

## **Show #70. Crazy for Crockpots**

### **Overnight Fruited Oatmeal**

Serves: 4    Ready in: 5 Hours

4 cups skim milk  
¼ Cup brown sugar  
¼ teaspoon salt  
½ teaspoon cinnamon  
1 Cup old fashioned oats  
1 Cup Granny Smith apple – chopped  
½ cup raisins ... or dates ... or any dried fruit  
½ cup walnuts – chopped ... or almonds

Combine all ingredients in greased crock pot the night before. Cover; cook on low for 8-10 hours serve w/ milk

### **Homestyle Chicken**

2 medium carrots, cut into 1/2" pieces  
1 Medium onion, halved  
2 medium celery ribs, cut into 1" pieces  
4 Medium potatoes  
3 pounds whole chicken  
1 T salt  
½ tsp freshly ground lemon/pepper  
1 t. whole bay leaf  
1 t. dried basil  
1 t. dried thyme

1. Place carrots, onion, celery, potatoes, and ½ cup water in the slow cooker. Add the chicken and top w/ remaining ingredients
2. Cover. Cook on low 8 to 10 hours or on high 3 ½ to 5 hours. Remove and arrange on platter before serving!

To double this recipe, go easy on the herbs!

If you want to use fresh herbs, use them whole and remove them before serving.

### **Lakewood Pot Roast**

Serves: 4-6

3 pound piece of beef for pot roast (ask your butcher)  
Coarse salt & freshly ground pepper  
4 carrots, peeled and cut into 3-inch length  
4 medium Yukon gold or white potatoes, peeled and cut into quarters  
1 large onion (about 10 oz), thinly sliced  
2 dried bay leaves  
¼ t dried thyme  
1 can (10 3/4 oz) Campbell's Tomato Soup

1. Season beef w/ salt & pepper. Place carrots, potatoes and onion in the crock pot. Season w/ salt and pepper. Add bay leaf and thyme. Place meat on top of veggies. Add soup. Cover and cook on low heat for 8 hours (or on high for 6 hours)
2. Remove meat to a cutting board. Transfer veggies to a platter. Slice meat, and add to platter. Pour sauce into a liquid measuring cup and skim fat. Taste, and adjust for seasoning. Pour sauce over meat and veggies.
3. Call everyone to dinner!

### **Zesty Pork Roast**

1 can (16 oz) whole-berry cranberry sauce  
½ cup quartered dried apricots  
½ t. grated orange zest  
¼ cup fresh orange juice (from the above orange)  
1 large shallot, chopped  
2 tsp. cider vinegar  
1 tsp. mustard powder  
1 tsp salt  
1 tsp fresh ginger, grated  
2 pound boneless pork loin roast, fat-trimmed

1. In a small bowl, mix cranberry sauce, apricots, orange zest and juice, shallot, vinegar, mustard , salt and ginger. Add all this to the Crock Pot. Add pork, and spoon some of the cranberry mixture on top.
2. Cover and cook on low 7 to 9 hours or until pork is tender.
3. Spoon off any fat from top of cranberry mixture in slow cooker, then place pork on a cutting board. Slice into 6 thick slices and serve topped w/ sauce.
4. Garnish w/ chives and a crusty bread.

### **Grandpa's Blueberry Pie Cake**

1 can (20 oz) blueberry pie filling  
1 package yellow cake mix  
½ cup (1 stick) trans-free margarine spread  
1 cup fresh blueberries  
½ cup chopped walnuts

1. Place pie filling in slow cooker
2. Combine dry cake mix and margarine and sprinkle evenly over filling. Cover w/ blueberries, then sprinkle walnuts evenly over berries.
3. Cover. Cook on high 2 1/2 to 3 hours.
4. Serve warm ... w/ Cool Whip or ice cream!