Inspired Living, Innovative Appliances

SKU:ZES021

6QT Slow Cookers

Product Category · Instructions · Recipes
Categoría de Productos · Instrucciones · Recetas

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock and personal injury, including the following:

1. **Read all instructions carefully.**
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electric shock, do not immerse cord, plug, or heating unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch heated surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Do not use appliance for other than intended use.
13. Intended for countertop use only.
14. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge or counter, never use outlet below counter, and never use with an extension cord.
15. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.
16. Do not use a cracked container. Do not set hot container on a wet or cold surface.

17. To reduce the risk of electric shock, cook only in removable container.
18. Use extreme caution when removing hot container with food.
19. Carefully tilt lid away from you when uncovering to avoid scalding and allow water to drip into pot.
20. To disconnect, press the Power Button (all lights will shut off), then remove plug from wall outlet.
21. Do not twist, kink or wrap the power cord around the appliance as this may cause the insulation to weaken and split, particularly in the location where it enters the unit.
22. **Never leave appliance unattended while it is plugged into an outlet.**

SAVE THESE INSTRUCTIONS

HOUSEHOLD USE ONLY

POWER CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce the hazard resulting from entanglement or tripping over a long cord.
2. Extension cords may be used if care is exercised. If it is necessary to use an extension cord, it should be positioned so that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over unintentionally.
3. The electrical rating of the extension cord must be the same or more than the wattage of the appliance (the wattage is shown on the rating label located on the underside or back of the appliance).
4. Avoid pulling or straining the power cord at outlet or appliance connections.

POLARIZED PLUG

1. Your appliance is equipped with a polarized plug (one blade is wider than the other).
2. To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way.
3. If the plug does not fit fully into the outlet, reverse the plug. If it does not fit, please consult a qualified electrician. Do not attempt to defeat this safety feature by modifying the plug in any way.

WARNING: Improper use of the power cord may result in electric shock. Consult a qualified electrician if necessary.

Before Your First Use

Carefully unpack the Slow Cooker and remove all packaging materials.
To remove any dust that may have accumulated during packaging, wash the lid and removable stoneware pot in warm, soapy water. Rinse and dry thoroughly.

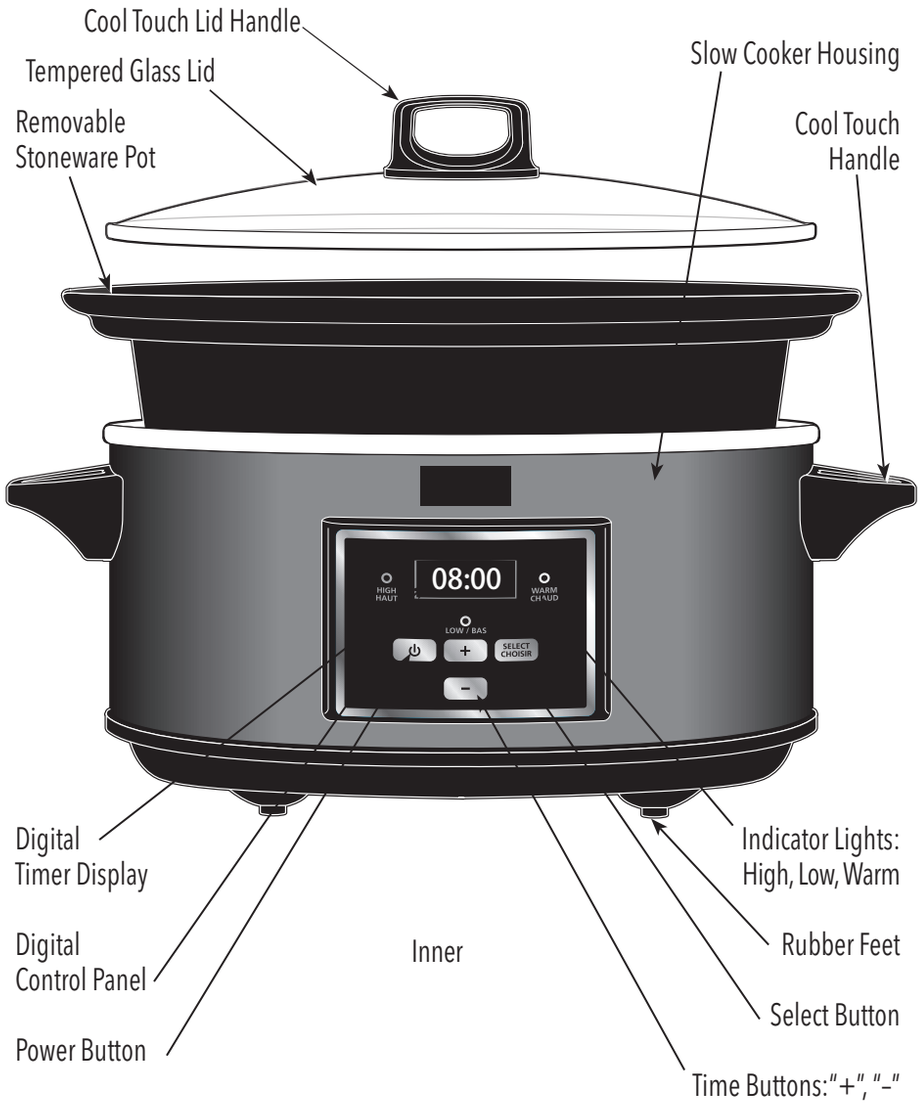
Do not immerse the slow cooker base in water or any other liquid. Wipe the exterior of the slow cooker with a clean, damp cloth. Allow to dry thoroughly.

NOTE: When you turn on your new slow cooker for the first time, it may emit a slight odour for approximately 10 minutes. This is normal on first use. The odour is harmless, and should not reoccur after initial heating.

WARNING: Do not immerse the slow cooker, cord, or plug in water or any other liquid. Do not use harsh detergents or abrasive cleansers.

Know The Parts of Your Slow Cooker

RATING: 120V, 60Hz, 260 WATTS, AC ONLY



Programming Your Slow Cooker Maker

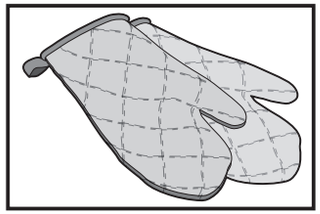
1. Plug your slow cooker into a 120 V~60 Hz AC-only outlet. The digital display will flash "88:88" for 1 minute and if no settings are selected the slow cooker will automatically shut off.
2. When the Power button (⏻) is pressed, it automatically sets the slow cooker to LOW and the default time of 8 hours. Cooking time begins immediately.
3. Press the Select button to choose between the three temperature settings – Low, High or Warm.
4. Once you have selected your desired cooking temperature, you may set the cooking time.
5. To set a different cooking time press the "+" or "–" buttons. The digital timer display will advance in 30-minute increments from
   8 hours - 20 hours for LOW and WARM, and 4 hours to 20 hours for HIGH and then will start again from "0:30". You may set a cooking time from "0:30" (30 minutes) to "20:00" (20 hours).
6. The slow cooker will automatically begin cooking after the desired cooking time has been set. When the cooking cycle begins the slow cooker will begin counting the time down to "0:00".
7. During cooking cycle, the temperature setting can be adjusted by pressing the SELECT button and the cooking time can be adjusted in 30-minute increments by pressing the "+" or "–" buttons.
8. When the set cooking time has been reached, your slow cooker will automatically switch to the WARM mode. After 4 hours in WARM mode, the slow cooker will automatically turn off.

NOTE: We do not recommend using the Warm setting for more than 4 hours at a time. Do not cook on the Warm setting.

9. To stop the cooking process at any time, press the Power (⏻) button and all indicator lights will shut off.

Using Your Slow Cooker

1. Place the slow cooker on a flat, dry, level surface such as a table or countertop. Ensure the exterior of the removable stoneware pot is clean and dry.
2. Prepare your food according to the directions in your recipe.
3. Place food to be cooked into the removable stoneware pot and cover with glass lid. Cautiously place the stoneware pot with lid into the slow cooker housing.
4. Plug in your slow cooker and set the cooking time and temperature as indicated in the "Programming Your Slow Cooker" section on page 7. Your slow cooker has three temperature settings. LOW is recommended for slow "all-day" cooking. 1 hour on HIGH is equivalent to about 2 to 2 ½ hours on LOW. Warm is recommended for keeping already cooked food at serving temperature until you are ready to serve. Do not cook on the WARM setting.
5. Always cook with the lid on.
6. Frozen foods such as vegetables and shrimp may be used as part of a recipe. However, **DO NOT COOK FROZEN MEATS.**
7. Follow recommended cooking times.
8. When cooking is complete and you are ready to serve, press the Power (⏻) button to turn off and then unplug the unit.
9. The slow cooker's metal housing will be hot. Always use oven mitts to lift out the removable stoneware pot. When removing the glass cover, tilt it so that the opening faces away from you to avoid being burnt by steam.



10. Do not use the removable stoneware pot on gas or electric burners or under broiler.
11. Allow the removable stoneware pot, lid and slow cooker exterior to cool completely before cleaning.

CAUTION: Do not set hot Removable Stoneware Pot on a surface without a hot pad, as this could cause damage to the surface.

Time Guide for Slow Cooker

If recipe says:	Cook on LOW:	Cook on HIGH:
15 to 30 minutes	4 to 6 hours	1-1/2 to 2 hours
35 to 45 minutes	6 to 10 hours	3 to 4 hours
50 minutes to 3 hours	8 to 18 hours	4 to 6 hours

Most uncooked meat and vegetable combinations will require at least 8 hours on LOW.

Tips for Slow Cooking

IMPORTANT: The removable stoneware pot will not withstand the shock of sudden temperature changes. The stoneware pot should be at room temperature before adding hot or cold ingredients.

- Vegetables cook slowly and should be kept small to medium in size and placed in the bottom of the stoneware pot.
- Do not fill the slow cooker more than three-quarters full.
- Meats should be trimmed, browned or broiled to eliminate as much fat as possible.
- Always brown ground meats, such as ground beef and ground turkey, before placing in slow cooker to remove excess fat and reduce the risk of food-borne illnesses.
- Unplug the slow cooker when not in use and before cleaning.
- **CAUTION: Always use oven mitts when lifting the slow cooker.**
- **CAUTION:** No peeking – always cook with the lid on. Removing the lid allows heat to escape and adds 15 to 20 minutes to the cooking time.
- When removing the glass cover, tilt it so that the opening faces away from you to avoid being burned by steam.
- Use fresh or dried herbs instead of ground; they keep more of their flavour during the long cooking time.
- Spray the inside of the stoneware pot with non-stick cooking spray for easy cleanup.

- Add dairy products, such as milk and cheese, toward the end of the cooking time, unless recipe states otherwise.
- Whole poultry, such as chicken and Cornish hens, should not be cooked in slow cookers because safe cooking temperatures cannot be reached quickly enough near the bone. **ALWAYS ENSURE THAT ALL MEAT PRODUCTS ARE COOKED TO APPROPRIATE INTERNAL TEMPERATURES.**
- To thicken the flavorful juices developed during slow cooking, remove 1 cup of juice from slow cooker. Place in small saucepan. Combine 1 tablespoon water and 1 tablespoon cornstarch. Stir into saucepan. Cook and stir over medium heat until mixture boils. Boil and stir 1 to 2 minutes or until slightly thickened.
- Vegetables can be peeled and cut the night before slow cooking. Cover and refrigerate in a separate container. Do not place in stoneware pot until ready to cook.
- Meats can be browned and/or cut up the night before slow cooking. Cover and refrigerate in a separate container. Do not place in stoneware pot until ready to cook.
- DO NOT COOK FROZEN MEATS.
- Slow cooking retains most of the moisture in foods. If a recipe results in too much liquid at the end of the cooking time, open the lid, turn the control dial to HIGH and reduce the liquid by simmering. This will take 30 to 45 minutes.
- The slow cooker should be at least half full for best results.
- If cooking soups or stews, leave a 2-inch space between the top of the pot and the food so that the recipe can come to a simmer. If cooking a soup or stew on HIGH, keep checking the progress as some soups will reach a boil on HIGH.
- If there is a loss of power while slow cooking, the food being cooked may be unsafe to eat. If you are unable to determine how long the power was out, we suggest that the food inside of the slow cooker be discarded.

Cleaning and Maintenance

Make sure to disconnect plug from power source before cleaning, otherwise there is a risk of electric shock.

CAUTION: Never submerge heating base in water or other liquid.

IMPORTANT: The removable stoneware pot will not withstand the shock of sudden temperature changes. To wash your stoneware pot right after cooking, use hot water. NEVER use cold water if the stoneware pot is still hot.

1. Fill stoneware pot with hot or warm soapy water to loosen food remains. Do not use harsh or abrasive compounds or cleansers.
   A cloth, sponge or rubber spatula will usually remove the residue.
   If necessary, a plastic or nylon cleaning pad may be used.

2. The lid should be washed by hand with hot or warm soapy water.

3. The heating base may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use harsh or abrasive cleansers.

Maintenance of the Stoneware Pot

1. The stoneware pot will not withstand the shock of sudden temperature changes.

2. The stoneware pot should be at room temperature before adding hot foods.

3. Do not preheat slow cooker before using unless specified in the recipe.

4. If the stoneware pot has been preheated or is hot to the touch, do not put in cold foods.

5. To wash your stoneware pot right after cooking, use HOT WATER.

Special Safeguards for Glass Lid

CAUTION: Failure to follow these instructions may cause immediate or later breakage of glass lid, which can result in personal injury or property damage. Carefully read and follow the safeguards below.

CAUTION: Glass lid can shatter from direct heat.

1. Do not place lid under broiler, microwave browning element or in a toaster oven.
2. Do not set lid cover on hot burner or oven heat vent.
3. Do not use lid if it has been used in the above manner even if it does not look damaged. See the replacement parts section in this booklet on how to obtain a replacement lid.

CAUTION: Glass lid can shatter if cooled suddenly. Avoid severe temperature change.

4. Do not set hot glass on cold or wet surface; let cover cool before placing in water.
5. Always handle hot lid with dry pot holders or oven mitts; do not use wet cloths.
6. Always set hot glass lid on dry, heat-protective surfaces for gradual cooling.

CAUTION: Chips, cracks, or deep scratches weaken the glass lid. Weakened glass can shatter during use.

7. Do not use lid if chipped, cracked or scratched. Discard immediately. See replacement parts section in this booklet on how to obtain a replacement lid.
8. Always follow use and care instructions in this booklet to avoid chips, cracks and scratches due to hitting rims, using metal utensils, using abrasive scouring pads or cleansers, or from accidental impact.

User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Refer it to qualified personnel if servicing is needed. Always unplug the unit and allow it to cool before cleaning.

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Tuscan Bean Soup

Prep Time: 20 Min — Start to Finish: 8 Hr 20 Min

1 lb small red potatoes, cut into quarters (about 3 cups)
4 medium carrots, sliced (2 cups)
1 medium onion, chopped (1/2 cup)
2 cloves garlic, finely chopped
2 cans (15 to 16 oz each) great northern beans, drained, rinsed
1 carton (32 oz) Progresso™ reduced-sodium chicken broth
1/2 cup diced fully cooked ham
1 teaspoon Italian seasoning
2 tablespoons chopped fresh parsley
1 tablespoon olive or vegetable oil

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except parsley and oil.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Stir in parsley and oil.

6 servings (1 1/2 cups each)

© General Mills

French Onion Soup

Prep Time: 20 Min — Start to Finish: 8 Hr

3 large onions, sliced (3 cups)
3 tablespoons butter or margarine, melted
3 tablespoons Gold Medal™ all-purpose flour
1 tablespoon Worcestershire sauce
1 teaspoon sugar
1/4 teaspoon pepper
1 carton (32 oz) Progresso™ beef broth
8 slices (1 inch thick) French bread
3/4 cup shredded mozzarella cheese (3 oz)
2 tablespoons shredded Parmesan cheese

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix onions and butter.
2. Cover; cook on High heat setting 30 to 35 minutes.
3. In small bowl, mix flour, Worcestershire sauce, sugar and pepper. Stir flour mixture and broth into onions. Reduce heat setting to Low. Cover; cook 7 to 9 hours or until onions are very tender.
4. Just before serving, set oven control to broil. Place bread on rack in broiler pan. Sprinkle mozzarella and Parmesan cheeses evenly over bread. Broil with tops 5 to 6 inches from heat about 3 minutes or until cheeses are melted.
5. Place 1 bread slice on top of each bowl of soup. Serve immediately.

8 servings

© General Mills

Salsa Chili

Prep Time: 20 Min | Start to Finish: 8 Hr 25 Min

1 lb lean (at least 80%) ground beef
1 medium onion, chopped (1/2 cup)
2 cups Old El Paso™ Thick 'n Chunky salsa
1 can (15 oz) tomato sauce with garlic and onion
1 can (4.5 oz) Old El Paso™ chopped green chiles
2 teaspoons chili powder
1 can (15 to 16 oz) pinto beans, drained, rinsed
Shredded Cheddar cheese, if desired
Sliced green onions, if desired

1. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
2. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix beef mixture, salsa, tomato sauce, chiles and chili powder.
3. Cover; cook on Low heat setting 8 to 10 hours.
4. Stir in beans. Cover; cook on Low heat setting about 5 minutes or until hot. Top with cheese and green onions.

6 servings

© General Mills

Turkey-Wild Rice Chowder

Prep Time: 30 Min | Start to Finish: 8 Hr 35 Min

4 boneless skinless turkey thighs (about 2 lb), cut into 1-inch cubes
2 dried bay leaves
3 cups sliced fresh mushrooms (8 oz)
1/2 cup uncooked wild rice
1 medium stalk celery, cut into 1/2-inch pieces (1/2 cup)
2 medium carrots, cut into 1/2-inch pieces (1 cup)
1 envelope onion-mushroom soup mix (from 1.8-oz package)
1 can (10 3/4 oz) condensed cream of mushroom soup
1 carton (32 oz) Progresso™ chicken broth
1 cup Green Giant™ Select™ frozen baby sweet peas

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, place all ingredients except peas in order listed.
2. Cover; cook on Low heat setting 8 to 9 hours.
3. Gently stir in frozen peas. Increase heat setting to High. Cover; cook 5 minutes. Remove bay leaves.

6 servings

© General Mills

Potato and Double-Corn Chowder

Prep Time: 15 Min | Start to Finish: 6 Hr 15 Min

4 cups frozen country-style shredded hash brown potatoes (from 30-oz bag)
1 can (15.25 oz) Green Giant™ whole kernel corn, undrained
1 can (14.75 oz) Green Giant™ cream-style corn
1 can (12 oz) evaporated milk
1 medium onion, chopped (1/2 cup)
8 slices bacon, cooked, crumbled (1/2 cup)
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1/4 teaspoon pepper

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients.
2. Cover; cook on Low heat setting 6 to 8 hours.

6 servings

© General Mills

Mexican Beef Stew

Prep Time: 5 Min | Start to Finish: 9 Hr 35 Min

2 lb beef stew meat
1 can (28 oz) Progresso™ diced tomatoes, undrained
1 cup frozen small whole onions (from 1-lb bag)
1 teaspoon chili powder
1 package (1 oz) Old El Paso™ taco seasoning mix
1 can (15 oz) Progresso™ black beans, drained, rinsed
1 can (11 oz) Green Giant™ Mexicorn™ whole kernel corn with red and green peppers, drained

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix beef, tomatoes, frozen onions and chili powder.
2. Cover; cook on Low heat setting 9 to 11 hours.
3. Stir in taco seasoning mix, using wire whisk. Stir in beans and corn. Increase heat setting to High. Cover; cook 15 to 30 minutes or until thickened.

6 servings

© General Mills

Italian Beef Stew

Prep Time: 5 Min | Start to Finish: 9 Hr 20 Min

1 lb beef stew meat
1 can (28 oz) Progresso™ whole peeled tomatoes with basil, undrained
1 medium onion, chopped
1 clove garlic, finely chopped
1/2 medium green bell pepper, chopped
1/2 medium red bell pepper, chopped
1 teaspoon Italian seasoning
1 teaspoon dried basil leaves
1 can (15 oz) Progresso™ black beans, drained, rinsed
1 can (11 oz) Green Giant™ Niblets™ whole kernel corn, drained

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except beans and corn.
2. Cover; cook on Low heat setting 7 to 8 hours.
3. Stir in beans and corn. Increase heat setting to High. Cover; cook about 15 minutes or until hot.

4 servings

© General Mills

Hungarian Beef Stew

Prep Time: 10 Min | Start to Finish: 7 Hr 25 Min

2 lb beef stew meat
6 unpeeled small red potatoes, cut into 3/4-inch pieces (3 cups)
1 cup frozen small whole onions (from 1-lb bag), thawed
1/4 cup Gold Medal™ all-purpose flour
1 tablespoon paprika
1/2 teaspoon peppered seasoned salt
1/4 teaspoon caraway seed
1 3/4 cups Progresso™ beef flavored broth (from 32-oz carton)
1 1/2 cups Green Giant™ Valley Fresh Steamers™ frozen sweet peas, thawed
1/2 cup sour cream

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place beef, potatoes, onions, flour, paprika, peppered seasoned salt and caraway seed in cooker; toss until well mixed. Stir in broth.
2. Cover; cook on Low heat setting 7 to 8 hours.
3. Stir in peas and sour cream. Cover; cook on Low heat setting about 15 minutes or until peas are tender.

6 servings (1 1/3 cups each)

© General Mills

Harvest Pork Stew

Prep Time: 15 Min | Start to Finish: 8 Hr 35 Min

1 1/2 lb boneless pork shoulder roast, trimmed of fat, cut into 3/4-inch pieces
1 tablespoon Gold Medal™ all-purpose flour
1 teaspoon seasoned salt
1/2 teaspoon garlic-pepper blend
1 bag (20 oz) refrigerated cooked new potato wedges
2 cups ready-to-eat baby-cut carrots, cut in half lengthwise
1 medium onion, cut into thin wedges
1 jar (12 oz) home-style pork gravy
2 tablespoons chili sauce
1 cup Green Giant™ Valley Fresh Steamers™ frozen sweet peas

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, toss pork, flour, seasoned salt and garlic-pepper blend until pork is coated. Stir in potatoes, carrots, onion, gravy and chili sauce.
2. Cover; cook on Low heat setting 8 to 9 hours.
3. About 20 minutes before serving, stir in frozen peas. Cover; cook on Low heat setting about 20 minutes or until peas are tender.

6 servings

© General Mills

Fresh Vegetable-Beef-Barley Soup

Prep Time: 20 Min | Start to Finish: 8 Hr 20 Min

1 1/2 lb beef stew meat, cut into 1-inch pieces
1 small bell pepper, chopped (1/2 cup)
3/4 cup 1-inch-pieces fresh green beans
3/4 cup chopped onion
2/3 cup uncooked barley
2/3 cup fresh whole kernel corn
1 1/2 cups water
1 teaspoon salt
1 teaspoon chopped fresh or 1/2 teaspoon dried thyme leaves
1/4 teaspoon pepper
3 1/2 cups Progresso™ beef flavored broth (from 32-oz carton)
2 cans (14.5 oz each) diced tomatoes with garlic, undrained
1 can (8 oz) tomato sauce

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix ingredients.
2. Cover; cook on Low heat setting 8 to 9 hours.

10 servings

© General Mills

Cowboy Stew

Prep Time: 10 Min | Start to Finish: 8 Hr 10 Min

1 1/4 lb beef stew meat
4 unpeeled potatoes, cut into 1-inch pieces
1/2 cup chopped onion
1 teaspoon salt
1/4 teaspoon pepper
1 can (28 oz) baked beans in barbecue sauce (or other variety)

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix beef, potatoes, onion, salt and pepper. Spread beans over beef mixture.
2. Cover; cook on Low heat setting 8 to 10 hours.

6 servings

© General Mills

Chunky Chicken Chili

Prep Time: 25 Min | Start to Finish: 7 Hr 40 Min

2 lb boneless skinless chicken thighs
2 cans (14.5 oz each) diced tomatoes with zesty mild green chilies, undrained
1 can (15 oz) tomato sauce
1 package (1 oz) Old El Paso™ chili seasoning mix
2 cans (15 oz each) hominy, drained
Sour cream, if desired
Cilantro, if desired

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place chicken in cooker. In large bowl, mix tomatoes, tomato sauce and chili seasoning; pour over chicken.
2. Cover; cook on Low heat setting 7 to 9 hours.
3. Stir to break up chicken. Stir in hominy. Cover; cook on Low heat setting 15 minutes until heated through. Serve chili with sour cream and cilantro.

6 servings

© General Mills

Chili Beef Stew

Prep Time: 10 Min | Start to Finish: 9 Hr 10 Min

1 1/2 lb beef stew meat
4 medium potatoes, cut into 1-inch pieces
1 medium onion, coarsely chopped (3/4 cup)
3 cans (14.5 oz each) diced tomatoes with zesty mild green chilies, undrained
1 3/4 cups Progresso™ beef flavored broth (from 32-oz carton)
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon garlic salt
1/8 teaspoon pepper

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix ingredients.
2. Cover; cook on Low heat setting 9 to 10 hours.

6 servings

© General Mills

Chili

Prep Time: 20 Min | Start to Finish: 6 Min 35 Min

1 lb boneless beef round steak, cut into 1/2-inch pieces
1 large onion, chopped (1 cup)
2 medium stalks celery, cut into 1/2-inch pieces
2 cans (14.5 oz each) diced tomatoes, undrained
1 can (15 oz) tomato sauce
3 teaspoons chili powder
2 teaspoons ground cumin
1/4 teaspoon dried oregano leaves
1/4 teaspoon ground cinnamon
1 medium bell pepper, cut into 1-inch pieces (1 cup)
1 can (15 oz) Progresso™ dark red kidney beans, drained, rinsed
Shredded Cheddar cheese, if desired

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except bell pepper, beans and cheese.
2. Cover; cook on Low heat setting 6 to 7 hours.
3. Stir in bell pepper and beans. Increase heat setting to High. Cook uncovered about 15 minutes or until slightly thickened. Serve with cheese.

8 servings

© General Mills

Chicken Stew with Pepper and Pineapple

Prep Time: 35 Min | Start to Finish: 7 Min 50 Min

1 lb boneless skinless chicken breasts, cut into 1 1/2-inch pieces
4 medium carrots, cut into 1-inch pieces
1/2 cup Progresso™ chicken broth (from 32-oz carton)
2 tablespoons finely chopped gingerroot or 1 teaspoon ground ginger
1 tablespoon packed brown sugar
2 tablespoons soy sauce
1/2 teaspoon ground allspice
1/2 teaspoon red pepper sauce
1 can (8 oz) pineapple chunks in juice, drained, juice reserved
1 tablespoon cornstarch
1 medium bell pepper, cut into 1-inch pieces

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except pineapple, cornstarch and bell pepper.
2. Cover; cook on Low heat setting 7 to 8 hours.
3. In small bowl, mix reserved pineapple juice and cornstarch until smooth; gradually stir into chicken mixture. Stir in pineapple and bell pepper. Increase heat setting to High. Cover; cook about 15 minutes or until slightly thickened.

4 servings

© General Mills

Beefy Vegetable-Barley Soup

Prep Time: 20 Min | Start to Finish: 8 Hr 50 Min

1 1/2 lb beef stew meat
1/2 cup frozen chopped onion (from 12-oz bag), thawed
1/2 cup uncooked medium barley
3 1/2 cups Progresso™ beef flavored broth (from 32-oz carton)
1 cup water
1 teaspoon dried thyme leaves
1 teaspoon dried marjoram leaves
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups Green Giant™ Valley Fresh Steamers™ frozen mixed vegetables, thawed

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Cut beef into bite-size pieces if desired. In cooker, mix beef and remaining ingredients except mixed vegetables.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Stir in mixed vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes or until vegetables are crisp-tender.

6 servings (1 1/3 cups each)

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Beef-Tortellini Soup

Prep Time: 20 Min | Start to Finish: 8 Hr 45 Min

1 lb beef stew meat
1 large onion, chopped (3/4 cup)
1 large carrot, chopped (3/4 cup)
1 medium stalk celery, chopped (1/2 cup)
2 cloves garlic, finely chopped
2 teaspoons sugar
1 can (14.5 oz) diced tomatoes, undrained
2 cans (10 1/2 oz each) condensed beef consommé
1 teaspoon dried basil leaves
2 cups frozen cheese-filled tortellini
1 cup Green Giant™ Valley Fresh Steamers™ frozen cut green beans

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, add beef, onion, carrot, celery, garlic, sugar, tomatoes and beef consommé in order listed.
2. Cover; cook on Low heat setting 8 to 9 hours.
3. About 25 minutes before serving, stir in basil, frozen tortellini and green beans. Increase heat setting to High. Cover; cook about 25 minutes or until beans are tender.

6 servings

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Open-Face Turkey Parmigiana Sandwiches

Prep Time: 20 Min | Start to Finish: 8 Hr 20 Min

4 turkey thighs, skin removed (about 3 1/2 lb)
1 can (6 oz) Italian-style tomato paste
1 can (15 oz) Italian-style tomato sauce
14 slices frozen Parmesan-flavor Texas toast (from two 11.25-oz packages)
2 cups shredded Italian cheese blend (8 oz)

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place turkey in cooker. Top with tomato paste and tomato sauce.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Remove turkey from cooker; place on cutting board. Remove bones; discard. Pull turkey into large chunks, using 2 forks; gently stir turkey into sauce in cooker.
4. Set oven control to broil. Place Texas toast on broiler pan rack. Broil with tops 4 to 6 inches from heat 1 1/2 minutes on each side or until golden brown. To serve, spoon about 1/2 cup turkey mixture over each toast slice and top with about 2 tablespoons cheese.

14 sandwiches

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Barbecued Chili Beef and Cheddar Sandwiches

Prep Time: 25 Min Start to Finish: 8 Hr 25 Min

1 beef chuck roast (3 lb)
1 tablespoon chili powder
1/2 cup barbecue sauce
10 onion kaiser rolls, split
10 slices (1 oz each) Cheddar cheese

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place beef roast in cooker. Sprinkle chili powder over beef; drizzle with barbecue sauce.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Remove beef from cooker; place on cutting board. Skim fat from top of juices in cooker. Shred beef, using 2 forks. Stir shredded beef into juices in cooker. To serve, fill each roll with 1/2 cup beef and top with cheese slice.

10 sandwiches

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Asian Ham Wraps

Prep Time: 25 Min Start to Finish: 5 Hr 25 Min

1 boneless ham (2 1/2 lb)
2 cans (8 oz each) crushed pineapple, undrained
2 tablespoons finely chopped gingerroot
1/4 cup packed brown sugar
1/3 cup stir-fry sauce
2 tablespoons cider vinegar
12 Old El Paso™ flour tortillas for burritos (8 inch; from two 11-oz packages)
3 cups coleslaw mix (from 16-oz bag)

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place ham in cooker. In small bowl, mix pineapple, gingerroot, brown sugar, stir-fry sauce and vinegar; spoon over ham.
2. Cover; cook on Low heat setting 5 to 7 hours.
3. Remove ham from cooker; place on cutting board. Cut into thin slices; cut slices lengthwise in half. Return ham to juices in cooker. To serve, place slices of ham on tortillas; top each with 1/4 cup of the coleslaw mix. Remove pineapple with slotted spoon; spoon 2 tablespoons pineapple over coleslaw mix on each tortilla. Roll up tortillas; secure with toothpick if desired. Serve juices in cooker in small individual bowls for dipping.

12 wraps

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Tangy Italian Beef Sandwiches

Prep Time: 10 Min Start to Finish: 10 Hr 10 Min

1 boneless beef sirloin tip roast (3 to 4 lb), trimmed of fat
1/4 cup packed brown sugar
1 bottle (16 oz) Italian dressing
2 teaspoons Italian seasoning
12 sandwich buns, split

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. If beef is tied, remove strings or netting. Place beef in cooker. Sprinkle with brown sugar. Pour dressing over beef.
2. Cover; cook on Low heat setting 10 to 12 hours.
3. Remove beef from cooker; place on cutting board. Shred beef, using 2 forks. Return beef to cooker; stir in Italian seasoning. Using slotted spoon to remove beef from cooker, fill each bun with about 1/3 cup beef. Serve with juices for dipping.

12 sandwiches

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Smoky Chipotle Soft Tacos

Prep Time: 30 Min Start to Finish: 6 Hr 30 Min

3 lb lean (at least 80%) ground beef
1 large onion, chopped (1 cup)
1 Anaheim chile, chopped (1/3 cup)
3/4 cup chili sauce
1/2 cup mole sauce (from 9-oz container)
3 tablespoons chopped chipotle chiles in adobo sauce (from 7-oz can)
1 teaspoon ground cumin
3/4 teaspoon salt
18 Old El Paso™ flour tortillas for soft tacos & fajitas (6 inch; from two 8.2-oz packages)
2 cups shredded Cheddar cheese (8 oz)
3 medium tomatoes, chopped (1 1/2 cups)

1. In 12-inch skillet, cook beef, onion and Anaheim chile over medium heat about 15 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
2. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix beef mixture, chili sauce, mole sauce, chipotle chiles, cumin and salt.
3. Cover; cook on Low heat setting 6 to 7 hours.
4. To serve, spoon 1/3 cup beef mixture onto each tortilla; top with cheese and tomatoes. Roll up tortillas. Beef mixture will hold on Warm heat setting up to 2 hours; stir occasionally.

18 tacos

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Reuben Sandwiches

Prep Time: 25 Min | Start to Finish: 9 Hr 25 Min

1 package (2 lb) refrigerated sauerkraut
1 package (2 to 3 lb) corned beef brisket
1 cup Thousand Island dressing
16 slices pumpernickel rye bread, toasted
8 slices (1 oz each) Swiss cheese

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place sauerkraut in cooker. Place beef brisket on sauerkraut. (If brisket includes packet of spices, sprinkle spices over brisket.)
2. Cover; cook on Low heat setting 9 to 11 hours.
3. Remove beef from cooker; place on cutting board. Cut beef into slices. To serve, spread 1 tablespoon dressing on each toast slice. Using slotted spoon to remove sauerkraut from cooker, top 8 toast slices with 1/2 cup sauerkraut each. Top sauerkraut with beef slices and cheese slice. Top with remaining toast slices.

8 sandwiches

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Jerk Pork Sandwiches

Prep Time: 20 Min | Start to Finish: 9 Hr 20 Min

1 boneless pork shoulder roast (2 1/2 to 3 lb)
1 medium onion, chopped (1/2 cup)
3 tablespoons Caribbean jerk seasoning
1/2 cup chili sauce
1 can (7 oz) Green Giant™ Mexicorn™ whole kernel corn with red and green peppers, drained
2 tablespoons chopped fresh cilantro
1 cup shredded lettuce
8 pita (pocket) breads

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Remove netting or strings from pork roast; cut pork into 2-inch pieces. Place pork and onion in cooker. Sprinkle with jerk seasoning; toss to coat. Pour chili sauce over top.
2. Cover; cook on Low heat setting 9 to 11 hours.
3. Remove pork from cooker; place on cutting board. Pull pork into shreds, using 2 forks. Return pork to cooker. In small bowl, mix corn and cilantro. To serve, layer lettuce, pork mixture and corn in pita breads.

8 sandwiches

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Italian Turkey Sandwiches

Prep Time: 20 Min | Start to Finish: 7 Hr 20 Min

3 lb turkey thighs, skin removed
1/3 cup Italian dressing
12 small French sandwich rolls (3 inches long)
1 container (6.5 oz) garlic-and-herb spreadable cheese
1 jar (7.25 oz) roasted red bell peppers, drained, cut into strips

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place turkey in cooker.
2. Cover; cook on Low heat setting 7 to 8 hours.
3. With slotted spoon, remove turkey from cooker; place on cutting board. Discard liquid in cooker. Remove bones from turkey and discard. Shred turkey, using 2 forks. Return turkey to cooker. Stir in Italian dressing.
4. Cut rolls horizontally in half. To serve, spread bottom half of each roll with 1 rounded tablespoon spreadable cheese; top with 1/3 cup turkey, some of the roasted peppers and top of roll. Turkey mixture will hold on Warm heat setting up to 2 hours; stir occasionally.

12 sandwiches

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French Dip Sandwiches

Prep Time: 5 Min | Start to Finish: 7 Hr 5 Min

1 boneless beef chuck roast (3 lb)
1 1/2 cups water
1/3 cup soy sauce
1 teaspoon dried rosemary leaves
1 teaspoon dried thyme leaves
1 clove garlic, finely chopped
1 dried bay leaf
3 or 4 peppercorns
2 loaves (1 lb each) French bread

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. If beef roast comes in netting or is tied, do not remove. Place beef in cooker. In small bowl, mix remaining ingredients except bread; pour over beef.
2. Cover; cook on Low heat setting 7 to 8 hours.
3. Skim fat from surface of juices in cooker; discard bay leaf and peppercorns. Remove beef from cooker; place on cutting board. Remove netting or strings from beef. Cut beef into thin slices. Cut each loaf of bread into 5 pieces, about 4 inches long; cut horizontally in half. Fill bread with beef. Serve with juices for dipping.

10 sandwiches

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Barbecued Pulled-Pork Fajitas

Prep Time: 15 Min Start to Finish: 8 Hr 45 Min

1 boneless pork center loin roast (2 to 2 1/2 lb), trimmed of fat
1 medium onion, thinly sliced
2 cups barbecue sauce
3/4 cup Old El Paso™ Thick 'n Chunky salsa
1 tablespoon chili powder
1 teaspoon ground cumin
1 bag (1 lb) frozen bell pepper and onion stir-fry
1/2 teaspoon salt
18 Old El Paso™ flour tortillas for burritos (8 inch; from three 11-oz packages)
Shredded cheese, if desired
Guacamole, if desired
Sour cream, if desired

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place pork in cooker. Place onion on pork. In small bowl, mix barbecue sauce, salsa, chili powder and cumin; pour over pork and onion.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Remove pork from cooker; place on cutting board. Shred pork, using 2 forks. Return pork to cooker and mix well. Stir in stir-fry vegetables and salt. Increase heat setting to High. Cover; cook 30 minutes or until mixture is hot and vegetables are tender.
4. Using slotted spoon to remove pork mixture from cooker, fill each tortilla with 1/2 cup pork mixture. Fold one end of tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down. Serve with cheese, guacamole and sour cream.

18 fajitas

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Pizza Pork Chops

Prep Time: 15 Min Start to Finish: 4 Hr 15 Min

6 pork loin chops, 1 inch thick (about 2 1/4 lb)
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon vegetable oil
1 medium onion, chopped (1/2 cup)
2 cups spaghetti sauce
4 cups hot cooked orzo pasta
1 cup shredded mozzarella cheese (4 oz)

1. Remove excess fat from pork. Sprinkle pork with salt and pepper. In 12-inch skillet, heat oil over medium-high heat. Add pork; cook about 5 minutes, turning once, until brown.
2. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place pork in cooker. Sprinkle onion over pork. Add spaghetti sauce.
3. Cover; cook on Low heat setting 4 to 6 hours.
4. Place pasta on platter. Top with pork and sauce. Sprinkle with cheese.

6 servings

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Maple-Glazed Turkey Breast

Prep Time: 15 Min Start to Finish: 4 Hr 15 Min

1 box (6 oz) original-flavor long-grain and wild rice mix
1 1/4 cups water
1 boneless turkey breast (about 1 lb)
1/4 cup maple-flavored syrup
1/2 cup chopped walnuts
1/2 teaspoon ground cinnamon

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix uncooked rice, seasoning packet from rice mix and water.
2. Place turkey breast, skin side up, on rice mixture. Drizzle with maple syrup. Sprinkle with walnuts and cinnamon.
3. Cover; cook on Low heat setting 4 to 5 hours.

4 servings

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Tex-Mex Chicken and Rice

Prep Time: 10 Min | Start to Finish: 6 Hr 15 Min

1 lb boneless skinless chicken thighs, cut into 3/4-inch pieces
1 1/2 cups uncooked converted white rice
1 cup Old El Paso™ Thick 'n Chunky salsa
1 3/4 cups Progresso™ chicken broth (from 32-oz carton)
1 can (4.5 oz) Old El Paso™ chopped green chiles
1 cup sour cream
1 cup shredded Colby-Monterey Jack cheese blend (4 oz)

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix chicken, rice, salsa, broth and chiles.
2. Cover; cook on Low setting 6 to 7 hours.
3. About 5 minutes before serving, turn off heat on slow cooker. Stir in sour cream and half of the cheese; sprinkle remaining cheese over top. Cover; let stand 5 minutes or until cheese is melted. Serve with additional salsa if desired.

5 servings (1 1/3 cups each)

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Tamale Pie

Prep Time: 15 Min | Start to Finish: 5 Hr 15 Min

1/2 lb lean (at least 80%) ground beef
1 medium onion, chopped (1/2 cup)
2 cups Progresso™ red kidney beans (from 19-oz can), drained, rinsed
1 can (10 oz) Old El Paso™ enchilada sauce
1 pouch (6.5 oz) Betty Crocker™ cornbread & muffin mix
1/3 cup milk
2 tablespoons butter or margarine, melted
1 egg
1/2 cup shredded Colby-Monterey Jack cheese blend (2 oz)
1 can (4.5 oz) Old El Paso™ chopped green chiles, undrained
1/4 cup sour cream
4 medium green onions, chopped (1/4 cup)

1. In 12-inch nonstick skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in beans and enchilada sauce.
2. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place beef mixture in cooker. In medium bowl, stir cornbread mix, milk, butter and egg just until moistened (batter will be lumpy). Stir cheese and chiles into batter. Spoon over beef mixture in cooker.
3. Cover; cook on Low heat setting 5 to 6 hours or until toothpick inserted in center of cornbread comes out clean. Serve with sour cream and green onions.

4 servings

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Cranberry Ribs

Prep Time: 50 Min | Start to Finish: 3 Hr 20 Min

2 teaspoons ground cumin
2 teaspoons chili powder
2 teaspoons packed brown sugar
3 to 3 1/2 lb pork loin back ribs (about 2 racks)
1 can (16 oz) whole berry cranberry sauce
1 jar (12 oz) beef gravy
2 tablespoons cider vinegar
2 tablespoons packed brown sugar
1 teaspoon salt
1/2 teaspoon crushed red pepper flakes
2 cloves garlic, finely chopped

1. Set oven control to broil; heat 15 minutes. Line broiler pan with foil.
2. In small bowl, mix cumin, chili powder and 2 teaspoons brown sugar. Rub evenly over racks of ribs. Place ribs on rack in broiler pan. Broil with tops 4 to 6 inches from heat 10 to 15 minutes, turning once, until browned. Cool slightly. Cut into individual ribs.
3. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place ribs in cooker. Reserve half of the cranberry sauce. In medium bowl, mix remaining cranberry sauce and remaining ingredients; pour over ribs.
4. Cover; cook on High heat setting 2 hours 30 minutes to 3 hours.
5. Stir in reserved cranberry sauce; stir from bottom of cooker to coat ribs with sauce. Set cooker to Warm heat setting to serve. Ribs will hold on Warm heat setting up to 2 hours.

14 servings (1 rib each)

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Southwest Potatoes au Gratin

Prep Time: 10 Min | Start to Finish: 6 Hr 10 Min

2 cups cubed fully cooked ham
2 cups milk
1 cup boiling water
2 cans (11 oz each) Green Giant™ Mexicorn™ whole kernel corn with red and green peppers, drained
1 can (11 oz) condensed Cheddar cheese soup
1 box (7.8 oz) Betty Crocker™ scalloped potatoes

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients, including sauce mix from box of potatoes, making sure most potatoes are covered with liquid.
2. Cover; cook on Low heat setting 6 hours, stirring halfway through cook time.

6 servings

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Chicken Stroganoff Pot Pie

Prep Time: 25 Min | Start to Finish: 5 Hr 35 Min

1 package (about 1 oz) chicken gravy mix
1 can (10 1/2 oz) condensed chicken broth
1 lb boneless skinless chicken breasts, cut into 1-inch pieces
1 bag (1 lb) frozen stew vegetables, thawed, drained
1 jar (4.5 oz) Green Giant™ sliced mushrooms, drained
1 cup Green Giant™ Valley Fresh Steamers™ frozen sweet peas, thawed, drained
1/2 cup sour cream
1 tablespoon Gold Medal™ all-purpose flour
1 1/2 cups Original Bisquick™ mix
4 medium green onions, chopped (1/4 cup)
1/2 cup milk

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix gravy mix and broth until smooth. Stir in chicken, stew vegetables and mushrooms.
2. Cover; cook on Low heat setting about 4 hours or until chicken is tender.
3. Stir in peas. In small bowl, mix sour cream and flour; stir into chicken mixture. Increase heat setting to High. Cover; cook 20 minutes.
4. In small bowl, stir together Bisquick mix and onions; stir in milk just until moistened. Drop dough by rounded tablespoonfuls onto hot chicken mixture. Cover; cook on High heat setting 45 to 50 minutes or until toothpick inserted in center of topping comes out clean. Serve immediately.

4 servings

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Barbecued Beans and Polish Sausage

Prep Time: 10 Min | Start to Finish: 5 Hr 10 Min

2 cans (15 to 16 oz each) great northern beans, drained, rinsed
2 cans (15 oz each) Progresso™ black beans, drained, rinsed
1 large onion, chopped (1 cup)
1 cup barbecue sauce
1/4 cup packed brown sugar
1 tablespoon ground mustard
1 tablespoon Worcestershire sauce
2 teaspoons chili powder
1 ring (1 to 1 1/4 lb) fully cooked smoked Polish sausage

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except sausage. Place sausage ring on bean mixture.
2. Cover; cook on Low heat setting 5 to 6 hours.

6 servings

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Beef Stroganoff

Prep Time: 15 Min | Start to Finish: 8 Hr 15 Min

2 lb beef stew meat
1 cup chopped onion
1 can (10 3/4 oz) condensed cream of golden mushroom soup
1 can (10 3/4 oz) condensed cream of onion soup
1 jar (6 oz) Green Giant™ sliced mushrooms, drained
1/4 teaspoon pepper
1 package (8 oz) cream cheese, cubed
1 container (8 oz) sour cream
6 cups hot cooked noodles or rice

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix beef, onion, soups, mushrooms and pepper.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Stir in cream cheese until melted. Stir in sour cream. Serve over noodles.

8 servings

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Caramelized-Onion Pot Roast

Prep Time: 25 Min | Start to Finish: 8 Hr 25 Min

1 boneless beef chuck roast (4 lb)
1 tablespoon olive or vegetable oil
1 teaspoon salt
1/2 teaspoon pepper
6 medium onions, sliced
1 1/2 cups Progresso™ beef flavored broth (from 32-oz carton)
3/4 cup regular or nonalcoholic beer
2 tablespoons packed brown sugar
3 tablespoons Dijon mustard
2 tablespoons cider vinegar

1. Trim excess fat from beef. In 10-inch skillet, heat oil over medium-high heat. Add beef; cook about 10 minutes, turning occasionally, until brown on all sides. Sprinkle with salt and pepper.
2. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place onions in cooker. Place beef on onions. In small bowl, mix remaining ingredients; pour over beef and onions.
3. Cover; cook on Low heat setting 8 to 10 hours.
4. Remove beef and onions from cooker, using slotted spoon. Cut beef into slices. Skim fat from juices in cooker if desired. Serve juices with beef and onions.

12 servings

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Chicken Cacciatore

Prep Time: 25 Min | Start to Finish: 4 Hr 25 Min

1 cut-up whole chicken (3 to 3 1/2 lb), skin removed
1/3 cup Gold Medal™ all-purpose flour
2 tablespoons vegetable oil
1 medium green bell pepper
2 medium onions
1 can (14.5 oz) diced tomatoes, undrained
1 jar (4.5 oz) Green Giant™ sliced mushrooms, drained
1/2 teaspoon dried oregano leaves
1/4 teaspoon dried basil leaves
1/2 teaspoon salt
2 cloves garlic, finely chopped
Grated Parmesan cheese, if desired

1. Coat chicken with flour. In 12-inch skillet, heat oil over medium-high heat. Add chicken; cook 15 to 20 minutes, turning occasionally, until brown on all sides; drain.
2. Cut bell pepper and onions crosswise in half; cut each half into quarters.
3. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place half of the chicken pieces in cooker. In large bowl, mix bell pepper, onions and remaining ingredients except cheese; spoon half of mixture over chicken. Add remaining chicken; top with remaining vegetable mixture.
4. Cover; cook on Low heat setting 4 to 6 hours or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs). Serve with cheese.

6 servings

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White Chocolate Bread Pudding

Prep Time: 10 Min | Start to Finish: 3 Hr 40 Min

6 cups French bread cubes
1 package (6 oz) white chocolate baking bars, coarsely chopped
1 cup fat-free egg product
3/4 cup warm water
1 teaspoon vanilla
1 can (14 oz) sweetened condensed milk (not evaporated)

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. Place bread cubes in cooker. Sprinkle with white chocolate.
2. In small bowl, mix remaining ingredients; pour over bread cubes and chocolate.
3. Cover; cook on Low heat setting 3 hours 30 minutes to 4 hours or until toothpick inserted in center comes out clean. Serve warm.

8 servings

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Caramel Rice Pudding

Prep Time: 10 Min | Start to Finish: 3 Hr 10 Min

3 cups cooked white rice
1/2 cup raisins
1 teaspoon vanilla
1 can (14 oz) sweetened condensed milk
1 can (12 oz) evaporated milk
1 tablespoon sugar
1 teaspoon ground cinnamon

1. Spray Betty Crocker 3 1/2- or 5-quart slow cooker with cooking spray. In cooker, mix all ingredients except sugar and cinnamon.
2. Cover; cook on Low heat setting 3 to 4 hours or until liquid is absorbed. Stir pudding.
3. Sprinkle pudding with sugar and cinnamon. Serve warm.

8 servings

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