

LAURA ASHLEY

SINCE 1953

by  MyVQ.com.au



6.5L SLOW COOKER LASC65PS

220-240~, 50-60hz, 320w

SAFETY AND INSTRUCTION MANUAL

Please read these instructions before
use and retain for future reference.

LAURA ASHLEY

SINCE 1953

by  | **MyVQ.com.au**

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We're absolutely over the moon knowing that you've chosen one of **MyVQ's** premium products. Your decision to join our community fills us with immense joy, and we're truly grateful for your support.

As you embark on this journey with your new purchase, we want you to know that we're here for you every step of the way. At **MyVQ**, quality isn't just a word, it's our promise. We pour our hearts into crafting products that exceed expectations because you deserve nothing less.

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Once again, from the bottom of our hearts, thank you for choosing **MyVQ**. Your satisfaction is our priority, and we're committed to delivering the highest level of excellence in everything we do. If you wanted to leave a review from where you purchased your product, we would be extremely grateful. Hearing our customers' comments drives us to be the best company we possibly can be, and to keep improving with genuine feedback.

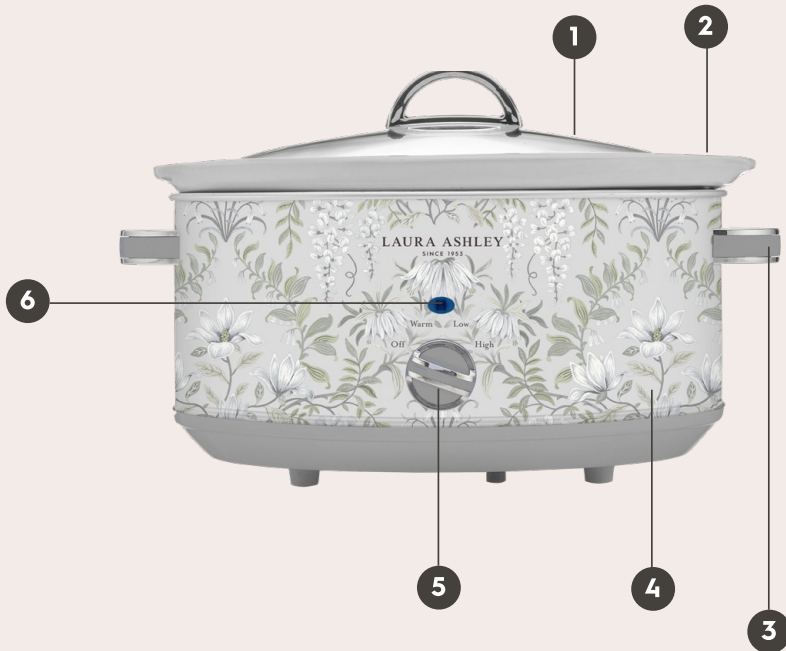
To activate your warranty and embark on this exciting journey, simply scan the **VQ QR** code below. Let's make memories together!

With Warmest Regards,
VQ Team

**REGISTER YOUR WARRANTY,
CUSTOMER SUPPORT AND
ONLINE MANUALS**



PRODUCT OVERVIEW



SPECIFICATIONS:

This box contains:

- Instruction Manual
- Slow Cooker
- Ceramic cooking pot
- Glass Lid

1. Glass lid with handle
2. Ceramic cooking pot
3. Slow cooker handles
4. Slow cooker body
5. Temperature control dial
6. Power indicator light

TECHNICAL DATA

Description:	Slow Cooker
Model:	LASC65PS
Rated Voltage:	220-240V~
Frequency:	50-60Hz
Power Consumption:	320W
Protection Class:	I (This appliance must be earthed)
Capacity:	6.5 L

FOR HOUSEHOLD USE ONLY

ENVIRONMENTALLY FRIENDLY DISPOSAL

Electrical and electronic equipment should not be disposed of with regular household waste. Instead, please take your product to an appropriate recycling facility or collection point. Proper disposal helps prevent harmful substances from entering the environment, protecting both ecosystems and human health.

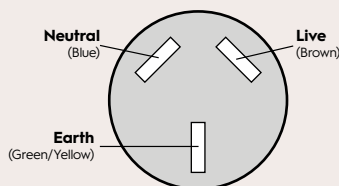
IMPORTANT SAFETY INFORMATION:

PLEASE READ THESE NOTES CAREFULLY BEFORE USING YOUR VQ APPLIANCE

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
- **DO NOT** let the cord hang over the edge of a table or counter or let it come into contact with any hot surfaces.
- **DO NOT** pull the plug out by the cord as this may damage the plug and/or the cable.
- Switch off at the wall socket then remove the plug from the socket when not in use or before cleaning.
- The use of accessory attachments is not recommended by the appliance manufacturer apart from those supplied with this product. **DO NOT** use extension cords with the appliance.
- Switch off and unplug before fitting or removing tools/attachments, after use and before cleaning.
- Close supervision is necessary when any appliance is used by or near children.
- Children should not play with the appliance.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- **DO NOT** use this product for anything other than its intended use.
- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
- **DO NOT** immerse cords, plugs or any part of the appliance in water or any other liquid.
- **DO NOT** use the appliance outdoors.
- **DO NOT** use the appliance on a gas or electric cooking top or over or near an open flame.
- **IMPORTANT! DO NOT** use this product in conjunction with automatic timers. Never attempt to move or clean this product until it has completely cooled.
- **DO NOT** touch hot surfaces. Use handles or knobs.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.
- To reduce the risk of electric shock, cook only in the removable cooking pot.
- Use extreme caution when removing the hot cooking pot with food.
- Carefully tilt lid away from you when uncovering to avoid scalding and allow water to drip into pot.
- To disconnect, turn the temperature control to the OFF position, then remove the plug from the wall outlet.
- **DO NOT** use a cracked cooking pot. **DO NOT** sit a hot cooking pot on a wet or cold surface.
- Unplug from outlet when not in use and before cleaning. Allow the appliance to cool before putting on or taking off parts and before cleaning the appliance.

- **CAUTION!** Wear oven mitts when handling the slow cooker as the surface may be extremely hot!
- **CAUTION!** While in use, hot steam may rise from the cooking pot. Be careful when handling.
- **CAUTION! DO NOT** use the **WARM** setting to cook food. **DO NOT** keep the slow cooker on this setting for more than 4 hours.
- **IMPORTANT!** If you forget to switch your slow cooker on or accidentally put uncooked ingredients on the **WARM**, you must throw away your ingredients and start again. Any food that sits below 63°C can harbour bacteria.
- This appliance is for household use only and similar applications such as: Staff kitchen areas in shops, offices and other working environments. Farm houses. By clients in hotels, motels, and other residential type environments. Bed and breakfast type environments.
- In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the **Customer Support Team:** support@myvq.com.

Wiring Safety for Australian Use Only - FRONT VIEW



IMPORTANT

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are labelled in accordance with the following code:

Blue neutral [N] Brown live [L] Green/ Yellow [EARTH]

Plug Fitting Details (Where Applicable). The wire labelled blue is the neutral and must be connected to the terminal marked [N].

The wire labelled brown is the live wire and must be connected to the terminal marked [L].

The wire labelled green/yellow must be connected to the terminal marked with the letter [E].

On no account must either the brown or the blue wire be connected to the [EARTH] terminal.

Always ensure that the cord grip is fastened correctly.

If in doubt consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug.

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug - disconnect it from the mains - then cut it off of the mains lead and immediately dispose of it in a safe manner. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

WARNING

This appliance **MUST** be earthed!

BEFORE FIRST USE

Read all instructions and safety information carefully before first use. Please retain this information for future reference.

1. Carefully unpack and remove the parts from the packaging.
2. Place the slow cooker on a flat, dry surface.
3. Remove any promotional labels or stickers.
4. Wash cooking pot and glass lid in hot soapy water with a mild household detergent.
5. Rinse and dry thoroughly.
6. **DO NOT** immerse the appliance, its cord or plug in water or any other liquid.
7. **DO NOT** use harsh abrasives or chemicals.
8. Dispose of the packaging in a responsible manner.
9. Wipe the exterior of slow cooker heating base with a clean, damp cloth.
10. Your appliance is now ready for normal use.

USING YOUR APPLIANCE

Preparing Your Appliance:

1. Place the base of the slow cooker on a flat, dry, heat resistant surface.
2. Place your prepared ingredients into the cooking pot and cover with a glass lid. Ensure the lid is centred. Fill the pot between 1/2 and 3/4 capacity to avoid over or under-cooking. Do not overfill the cooking pot.
3. Plug the slow cooker into the mains outlet and turn the temperature control dial to any position other than Off. The power indicator light will come on to show the slow cooker has been plugged in, and the unit will automatically start to operate in the selected setting.

CAUTION: Make sure the temperature control dial is set to the OFF position before plugging in the appliance.

4. When the food is ready, carefully remove the cooking pot from the slow cooker base.

CAUTION: ALWAYS wear oven gloves when handling the slow cooker's hot surfaces, including the cooking pot and glass lid.

Note: When removing the Glass Lid, tilt it so that the opening faces away from you to avoid being burnt by steam.

5. Do not place the heated cooking pot on any surfaces affected by heat. Use a hot pad or trivet to protect any surfaces. Take extra care when moving a cooking pot containing hot liquids.
6. Unplug the slow cooker from the mains and allow the appliance enough time to cool completely before cleaning and storing.

Note: Always cook with the Glass Lid on and follow recommended cooking times.

TEMPERATURE CONTROL SETTINGS

Note: Do not use frozen meat. Thaw meat before slow cooking.

LOW: The **LOW** heat setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting. Ideal for vegetable dishes and reheating.

Note: When using the **LOW** setting to cook meat dishes, the meat should be browned first.

Tip: 1 hour of cooking on **HIGH** equals 2 ½ hours on **LOW**.

HIGH: The **HIGH** heat setting is ideal for use when cooking dried beans and pulses. The **HIGH** setting cooks food in about half the time required for the **LOW** heat setting. As food will boil when cooked on the **HIGH** heat setting, it may be necessary to add extra liquid, depending on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

CAUTION: Monitor food more regularly when cooking on the **HIGH** setting.

TIPS: It's recommended to use the **HIGH** setting when you need to cook a tender cut of meat quickly. Use the **LOW** setting for tougher cuts – cooking them for longer gives them more time for the meat to grow tender.

WARM: The **WARM** function allows you to keep the food in your slow cooker warm and ready to eat, even after cooking. Turn the dial on the front of your slow cooker to **WARM** once cooking has finished.

CAUTION! Never use the **WARM** setting for more than 4 hours.

CAUTION! Do not use the **WARM** setting to cook food.

SLOW COOKING GUIDE

As most food is cooked over a period of 6-9 hours, it can be prepared in advance the evening before, refrigerated in the removable ceramic cooking pot placed in the slow cooker and switched on in the morning and left to cook all day. When you arrive home a delicious, hot meal will await you. The guide below will help simplify the process of slow cooking, allowing you to obtain ultimate satisfaction from your slow cooker.

TRADITIONAL RECIPE TIME	SLOW COOKER ON LOW	SLOW COOKER ON HIGH
15 – 30 minutes	4 – 6 hours	1 ½ – 2 hours
35 – 45 minutes	6 – 10 hours	3 – 4 hours
50 minutes – 3 hours	8 – 18 hours	4 – 6 hours

Note: These times are approximate. Times can vary depending on the ingredients and quantities in the recipes.

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

TIMING

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the slow cooker, particularly when using the LOW setting. Most recipes can be cooked on any one of the temperature settings; however the cooking times will vary accordingly. Each recipe will give specific instructions, indicating the appropriate temperature setting accompanied by the suggested cooking times to use.

GENERAL TIPS FOR SLOW COOKING

- Do not pre-heat the slow cooker before adding ingredients.
- For best results, the Slow Cooker should be filled at least halfway.
- Do not fill the cooking pot to more than three-quarters full. Note: Do not over fill the appliance or it will not cook as well as it should.
- Spray the inside of the cooking pot with non-stick cooking spray for easy clean up.
- The removable ceramic cooking pot is oven-proof and microwave safe.
- Do not use the removable ceramic cooking pot on gas or electric burners or under the broiler.
- Do not use the lid in the microwave.
- Frozen foods such as vegetables and shrimp may be used as part of a specific recipe.
- 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.
- Use fresh or dried herbs instead of ground; they keep more of their flavour during long cooking times.
- Cover all food with a liquid, sauce or gravy. Prepare in a separate pan and then add to the slow cooker, completely covering the food in the cooking pot.
- Prepare everything you need for your slow cooked meal the night before if you will not have time in the morning.
- Your ingredients should ideally be added to the slow cooker at room temperature, so take everything out of the fridge 20 minutes before adding to the cooker.
- Add dairy products last, such as milk and cheese, unless your recipe states otherwise. They break down in the slow cooker, so make sure you stir them in during the last 15 minutes of cooking.
- To thicken the flavourful juices produced during slow cooking, remove 1 cup (250 ml) juice from the Slow Cooker. Place in a small saucepan. Combine 1 tablespoon (15 ml) water and 1 tablespoon (15ml) corn flour. Stir these into the saucepan. Cook and stir over medium heat until the mixture boils. Boil and stir for 1 - 2 minutes or until slightly thickened.

GENERAL TIPS FOR SLOW COOKING (CONTINUED):

- When cooking soups or stews, leave a 2-inch (5 cm) space between the top of the removable cooking pot and the food so that the recipe can come to a simmer. If cooking a soup or stew on **HIGH**, check its progress regularly as some soups will reach a boil on **HIGH**.
- Pasta and seafood should be added towards the end of cooking time.
- Don't lift the lid of the slow cooker until you need to. Removing the lid affects the end result and will actually increase the necessary cooking time. Only remove it when you need to add an ingredient.
- If you are adapting a recipe for your slow cooker, decrease the amount of liquid you would normally use in the dish by as much as half. This is to account for the fact that very little moisture boils away when slow-cooking.
- All food should be cooked with the glass lid in place. Each time the lid is lifted, both the heat and moisture are diminished. Cooking times should be adjusted to accommodate this factor.

SUITABLE FOODS

Vegetables

- Vegetables cook slowly. Keep pieces small to medium in size and place in the bottom of the cooking pot.
- Vegetables can be peeled and cut the night before slow cooking. Cover and refrigerate in separate container. Do not place in the cooking pot until ready to cook.
- Cut all root vegetables into small, evenly sized pieces to ensure even cooking. Root vegetables take longer to cook than meat.
- Gently sauté root vegetables for 2 - 3 minutes before slow cooking. Place them at the bottom of the pot and make sure all ingredients are fully immersed in the cooking liquid.
- Boil and soak uncooked red beans for at least 10 minutes before adding them to your slow cooker. This helps to remove any toxins.
- Pumpkins and other squash vegetables do not need to be cooked in as much liquid as other slow cooked vegetables.
- Cut green peppers into small pieces and add them near the end of the cooking time to avoid them becoming bitter after being cooked for a long period of time.
- Frozen vegetables should always be slightly defrosted before being added to your slow cooker. They will not take as long to cook as fresh vegetables as they are generally pre-cooked to an extent.
- This is the same for canned vegetables. When using canned vegetables be sure to wash them before adding them to your slow cooker, to remove any excess salt and preservatives. Always ensure you drain canned vegetables before use, so you do not add extra liquid to your dish.
- Onions are a very popular ingredient in slow cooker recipes. Slow cooking does decrease the flavour of onions though, so make sure you add a little extra than you usually would, to retain that flavour – especially if you are cooking for more than four hours.

Meat

- Trim all excess fat and sinew from meat before slow cooking, as the slow cooking method does not allow fat to evaporate.
- Browning your meat before adding it to your slow cooker helps add real flavour to the finished dish. Note: Browning mince meats, such as minced beef and mince turkey, before placing in the appliance removes excess fat and reduces the risk of food-borne illnesses.
- Meats can be browned and/or cut up the night before slow cooking. Cover and refrigerate in a separate container. Do not place in cooking pot until ready to cook.
- **ALWAYS ENSURE THAT ALL MEAT PRODUCTS ARE COOKED TO APPROPRIATE INTERNAL TEMPERATURES.**
- Always insert a meat thermometer into joints of roasts, hams or other meats to ensure they are cooked to the desired temperature.
- If you want a thicker sauce for your end result, try dredging the meat in flour before browning.
- You can use whatever meat you choose in your slow cooker, but slow cooking is a perfect way to use cheaper cuts of meat.
- Don't use frozen meat unless it has been thoroughly thawed out beforehand.

QUESTIONS	ANSWERS
The food in my slow cooker is not cooking evenly.	To ensure even cooking, cut foods such as vegetables into small, evenly shaped pieces. Foods such as root vegetables need to be placed at the bottom of the slow cooker so that they are in direct contact with the cooker. Root vegetables take longer to cook, so in order to have everything cooked evenly, this is a must.
My food is too watery.	Too much liquid has been added to the slow cooker. Only small amounts of evaporation occur in slow cookers, so it's important to add up to 50% less cooking liquid to a dish than you would if you were stovetop or oven cooking. If you notice throughout the cooking time that you've added too much liquid, remove the lid approximately an hour before the cooking has finished, and cook the food on the high setting. This allows the liquid to evaporate and thicken.
Can I heat the cooking pot when it is empty?	No. The cooking pot must never be placed on a stovetop, in the oven, or heated in the slow cooker when empty.
The slow cooker is smoking when it is first turned on.	There may be manufacturing oil on the heating element or housing. This can cause a slight smoking and/or burning smell during the first few uses of your slow cooker, but will stop after that. Check that there is no spilled food residue on the heating element or housing. Unplug your slow cooker and allow it to cool fully before cleaning it thoroughly. Towel-dry the unit thoroughly before your next use.
Food is sticking to the bottom of the cooking pot/burning.	You may need to add more liquid to your slow cooker. If you do not add liquid, food will dry up as it is cooking, causing it to stick and burn. Cooking with the slow cooker uncovered can also cause these problems. You should not cook with the lid of the slow cooker removed unless you are thickening up the liquid towards the end of the cooking process. If you cook with the lid off, the cooking liquid evaporates, causing the food to dry out and burn.
Can I cook a roast in the slow cooker without water?	Yes, if the slow cooker is set to LOW . The liquid is needed to soften and cook the vegetables properly. The more fat the meat has, the less liquid is needed.
How can I remove hard water stains from my slow cooker?	Many things can cause a build-up of calcium deposits and lime scale inside your slow cooker, including hard water or cooking dried beans. To remove stains, empty your slow cooker once you have finished cooking and fill the cooking pot with hot water. Add a small amount of washing up liquid and about 250ml vinegar to the hot water and leave it to soak overnight if possible, or for a couple of hours. Once it has soaked, empty the cooking pot and clean as normal.

CLEANING & CARE

- Before cleaning your slow cooker, always ensure that the temperature control dial is in the **OFF** position and the unit is unplugged from the mains outlet.
- Always allow the unit to cool before cleaning.
- Remove the cooking pot and glass lid and wash in hot, soapy water, using a mild household detergent. Rinse and dry thoroughly. To soften stubborn, cooked on foods, fill the cooking pot with warm, soapy water and allow it to soak. Remove the cooked-on residue by lightly scrubbing with a nylon kitchen brush.
- The cooking can also be washed in the dishwasher; however care should be taken not to chip or crack the cooking pot.

IMPORTANT: The removable cooking pot will not withstand the shock of sudden temperature changes. Use hot water to wash your cooking pot after cooking.

NEVER use cold water if the cooking pot is still hot.

- The Heating Base may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use harsh or abrasive cleansers.

CAUTION: Never submerge the slow cooker's heating base in water or other liquid.

IMPORTANT:

After cleaning, allow the appliance to dry fully before using again.

Do not use the appliance if damp. Ensure the appliance is completely clean and dry before storing.

Part	Dishwasher Safe	Oven Safe	Microwave Safe	Stovetop Safe
Glass Lids	No	No	No	No
Ceramic Cooking Pots	Yes	Yes, but not under the boiler	Yes	No

MAINTENANCE OF THE CERAMIC COOKING POT

1. The ceramic cooking pot will not withstand the shock of sudden temperature changes.
2. The cooking pot should be at room temperature before adding hot foods.
3. Do not preheat the slow cooker before using unless specified in the recipe.
4. If the cooking pot has been preheated or is hot to the touch, do not put cold foods inside it.
5. To wash your cooking pot right after cooking, use hot water.

STORAGE

To store your appliance:

1. Unplug the power cord from the power outlet and clean as above.
2. Allow the appliance to dry fully.
3. Store on a flat, dry level surface out of reach of children.

5 TOP SLOW COOKER RECIPES - VEGETARIAN DISHES*

1. Vegetarian Chili*



Ingredients:

1 onion, diced;
2 cloves garlic, minced
1 red bell pepper, diced
1 green bell pepper, diced
1 jalapeno, seeded and diced
1 can black beans, drained and rinsed
1 can kidney beans, drained and rinsed
1 can diced tomatoes
1 can tomato sauce
2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon oregano
1/2 teaspoon paprika
Salt and pepper to taste

Technique:

Combine all ingredients in a slow cooker. Cook on low for 6-8 hours, or on high for 3-4 hours. Serve with your favourite toppings.

2. Vegetarian Lasagne*



Ingredients:

2 tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
1 zucchini, diced
1 red bell pepper, diced
2 cups sliced mushrooms
1 can diced tomatoes
2 cups vegetable broth
2 cups spinach
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon oregano
1 teaspoon basil
1/2 teaspoon garlic powder
6 lasagne noodles
1/2 cup ricotta cheese
1 cup shredded mozzarella cheese;
1/4 cup Parmesan cheese

Technique:

Heat olive oil in a skillet over medium-high heat. Add onion, garlic, zucchini, bell pepper, and mushrooms; sauté for 5 minutes. Add diced tomatoes, vegetable broth, spinach, salt, pepper, oregano, basil, and garlic powder; simmer for 10 minutes. Grease a slow cooker with cooking spray. Place 3 lasagne noodles on the bottom of the slow cooker. Spread 1/2 of the vegetable mixture over the noodles. Top with 1/2 of the ricotta cheese. Repeat with remaining noodles, vegetables, and ricotta cheese. Sprinkle mozzarella and Parmesan cheese over the top. Cover slow cooker and cook on low for 5-6 hours or on high for 2-3 hours.

* Vegetarian Dishes / **Vegan Dishes /
*Meat Dishes

5 TOP SLOW COOKER RECIPES - VEGETARIAN DISHES*

3. Vegetarian Stuffed Peppers*



Ingredients:

6 bell peppers, halved and seeded
1 cup cooked quinoa
1 onion, diced
1 can black beans, drained and rinsed
1 can corn, drained
1 can diced tomatoes
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon garlic powder
Salt and pepper to taste
1/2 cup shredded cheddar cheese

Technique:

Grease a slow cooker with cooking spray. Arrange bell pepper halves in the slow cooker. In a large bowl, combine quinoa, onion, black beans, corn, diced tomatoes, chili powder, cumin, garlic powder, salt, and pepper; mix until combined. Stuff each bell pepper with the quinoa mixture. Sprinkle cheddar cheese over the top. Cover slow cooker and cook on low for 4-5 hours or on high for 2-3 hours.

4. Vegetarian Pot Pie*



Ingredients:

2 tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
2 celery stalks, diced
1 carrot, diced
1 red bell pepper, diced
2 cups mushrooms, sliced
2 tablespoons all-purpose flour
1 teaspoon oregano
1 teaspoon thyme
1 teaspoon basil
1/2 teaspoon salt
1/2 teaspoon pepper
2 cups vegetable broth
1 can diced tomatoes
1 can corn, drained
1 can peas, drained
1/2 cup frozen green beans
2 prepared pie crusts

Technique:

Heat olive oil in a skillet over medium-high heat. Add onion, garlic, zucchini, bell pepper, and mushrooms; sauté for 5 minutes. Add diced tomatoes, vegetable broth, spinach, salt, pepper, oregano, basil, and garlic powder; simmer for 10 minutes. Grease a slow cooker with cooking spray. Place 3 lasagne noodles on the bottom of the slow cooker. Spread 1/2 of the vegetable mixture over the noodles. Top with 1/2 of the ricotta cheese. Repeat with remaining noodles, vegetables, and ricotta cheese. Sprinkle mozzarella and Parmesan cheese over the top. Cover slow cooker and cook on low for 5-6 hours or on high for 2-3 hours.

* Vegetarian Dishes / **Vegan Dishes /
***Meat Dishes

5. Vegetarian Curry*



Ingredients:

2 tablespoons olive oil
 1 onion, diced
 2 cloves garlic, minced
 1 red bell pepper, diced
 2 cups sliced mushrooms
 1 can diced tomatoes
 2 tablespoons curry powder
 1 teaspoon cumin
 1 teaspoon garam masala
 1 teaspoon turmeric
 1 teaspoon coriander
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1 can chickpeas, drained and rinsed
 1 can coconut milk

Technique:

Heat olive oil in a skillet over medium-high heat. Add onion, garlic, bell pepper, and mushrooms; sauté for 5 minutes. Add diced tomatoes, curry powder, cumin, garam masala, turmeric, coriander, salt, and pepper; simmer for 10 minutes. Grease a slow cooker with cooking spray. Place chickpeas in the slow cooker. Pour the vegetable mixture over the chickpeas. Pour coconut milk over the top. Cover slow cooker and cook on low for 4-5 hours or on high for 2-3 hours. Serve over cooked rice or quinoa.

1. Curried Lentil Soup**



Ingredients:

2 cups dried lentils
 2 tablespoons olive oil
 1 onion, chopped
 2 cloves garlic, minced
 2 tablespoons curry powder
 6 cups vegetable broth
 1 teaspoon salt
 1/2 teaspoon ground black pepper

Technique:

Place the lentils, olive oil, onion, garlic, curry powder, vegetable broth, salt, and pepper in the slow cooker. Stir to combine. Cover the slow cooker and cook on low heat for 6-8 hours. Once the lentils are cooked, stir to combine, taste, and add additional seasonings, if needed. Serve with crusty bread or over cooked rice.

2. Barley Risotto**



Ingredients:

1 cup pearl barley
4 cups vegetable broth
1 onion, diced
2 cloves garlic, minced
2 tablespoons olive oil
2 tablespoons fresh parsley, chopped
½ teaspoon ground black pepper

Technique:

Place the barley, vegetable broth, onion, garlic, olive oil, parsley, and pepper in the slow cooker. Stir to combine. Cover the slow cooker and cook on low heat for 8-10 hours. Once the barley is cooked, stir to combine, taste, and add additional seasonings, if needed. Serve with a drizzle of extra virgin olive oil and freshly grated Parmesan cheese, if desired.

3. Vegetable Chili**



Ingredients:

2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 red bell pepper, diced
1 green bell pepper, diced
2 carrots, peeled and diced
1 zucchini, diced
1 can (14.5 ounces) diced tomatoes
1 can (15 ounces) black beans, drained and rinsed
1 can (15 ounces) kidney beans, drained and rinsed
1 can (15 ounces) corn, drained
2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon oregano
½ teaspoon salt
½ teaspoon ground black pepper

Technique:

Heat the olive oil in a large skillet over medium heat. Add the onion and garlic and cook until the onion is softened and fragrant, about 5 minutes. Add the bell peppers, carrots, and zucchini and cook for an additional 5 minutes, stirring occasionally. Transfer the vegetables to the slow cooker. Add the diced tomatoes, black beans, kidney beans, corn, chili powder, cumin, oregano, salt, and pepper. Stir to combine. Cover the slow cooker and cook on low heat for 6-8 hours. Taste and adjust seasonings, if needed. Serve with your favourite toppings, such as vegan sour cream, vegan cheese, cilantro, and diced avocado.

4. Quinoa and Vegetable Stew**



Ingredients:

1 cup quinoa
2 cups vegetable broth
1 onion, diced
2 cloves garlic, minced
2 carrots, peeled and diced
1 red bell pepper, diced
1 zucchini, diced
1 can (14.5 ounces) diced tomatoes
2 tablespoons tomato paste
2 tablespoons fresh parsley, chopped
1 teaspoon dried oregano
½ teaspoon ground black pepper

Technique:

Place the quinoa, vegetable broth, onion, garlic, carrots, bell pepper, zucchini, diced tomatoes, tomato paste, parsley, oregano, and pepper in the slow cooker. Stir to combine. Cover the slow cooker and cook on low heat for 6-8 hours. Once the quinoa is cooked, stir to combine, taste, and adjust seasonings, if needed. Serve with a dollop of vegan sour cream and freshly grated Parmesan cheese, if desired.

5. Spicy Peanut Stew**



Ingredients:

1 can (15 ounces) chickpeas, drained and rinsed
2 cups vegetable broth
1 onion, diced
2 cloves garlic, minced
1 red bell pepper, diced
2 carrots, peeled and diced
1 can (14.5 ounces) diced tomatoes
2 tablespoons peanut butter
1 teaspoon chili powder
½ teaspoon cumin
½ teaspoon ground black pepper

Technique:

Place the chickpeas, vegetable broth, onion, garlic, bell pepper, carrots, diced tomatoes, peanut butter, chili powder, cumin, and pepper in the slow cooker. Stir to combine. Cover the slow cooker and cook on low heat for 6-8 hours. Once the stew is cooked, stir to combine, taste, and adjust seasonings, if needed. Serve over cooked rice or with warm pita bread.

5 TOP SLOW COOKER RECIPES - MEAT DISHES***

1. Slow Cooker Pot Roast***



Ingredients:

2-3 lb. chuck roast
2 tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
2 tablespoons Worcestershire sauce
2 tablespoons tomato paste
2 cups beef broth
2 bay leaves
2 tablespoons fresh thyme leaves
2 tablespoons fresh rosemary leaves
2 tablespoons paprika
2 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon black pepper

Technique:

Heat the oil in a large skillet over medium-high heat. Add the roast and sear for 4-5 minutes on each side. Transfer the roast to the slow cooker. Add the diced onion and garlic to the skillet and sauté until softened, about 5 minutes. Add the Worcestershire sauce, tomato paste, beef broth, bay leaves, thyme, rosemary, paprika, flour, salt, and pepper to the skillet. Cook, stirring, for 5 minutes, until the mixture is thickened. Pour the sauce over the roast in the slow cooker. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until the roast is tender and easily falls apart.

2. Slow Cooker Pork Carnitas***



Ingredients:

2-3 lb. pork shoulder
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 teaspoon cumin
1 teaspoon oregano
1 onion, diced
4 cloves garlic, minced
1 jalapeno, diced
2 tablespoons olive oil
1 cup chicken broth
2 limes, juiced
2 tablespoons fresh coriander, chopped

Technique:

Rub the pork shoulder with salt, pepper, garlic powder, cumin, and oregano. Heat the oil in a large skillet over medium-high heat. Add the pork shoulder and sear for 4-5 minutes on each side. Transfer the pork to the slow cooker. Add the diced onion and garlic to the skillet and sauté until softened, about 5 minutes. Add the jalapeno, chicken broth, lime juice, and coriander to the skillet. Cook, stirring, for 5 minutes, until the mixture is thickened. Pour the sauce over the pork in the slow cooker. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until the pork is tender and easily falls apart.

* Vegetarian Dishes / **Vegan Dishes /
***Meat Dishes

5 TOP SLOW COOKER RECIPES - MEAT DISHES***

3. Slow Cooker BBQ Ribs***



Ingredients:

2-3 lb. pork ribs
2 tablespoons olive oil
2 tablespoons Worcestershire sauce
2 tablespoons brown sugar
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
1 teaspoon chili powder
1 teaspoon salt
1 teaspoon black pepper
1 cup BBQ sauce

Technique:

Heat the oil in a large skillet over medium-high heat. Add the ribs and sear for 4-5 minutes on each side. Transfer the ribs to the slow cooker. In a small bowl, mix together the Worcestershire sauce, brown sugar, garlic powder, onion powder, smoked paprika, chili powder, salt, and pepper. Pour the sauce over the ribs in the slow cooker. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until the ribs are tender and easily fall apart. Remove the ribs from the slow cooker and brush with BBQ sauce. Broil the ribs in the oven for 4-5 minutes, until the BBQ sauce is caramelized.

4. Slow Cooker Pulled Pork***



Ingredients:

2-3 lb. pork shoulder
2 tablespoons olive oil
2 tablespoons Worcestershire sauce
2 tablespoons brown sugar
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
1 teaspoon chili powder
1 teaspoon salt
1 teaspoon black pepper
1 cup BBQ sauce

Technique:

Heat the oil in a large skillet over medium-high heat. Add the pork shoulder and sear for 4-5 minutes on each side. Transfer the pork to the slow cooker. In a small bowl, mix together the Worcestershire sauce, brown sugar, garlic powder, onion powder, smoked paprika, chili powder, salt, and pepper. Pour the sauce over the pork in the slow cooker. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until the pork is tender and easily falls apart. Remove the pork from the slow cooker and shred with two forks.

Return the shredded pork to the slow cooker and stir in the BBQ sauce. Cover and cook for an additional 30 minutes.

* Vegetarian Dishes / **Vegan Dishes /

***Meat Dishes

5. Slow Cooker Beef Stroganoff***



Ingredients:

2-3 lb. beef chuck roast
2 tablespoons olive oil
1 onion, diced
4 cloves garlic, minced
2 tablespoons Worcestershire sauce
2 tablespoons tomato paste
2 cups beef broth
1 teaspoon salt
1 teaspoon black pepper
2 tablespoons all-purpose flour
2 tablespoons fresh parsley, chopped
2 tablespoons fresh thyme leaves
8 ounces egg noodles
8 ounces sour cream

Technique:

Heat the oil in a large skillet over medium-high heat. Add the roast and sear for 4-5 minutes on each side. Transfer the roast to the slow cooker. Add the diced onion and garlic to the skillet and sauté until softened, about 5 minutes. Add the Worcestershire sauce, tomato paste, beef broth, salt, and pepper to the skillet. Cook, stirring, for 5 minutes, until the mixture is thickened. Pour the sauce over the roast in the slow cooker. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until the roast is tender and easily falls apart. Remove the roast from the slow cooker and shred with two forks. Return the shredded beef to the slow cooker and stir in the flour, parsley, and thyme. Cover and cook for an additional 30 minutes. Cook the egg noodles according to package instructions. Serve the stroganoff over the egg noodles, topped with a dollop of sour cream.

* Vegetarian Dishes / **Vegan Dishes /
***Meat Dishes

SLOW COOKER RECIPES:

You can also adjust slow cooker recipes depending on the amount of time you have. If you wish to decrease the cooking time, cook on **HIGH** and if you wish to extend the cooking time, cook on **LOW**. E.g. If the recipe states to cook on **LOW** for 6 - 8 hours and you want a shorter cooking time, set your slow cooker to **HIGH** and cook for 3 - 4 hours.

Stirring the food

Little or no stirring is required when using the **LOW** or **WARM** setting. When using the **HIGH** heat setting, stir regularly to ensure even flavour distribution.

We'd love to know and see how you are using your VQ Laura Ashley Slow Cooker. What are your favourite recipes? For an opportunity to be featured on our Instagram page simply tag us **@myvquk** with a photo of your delicious meal, and if our mouths water we will share them through our social media.

Happy Cooking!

WARRANTY:



Your appliance comes with a standard 12 Month manufacturer's guarantee. However, with registration online you can extend this warranty to 24 months to enjoy even more peace of mind.

Simply visit
www.MyVQ.com.au/pages/warranty
to register your product for this extended warranty.

If you do need any assistance with this appliance during your Warranty period contact the VQ support team:



| **support@MyVQ.com.au**

**REGISTER YOUR WARRANTY,
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