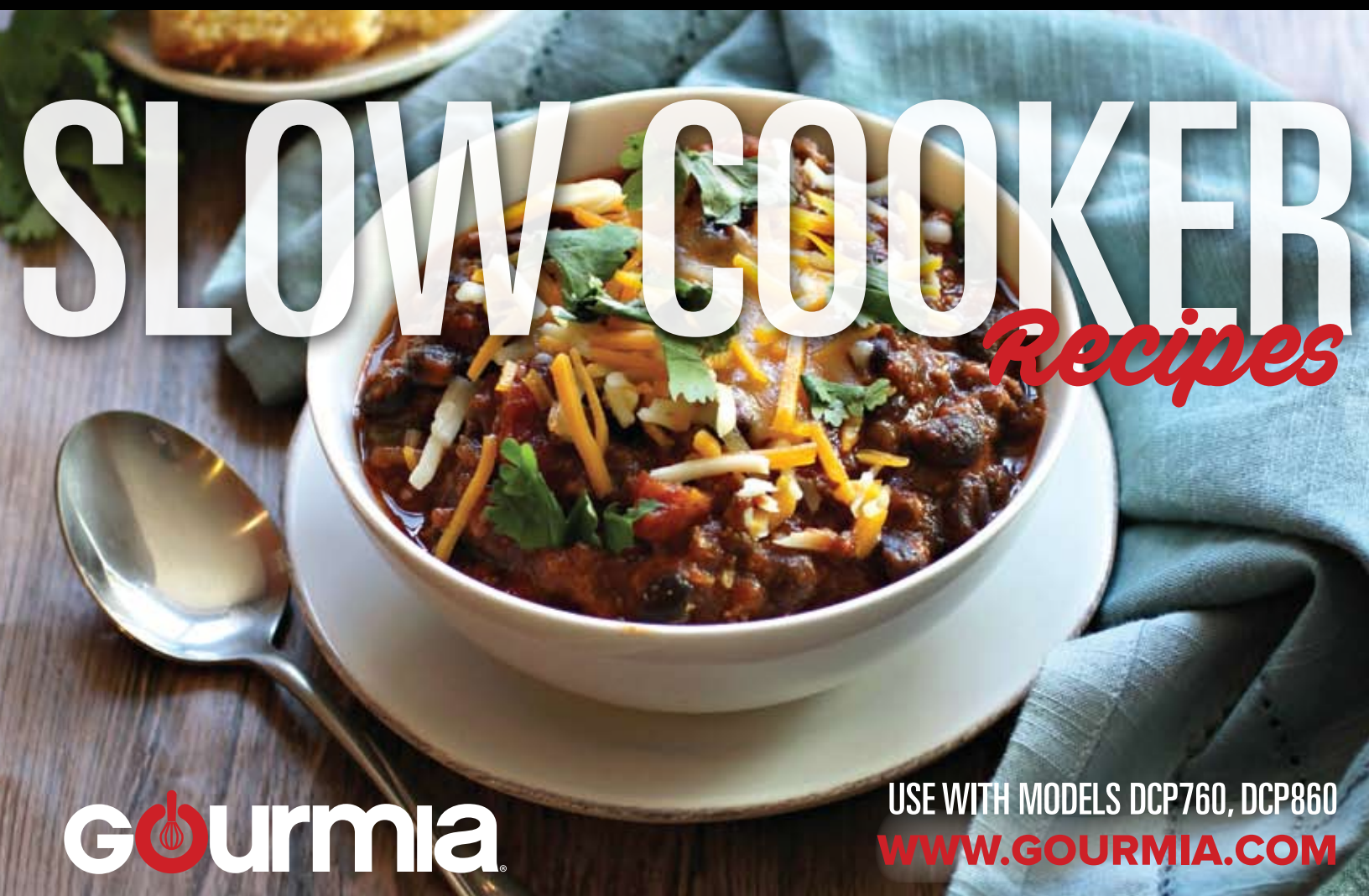


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SLOW COOKER

Recipes

Gourmia

USE WITH MODELS DCP760, DCP860
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YIELD 8 SERVINGS
PREP TIME 10 MINUTES + 1 HOUR BEAN SOAK
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

1 LB. DRY CANNELLINI OR GREAT NORTHERN BEANS
1 ONION, MINCED
2 CLOVES GARLIC, PEELED AND MINCED
¾ TEASPOON SALT, OR TO TASTE
¼ TEASPOON BLACK PEPPER
1 PARMESAN RIND
5 CUPS CHICKEN STOCK
1 SPRIG ROSEMARY

Tuscan Bean Soup

Directions

Add the dry beans to a large pot and fill with 6 cups of water. Bring to a boil, simmer for 2 minutes, cover, remove from the heat, let sit 1 hour and then drain.

Add the beans to the slow cooker along with the minced onion, garlic, salt, black pepper, Parmesan rind and chicken stock. Turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, add the rosemary sprig, cover and let sit for 10 minutes. Fish out the rosemary and Parmesan rind, stir and serve warm with an additional shaving of Parmesan cheese, if desired.



YIELD 4 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

1 LB. GROUND BEEF
1 ONION DICED
3 CLOVES GARLIC, PEELED AND MINCED
2 GREEN BELL PEPPERS, DICED
1 CAN (APPROX. 15OZ.) DICED TOMATOES
3 CUPS PLAIN TOMATO SAUCE
1 TEASPOON SALT, OR TO TASTE
1 TEASPOON CUMIN
1 TEASPOON CHILI POWDER
½ TEASPOON DRIED OREGANO
½ TEASPOON BLACK PEPPER
2 CANS (APPROX. 15 OZ. EACH) BLACK BEANS, RINSED AND DRAINED
2 TABLESPOONS CHOPPED CILANTRO
SHREDDED CHEDDAR OR MEXICAN BLEND CHEESE FOR TOPPING

Beef and Black Bean Chili

Directions

Add the ground beef to a large skillet or cast iron pan. Brown it on medium heat, breaking it up with a spatula. Add the onion, garlic, bell pepper, diced tomatoes, salt, cumin, chili powder, oregano and black pepper.

Add to the beef mixture to the slow cooker and stir in the tomato sauce. Turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, immediately stir in the black beans and cilantro. Serve with a topping of shredded cheese and cornbread.



YIELD 4 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 4 HOURS ON LOW

INGREDIENTS

1 LB. SMALL CREAMER POTATOES
3 CUPS CAULIFLOWER FLORETS
1 PACKAGE (APPROX. 10 OZ.) FROZEN PEAS
½ CUP COCONUT MILK
2 TEASPOONS CURRY POWDER
½ TEASPOON SALT, OR TO TASTE
¼ TEASPOON BLACK PEPPER
½ TEASPOON GARLIC POWDER
2 TABLESPOONS CHOPPED CILANTRO

Curried Coconut Potatoes and Cauliflower

Directions

Add the potatoes and cauliflower to the slow cooker. In a small dish, whisk together the coconut milk, curry powder, salt, pepper and garlic powder. Pour over the vegetables and stir to combine. Turn the machine on, press the mode button to low temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, stir in the frozen peas and cilantro then let sit, covered for 15 minutes. Serve warm.



YIELD 4 SERVINGS
PREP TIME 10 MINUTES
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

3 BONELESS SKINLESS CHICKEN BREASTS
1 ½ CUPS BBQ SAUCE (YOUR FAVORITE)
1 TABLESPOON WORCESTERSHIRE SAUCE
1 TABLESPOON LIQUID SMOKE (OPTIONAL)
½ TEASPOON SALT
½ TEASPOON GARLIC POWDER
¼ TEASPOON OREGANO
¼ TEASPOON BLACK PEPPER
¼ TEASPOON ONION POWDER
¼ TEASPOON CUMIN

Shredded BBQ Chicken

Directions

Add the chicken breasts to the slow cooker. Stir together the BBQ sauce, Worcestershire sauce, liquid smoke, salt, garlic powder, oregano, black pepper, onion powder and cumin. Pour over the chicken.

Turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. Ideally, flip the chicken breasts half way through the cooking process but you can skip if you're not home to do it. When done, remove chicken to a large plate, shred using two forks and return to the sauce until it cools.



YIELD 4 SERVINGS
PREP TIME 10 MINUTES
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

Meatballs

1 LB. GROUND BEEF

1 EGG

1 ONION, PEELED AND MINCED

3 CLOVES GARLIC,
PEELED AND MINCED

¼ CUP BREADCRUMBS

¼ TEASPOON DRIED OREGANO

¼ TEASPOON SALT

¼ TEASPOON BLACK PEPPER

1 TBSP CHOPPED FRESH PARSLEY

2 TABLESPOONS OIL FOR FRYING

Sauce

28 OZ. CRUSHED TOMATOES

8 OZ. TOMATO SAUCE

½ TEASPOON SALT

¼ TEASPOON BLACK PEPPER

¼ TEASPOON DRIED OREGANO

2 TABLESPOONS CHOPPED,
FRESH BASIL

Spaghetti and Meatballs

Directions

In a large bowl, combine the ground beef, egg, onion, garlic, breadcrumbs, oregano, salt, pepper and parsley. Add the oil to a large skillet or cast iron pan and fry the meatballs for a couple of minutes to lightly brown.

Add the browned meatballs along with the crushed tomatoes, tomato sauce, salt, pepper and oregano to the slow cooker. Turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, stir in the chopped fresh basil and serve over spaghetti.



YIELD 8 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

2 LB. PORK SHOULDER
1 CUP BBQ SAUCE
1 CUP TOMATO SAUCE
1 CAN (APPROX. 15 OZ.) DICED TOMATOES
1 ONION, PEELED AND SLICED
1 TABLESPOON WORCESTERSHIRE SAUCE
½ TEASPOON SALT
½ TEASPOON GARLIC POWDER
¼ TEASPOON OREGANO
¼ TEASPOON BLACK PEPPER

Pulled Pork

Directions

Place the pork shoulder in the slow cooker and add the BBQ sauce, tomato sauce, diced tomatoes, onion, Worcestershire sauce, salt, garlic powder, oregano and black pepper. Turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, remove the pork to a large plate and shred using two forks. Return the shredded meat to the sauce and stir. Serve warm on a roll with coleslaw.



YIELD 4 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

1 LB. BEEF STEW CUBES, COATED IN 2 TABLESPOONS FLOUR
1 TABLESPOON CANOLA OIL
3 CARROTS, PEELED AND DIAGONALLY SLICED
1 STALK CELERY, SLICED
1 BAY LEAF
1 ONION, PEELED AND DICED
3 CLOVES GARLIC, PEELED AND MINCED
½ CUP RED WINE
3 CUPS BEEF BROTH
1 TABLESPOON FRESH THYME LEAVES
½ TEASPOON SALT, OR TO TASTE
½ TEASPOON BLACK PEPPER
1 LB. BABY CREAMER POTATOES

Beef Stew

Directions

Add the oil to a large skillet or cast iron pan and brown the cubes of beef for 2- 3 minutes on each side. Add the browned beef to the slow cooker along with the carrots, celery, onion, garlic, bay leaf, beef broth, thyme, salt, pepper and potatoes. Stir to combine, turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, fish out the bay leaf and serve hot.



YIELD 8 SERVINGS
PREP TIME 15 MINUTES + 1 HOUR SOAK FOR BEANS
COOKING TIME 4 HOURS ON HIGH / 8 HOURS ON LOW

INGREDIENTS

- 1 LB. SAUSAGE (SWEET OR SPICY ITALIAN, CHORIZO OR YOUR CHOICE)
- 1 ONION, PEELED AND DICED
- 1 LB. DRY RED KIDNEY BEANS
- 2 CUPS CHICKEN STOCK
- ½ TEASPOON SALT, OR TO TASTE
- ½ TEASPOON BLACK PEPPER
- ½ TEASPOON GARLIC POWDER
- 1 BAY LEAF
- 1 TEASPOON FRESH THYME LEAVES

Sausage and Red Beans Over Rice

Directions

Add the dry beans to a large pot and fill with 6 cups of water. Bring to a boil, simmer for 2 minutes, cover, remove from the heat, let sit 1 hour and then drain.

Add the beans to the slow cooker along with the sausage, diced onion, salt, black pepper, garlic powder, bay leaf, thyme and chicken stock. Turn the machine on, press the mode button to high temperature and the (+ or -) button to adjust the time to cook for 4 hours. When done, fish out the bay leaf, slice the sausage and serve warm over rice.



YIELD 4 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 4 HOURS ON LOW

INGREDIENTS

1 LB. ELBOW OR ZITI SHAPED PASTA
¼ LB. FONTINA CHEESE, GRATED
½ LB. EXTRA SHARP CHEDDAR, GRATED
¼ LB. PARMESAN, GRATED
3 CUPS WHOLE MILK
1 CUP HEAVY CREAM
4 TABLESPOONS UNSALTED BUTTER
½ TEASPOON SALT, OR TO TASTE
¼ TEASPOON BLACK PEPPER
¼ TEASPOON GARLIC POWDER
1 TABLESPOON CHOPPED FRESH PARSLEY

Cheesy Slow Cooker Pasta

Directions

Add the pasta, cheese, milk, cream, butter, salt, pepper and garlic powder to the slow cooker. Turn the machine on, press the mode button to low temperature and the (+ or -) button to adjust the time to cook for 4 hours. If possible, stir once or twice during cooking. When done, stir in the chopped parsley and serve hot.



YIELD 8 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 3 HOURS, ON LOW

INGREDIENTS

Apple Mix

**8 FIRM APPLES (SUCH AS GRANNY SMITH),
PEELED, CORED AND SLICED**

¾ CUP SUGAR

2 TABLESPOONS BUTTER

1 TEASPOON CINNAMON

¼ TEASPOON SALT

Batter

2 CUPS ALL PURPOSE FLOUR

¾ CUP SUGAR

1 TABLESPOON BAKING POWDER

1 TEASPOON SALT

**1 STICK (8 TABLESPOONS) UNSALTED BUTTER,
MELTED AND SLIGHTLY COOLED**

1 CUP WHOLE MILK

1 TABLESPOON VANILLA

Apple Cobbler

Directions

Spray the slow cooker with non-stick cooking spray (or grease with a pat of butter). Add the apples, sugar, butter, cinnamon and salt. Stir to combine. In a large bowl, whisk together the flour, sugar, baking powder and salt. Add the melted butter, milk and vanilla and stir until combined. Pour the batter evenly over the apple mixture in the slow cooker

Turn the machine on, press the mode button to low temperature and the (+ or -) button to adjust the time to cook for 3 hours. Serve warm with a scoop of ice cream.