own
- 1 can black beans, rinsed and drained (optional, but recommended)

Place chicken in crockpot, add beans if using. Sprinkle with taco seasoning and gently stir together.

Top with salsa, allowing some of the liquid to get underneath the chicken.

Cook on low for 6 hours, or high for 3. Remove chicken and shred, return to crock and stir back into the mixture. You can add more salsa at this point, depending on your preference.

Serve in tacos, use for burrito bowls, or just simply over rice. Also great for nachos!

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## The EASIEST Crockpot Chili

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- 1 pound lean ground beef or turkey
- 1 can of chilli beans, undrained (The one with the seasoning in it already. Hunts, for example)
- 14.5 oz. can of diced tomatoes
- 1 tablespoon chilli powder
- 1 teaspoon garlic powder
- 1/2 tsp. each onion powder and cumin
- Optional toppings like shredded cheese, diced onions, cilantro or sour cream

Cook ground beef in a 3 quart soup pot until no longer pink. Drain any extra grease, and add to crock.

Add remaining ingredients to crockpot, and stir to combine.

Cook on low for 4-6 hours, stirring occasionally.

Divide into bowls, add your favourite toppings and enjoy!

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## One-Dish Crockpot Chicken Supper

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- 4-6 boneless skinless Chicken breast
- 4 potatoes, peeled and cubed
- 2 cans Cream of chicken, or celery, or mushroom soup (or a mix)
- 2/3 cup milk
- 2 pkg. Stove-Top Stuffing mix with seasoning packet
- 3 cups water or broth

Place potatoes and then chicken in slow cooker.

Combine milk and soup and pour over chicken.

Combine stuffing mix, seasoning packs and water and gently spoon it over the chicken and potatoes.

Cover and cook on low for 6-8 hours.

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## Crockpot Pepper Steak

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- 2 lbs. sirloin strips
- 1 tsp. garlic powder
- 3 tbsp. vegetable oil, or any neutral oil you prefer
- 1 cube beef bouillon and 1/4 cup hot water
- 1 tbsp. corn starch
- 1 medium white onion, diced
- 2 large peppers (one red, one green), diced
- 1 can (14.5 oz) stewed tomatoes, undrained
- 3 tbsp. soy sauce
- 1 tsp. each salt and sugar

Sprinkle strips with garlic powder.

In a large skillet, over medium heat, warm oil and brown beef strips. Then transfer to crockpot.

\*The browning step isn't necessary, but it does get slightly better flavour into the meat.

Mix bouillon cube with hot water, then mix in corn starch until dissolved completely. Pour over steak strips.

Add remaining ingredients and stir gently to combine.

Cover and cook on high for 3-4 on high, or 6-8 hours on low.

Serve over rice., or inside tortillas with rice and sour cream.

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## All Purpose Crockpot Shredded Chicken

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- 4 boneless skinless chicken breast
- 3/4 cup low sodium chicken broth
- 1 tsp. each garlic and onion powder
- 1/2 tsp. kosher salt and black pepper

Place chicken in crock, sprinkle with all the spices and pour the broth over the top.

Cover and cook on low for 4-6 hours. Shred chicken with two forks or use a hand mixer on low speed, for an easier shred!

\*This makes about 6 cups of shredded chicken, that you can use in a number of different recipes.

Our favourite ways to use it: add it to soups, pasta dishes, and sandwiches.

\*Also great for meal prepping: Freeze in portions that will satisfy your family's needs, and have it on hand for quick dinner additions - like in pasta

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## Crockpot Pulled Pork

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- 2 lb. Pork loin
- 1/4 cup brown sugar
- 1 tsp. each garlic powder, and onion powder
- 1 bottle (approx. 2 cups) of your favourite BBQ sauce (see note below)

Layer into the crockpot in order. Gently mix everything together, just enough to get some sauce under the meat.

Cover and cook on low for 6-7 (recommended), or high for 3.5 (if you need it sooner), and shred inside the pot with the sauce.

Serve over rice, on buns, or even top of french fries.

Coleslaw is always a great side dish for pulled pork too.

\*NOTE: We recommend that you use a slightly tart or spicy BBQ sauce, as it will even out the sweetness of the brown sugar.

If you prefer a sweeter BBQ sauce, then simply cut back on the amount of brown sugar in the recipe.

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## 3 Ingredient Crockpot Meatballs - Two Ways

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- 1 bag frozen pre-cooked meatballs (or make your own, but freeze first)
  - 1 can jellied cranberry sauce and 1 jar chilli sauce
- ~OR~
- 1 bag frozen pre-cooked meatballs (or make your own, but freeze first)
  - 1 bottle BBQ sauce and 1/2 jar grape jelly

Add all ingredients to crock, and stir together to coat the meatballs as best you can.

Cover and cook on low for approx. 6.5 hours, stirring every 45-60 minutes. Or on high for 3 hours, stirring every 30 minutes.

Serve on fresh kaiser buns, or with rice and corn.

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## Creamy Italian Chicken

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- 1.5 pounds chicken breasts, cubed
- 1 bar of cream cheese
- 1 can cream of chicken soup
- 1 packet zesty Italian salad dressing mix or homemade recipe
- 2 cloves garlic, minced (or 1 tsp. canned minced garlic)
- optional garnish with Parsley & Parmesan Cheese

Place all five ingredients in slow cooker, in order. Cover and cook on low for about 7 hours on low or 4 hours on high. Stirring every so often.

Serve over Penne noodles, rice, or in sandwiches. Garnish with fresh chopped parsley and Parmesan cheese if desired.

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## Extra Creamy Crock Pot Mac and Cheese

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- 2 cups uncooked macaroni noodles
- 1 teaspoon onion powder
- 1/2 teaspoon dry mustard powder
- 10.5 oz cream of chicken soup (broccoli works well here too)
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 teaspoon pepper
- 3 cups cheddar cheese
- 1 cup gruyere cheese (white cheddar is a great alternative)

Boil macaroni noodles. you want them very al dente - about 2 minutes less than package directions.

Drain and rinse under cold water.

Combine all ingredients in the slow cooker and cook on high for 2 hours or low for 3 hours, stirring once or twice.

Serve hot, with steamed broccoli.

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## Instant Pot: Converting Recipes

Slow Cooker Time	Instant Pot Time
10 hours on low/ 5 hours on high	30 minutes on high pressure
8 hours on low/ 4 hours on high	24 minutes on high pressure
6 hours on low/ 3 hours on high	18 minutes on high pressure
4 hours on low/ 2 hours on high	12 minutes on high pressure