

The Care and Feeding of
Crock-Pots

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Love it: Take this crock pot home. It will love you. You may grow to love it, and if you treat it right you will feel like someone sneaked into your house and cooked you dinner every night. Your house will smell good when you come home. You will save money – a lot of money. You might even feel healthy.

Wash It: First thing, wash it thoroughly with hot water and two drops of dish soap. Rinse. Dry it. Then, plug it in, set it on high and put some water in the bottom. I usually add about two inches of water to the bottom.

Feed It: Now, look in your kitchen. Do you have anything that

resembles meat and vegetables? If you are like me, you don't. So, turn it off, and go to the grocery store. To all my vegetarian friends, you use your crock pot for amazing beans and lentils, but that is another cookbook.

Hot to Feed Your Crock-Pot Veggies: Crock-pots were made for meat and vegetables. So buy some.
Easy/Less Healthy/\$: Buy canned vegetables.
Easy/More Healthy/\$\$: Buy frozen vegetables
Moderate Effort /Great Taste/\$: Buy fresh produce
Moderate Effort/Great Health & Taste/\$\$\$: Buy fresh organic

Get some carrots (a bag or a bunch). Grab some onions (no more than two). Then pick vegetables you like; my husband hates cauliflower. I love green beans. Do you like zucchini? Experiment. Think about what colors look good together and what tastes good together. Red peppers with yellow squash. Green peas look nice with orange peppers. Or, if you are unsure, get bags of veggies that are pre-mixed. Get enough for three nights worth.



How to Feed Your Crock-Pot Meat:

Chicken: Do not buy a rotisserie chicken for \$2 to \$3 a pound unless you are in a desperate situation.

You can buy a whole chicken un-cooked for as low as \$.59. You can buy chicken legs or thighs for less than \$1 a pound.

Meat: You can use sausages, hamburgers, chuck roasts, tri-tip, any cut of beef will work great. I suggest you buy the cheapest cut of meat you can find. Always calculate by the PRICE PER POUND.

Fish: Talapia is a tasty and reasonable priced fish. Skip anything that does not have scales – no shark or catfish. Salmon can be

expensive, but it is delicious.

Pork: I don't eat pork. Many people do. It is inexpensive. If you buy a cut of anything, find the cheapest PRICE PER POUND.



Hot to Spice Up Your Crock Pot: Everyone has a different opinion on spices. I like to grow them. Call me, and I will give you seeds and you can start them in pots for

under \$1.00. My friend insists on organic non-gmo. Just pick out a few staples and get started. Salt! Kosher, Pink Himalayan. Dead Sea. Just get some salt and do not be afraid to use it. Pepper. Coarse or fine? Either are fine. Garlic, oregano, basil, invest \$10 to start, and buy what you like. By the way, Americans, those red flake packets at the Cosco foodcourt will taste amazing in your crockpot. Now, go home and plug in your crock pot again.



How to Fill Your Crock

Pot: Mornings are the best time to feed your crock pot. Dump everything in together. Add a touch of olive oil if you like. When you come home, your house will smell like love.

Crockpot Friends: Your crockpot's best friend is called Mr. Bread Machine. I bought one for \$3 at a garage sale and washed him up. Mine even has a timer so I fill the ingredients in the morning, set the timer and come home to hot, homemade bread.



Mr. Bread Machine costs so much less than store bought bread and I can use pure ingredients. By the way, I only use real butter and real syrup and real honey. Since your body hates trans fats, you will love the taste and the health **Well, I am not a gourmet chef, but I know how to save money, eat healthy, and make my home smell delicious. Invite me over next time you're cooking...**



Shakshuka

Place the Following in
Your Crock Pot:

1/4 Cup Olive Oil
3 Sliced Garlic Cloves
1/2 Onion Sliced Thin
2 Cups Roasted Peppers
Sliced Thin

3/4 Teaspoon Paprika
3/4 Teaspoon Red Chili
Pepper Powder

3/4 Teaspoon Sugar

1 Bay Leaf

28 Ounce Can Diced
Tomatoes

Salt and Pepper to Taste

Stir ingredients Together

Cook on High for 3 Hours

Crack 2 eggs directly into
the stew.

Cook on high for another
15 minutes

Whites will set, but yolks
will be soft.
Sprinkle with Parsley
Serve with Pita.

Recipe from
www.Tastingtable.com

Falafels

Crock Pot Falafel Balls
makes around 20 balls
1 (15 oz) can chickpeas,
drained and rinsed
1/2 onion, chopped
2 cloves minced garlic
1 egg
1 tsp salt
1/4 tsp black pepper
2 Tbsp cumin
1/4 tsp cayenne pepper
juice of 1 lemon
3/4 cup bread crumbs
2 Tbsp olive oil

In a food processor,
combine the onion, garlic,
egg, lemon juice & spices.
Add chickpeas.
Puree until smooth.
Add bread crumbs.
Stir by hand until smooth.
Pour olive oil into the
bottom of the crock pot.
Scoop 1 Tbsp at a time of
the chickpea mixture
Form them into around 20
falafel balls.
Place the balls on top of
the olive oil in the crock.
Flip to cover both sides
with the oil then nestle the
balls in together.
Cook on high for 3 hours.

www.kitchentested.com

Shawarma

4 boneless, skinless baby chickens or 6 boneless, skinless chicken thighs
1 cup sliced onion
6 garlic cloves, crushed
¼ cup shawarma seasoning (store bought or use recipe below)
3 tablespoons olive oil

Shawarma Seasoning:

1 tablespoon ground coriander
1 tablespoon cumin
2 teaspoons paprika
2 teaspoons turmeric
¼ teaspoon cinnamon
⅛ teaspoon ground cloves
½ teaspoon sugar
1 teaspoon cayenne pepper
1 teaspoon salt
3 hours on High

Tahini Sauce

½ cup tahini paste

½ cup water

¼ cup lemon juice

½ cup fresh parsley or
cilantro, or a mix of both

Salt and pepper, to taste

½ teaspoon cumin

www.joyofkosher.com

With special thanks to the
crock pot inventor:

Irving Nachumsohn who
applied for the first patent
for a slow cooker in 1936.