

Delicious Slow-Cooked Recipes

Made Two Ways

Tomato and Basil Turkey Meatballs

Serves 4 - Prep. time 10 minutes

Cooking time Slow Cooker 3-6 hours - Dutch Oven 1 hour 45 minutes

Ingredients

For the sauce:

- 2 (28-ounce) cans crushed tomatoes
- 2 tablespoons tomato paste
- 1 onion, split in half
- 4 cloves garlic, minced (about 1 ½ tablespoons)
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon crushed red pepper flakes
- 1 sprig fresh basil leaves, whole
- Salt, to taste

For the meatballs:

- ⅓ cup panko breadcrumbs
 - ⅓ cup milk
 - 1 large egg
 - 1 pound ground turkey
 - ⅓ cup Parmesan, shredded
 - 2 tablespoons finely chopped green onion
 - 1 tablespoon minced fresh parsley
 - ½ teaspoon dried oregano
 - ½ teaspoon salt
 - ¼ teaspoon fresh ground black pepper
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- Chopped parsley to garnish
 - Mashed potatoes or pasta for serving

Slow Cooker Directions

1. Begin by preparing the sauce. Combine all the sauce ingredients in the slow cooker, cover, and cook on LOW for 6 hours, or HIGH for 3.
2. Prepare the meatballs. In a mixing bowl, combine the bread crumbs and milk. Let it sit for about 10 minutes, until the milk soaks in.
3. Mix in the remaining meatball ingredients. Do not overwork the mixture; it will be quite sticky. Form 1-inch meatballs.
4. When the sauce is ready, remove the onion and basil sprig. Taste, and add salt if necessary.
5. Carefully place the meatballs in the sauce. Cover, and set the cooker to HIGH. Cook for one hour, or until the meatballs are cooked through.
6. Serve over mashed potatoes or pasta, garnished with parsley.

Dutch Oven Directions

1. Begin by preparing the sauce. Combine all the sauce ingredients in the pot, and bring them to a low boil. Reduce the heat to low, cover, and simmer the sauce for an hour, stirring often.
2. Prepare the meatballs. In a mixing bowl, combine the bread crumbs and milk. Let it sit for about 10 minutes, until the milk soaks in.
3. Mix in the remaining meatball ingredients. Do not overwork the mixture; it will be quite sticky. Form 1-inch meatballs.
4. When the sauce is ready, remove the onion and basil sprig. Taste, and add salt if necessary.
5. Carefully place the meatballs in the sauce. Cover, and place the pot over low heat for 45 minutes, or until the meatballs are cooked through and tender.
6. Serve over mashed potatoes or pasta, garnished with parsley.

Nutritional information

Calories 494.3, Fat 26.5 g, Carbs 24.8 g,
Protein 41.3 g, Sodium 639 mg

Beef and Peppers Cheese Melts

Serves 6 - Prep. time 15 minutes

Cooking time Slow Cooker 6 hours - Dutch Oven 3 hours

Ingredients

- 3 pounds beef chuck roast, thinly sliced
- ½ cup Italian salad dressing
- 1 cup water
- 1 red onion, halved and thinly sliced
- 1 green pepper, cored and thinly sliced
- 1 roasted red peppers, thinly sliced
- Salt and pepper to taste (optional)
- 6 sub buns or French baguette pieces
- 6 tablespoons salted butter, softened
- 6 slices provolone cheese

Slow Cooker Directions

1. Place the roast in the slow cooker and pour the salad dressing over it. Add the water, onion, and green pepper. Cover, and cook on HIGH for 5 hours.
2. Add the roasted red peppers. Taste, and add salt and pepper if desired.
3. Cook for 1 hour.
4. When the meat is almost ready, preheat the broiler to LOW.
5. Slice open the buns and spread a tablespoon of butter on each. Slide them under the broiler until they are lightly toasted.
6. Place some of the meat mixture into each bun. Top with cheese, and broil until the cheese is melted and golden.

Dutch Oven Directions

1. Preheat the oven to 350°F.
2. Place the Dutch oven over medium-high heat, and coat it with cooking spray.
3. Pour the salad dressing over the meat. Add the water, onion, and green pepper. Cover, and bake for 2 ½ hours.
4. Add the roasted red peppers. Taste, and add salt and pepper if desired.
5. Cook for 30 more minutes and remove the pot to the stovetop.
6. Preheat the broiler to LOW.
7. Slice open the buns and spread a tablespoon of butter on each. Slide them under the broiler until they are lightly toasted.
8. Place some of the meat mixture into each bun. Top with cheese, and broil until the cheese is melted and golden.

Nutritional information

Calories 742, Fat 41.8 g, Carbs 42.5 g,
Protein 47.7 g, Sodium 1007 mg

Sweet and Sour Pineapple Chops

Serves 6 - Prep. time 20 minutes

Cooking time Slow Cooker 6 hours - Dutch Oven 1 ½ hours

Ingredients

- 3 tablespoons olive oil
- 6 boneless pork chops, trimmed, about 6 ounces each
- 1 onion, sliced
- 2 bell peppers, trimmed and diced
- 1 stalk celery, sliced
- ½ cup crushed pineapple
- 1 cup tomato sauce
- ¼ cup brown sugar
- 1 tablespoon rice vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- ½ teaspoon red pepper flakes
- 2 tablespoons cornstarch (optional)
- 3 cups hot rice, for serving

Slow Cooker Directions

1. In a medium skillet, heat the oil and brown the chops for 4–5 minutes on each side. Transfer them to the slow cooker.
2. Cover the chops with the onion, green pepper, red pepper, celery, and pineapple.
3. In a mixing bowl, combine the tomato sauce, brown sugar, rice vinegar, Worcestershire sauce, salt, and red pepper flakes. Mix well, and pour over the pork and vegetables.
4. Cover, and cook on LOW for 6 hours.
5. Remove the chops to a platter, and cover. Dissolve the cornstarch in a bit of water and stir it into the sauce until thickened.
6. Serve the pork and veggies with half a cup of rice, and a spoonful of sauce.

Dutch Oven Directions

1. Preheat the oven to 325°F.
2. In the Dutch oven, heat the oil and brown the chops for 4–5 minutes on each side.
3. Cover the chops with the onion, green pepper, red pepper, celery, and pineapple.
4. In a mixing bowl, combine the tomato sauce, brown sugar, rice vinegar, Worcestershire sauce, salt, and red pepper flakes. Mix well, and pour over the pork and vegetables.
5. Cover, and bake for 1 ½ hours, until the pork is tender.
6. Remove the chops to a platter, and cover. Dissolve the cornstarch in a bit of water and stir it into the sauce until thickened.
7. Serve the pork and veggies with half a cup of rice, and a spoonful of sauce.

Nutritional information

Calories 431, Fat 14.7 g, Carbs 36.1 g,
Protein 35.1 g, Sodium 1534 mg

Osso Buco (Italian Veal Stew)

Serves 6 - Prep. time 20 min.

Cooking time Slow Cooker 8 hours - Dutch Oven 2-3 hours

Ingredients

- ½ cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 6 (1 inch) thick slices veal shank, bone in
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 large onion, roughly chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, thinly sliced
- 1 cup chicken stock
- 1 (14-ounce) can diced tomatoes
- 2 teaspoons chopped fresh oregano
- 1 bay leaf

Slow Cooker Directions

1. In a medium mixing bowl, combine the flour, salt, and pepper. Add the veal shanks and toss to coat.
2. In a skillet, melt the butter with the olive oil over medium-high heat. Cook the shanks until they are nicely browned all over.
3. In the slow cooker, combine the onion, carrots, celery, and garlic. Arrange the meat pieces on top.
4. Pour in the chicken stock and tomatoes, and add the oregano and bay leaf.
5. Cover, and cook on LOW for 8 hours, until very tender.
6. Remove the bay leaf before serving.

Dutch Oven Directions

1. Preheat the oven to 350°F.
2. In a medium mixing bowl, combine the flour, salt, and pepper. Add the veal shanks and toss to coat.
3. In the Dutch oven, melt the butter with the olive oil over medium-high heat. Cook the shanks until they are nicely browned all over.
4. Add the onion, carrots, celery, and garlic, and stir gently to combine.
5. Pour in the chicken stock and tomatoes, and add the oregano and bay leaf.
6. Cover, and bake for 2–3 hours, until very tender.
7. Remove the bay leaf before serving.

Nutritional information

Calories 665, Fat 24.2 g, Carbs 41.0 g,
Protein 67.6 g, Sodium 1297 mg

Lamb Vindaloo

Serves 6 - Prep. time 15 min. + 2 hours overnight marinating time
Cooking time Slow Cooker 6-8 hours - Dutch Oven 2 hours

Ingredients

- 2 pounds lamb (chops or stew meat)
- 2 tablespoons butter or ghee
- ½ cup beef broth
- 2 large potatoes, peeled and chopped

For the paste (marinade)

- 4 dried chili peppers
- 1 small onion, diced
- 3 cloves garlic, crushed
- 1 1-inch piece fresh ginger, peeled and grated
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon ground turmeric
- 2 teaspoons ground coriander
- 1 tablespoon cumin
- 1 laurel leaf
- 1 teaspoon salt
- 2 tablespoons white vinegar

Slow Cooker Directions

1. Soak the chilies in warm water for half an hour.
2. Drain, and place the chilies in a food processor with the other paste ingredients. Process until smooth.
3. Pour the marinade over the lamb, and refrigerate for at least 2 hours (or overnight).
4. In a skillet over medium-high heat, melt the butter or ghee and brown the meat in batches. Place it in the slow cooker.
5. Add the broth and potatoes, cover, and cook on LOW for 6–8 hours.

Dutch Oven Directions

1. Preheat the oven to 350°F.
2. Soak the chilies in warm water for half an hour.
3. Drain, and place the chilies in a food processor with the other paste ingredients. Process until smooth.
4. Pour the marinade over the lamb, and refrigerate for at least 2 hours (or overnight).
5. In the Dutch oven over medium-high heat, melt the butter or ghee and brown the meat in batches. When you are finished, place all the meat in the pot.
6. Add the broth and potatoes, cover, and bake for 2 hours.

Nutritional information

Calories 348, Fat 11.5 g, Carbs 24.6 g,
Protein 34.4 g, Sodium 582 mg

“Overnight” Breakfast Casserole

Serves 6

Prep. time 15 minutes - Dutch Oven overnight refrigeration needed

Cooking time Slow Cooker 6-8 hours - Dutch Oven 45 minutes

Ingredients

- 1 (30-ounce) package frozen hash brown potatoes
- 3 cups cooked ham, diced
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 onion, diced
- 1 green pepper, diced
- 1 red pepper diced
- 12 eggs
- ½ cup milk
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- Fresh chives for serving

Slow Cooker Directions

1. Coat the slow cooker with cooking spray.
2. Layer in half of all the Ingredients hash browns, ham, cheddar, mozzarella, onion, green and red peppers.
3. Layer the remaining ham, cheese, and vegetables on top.
4. Whisk the eggs, and mix in the milk, salt, and pepper.
5. Pour the egg mixture over the layered ingredients. Cover, and cook on LOW for 6–8 hours.
6. Serve warm with a sprinkle of thinly sliced chives.

Dutch Oven Directions

1. The night before serving, coat the Dutch oven with cooking spray.
2. Layer in half of all the Ingredients hash browns, ham, cheddar, mozzarella, onion, and green and red peppers.
3. Layer the remaining ham, cheese, and vegetables on top.
4. Whisk the eggs, and mix in the milk, salt, and pepper.
5. Pour the egg mixture over the layered ingredients. Cover, and refrigerate overnight.
6. In the morning, heat the oven to 350°F, and bake for 45 minutes, until it is heated through and the eggs are set.
7. Serve warm with a sprinkle of thinly sliced chives.

Nutritional information

Calories 641, Fat 34.6 g, Carbs 32.6 g,
Protein 49.5 g, Sodium 965 mg

***These recipes and more can be found in Louise Davidson's *Slow Cooking Two Ways: Favorite Slow-Cooked Recipes Made Two Ways: Dutch Oven and Slow Cooker*. To get your copy, click on the cover below or click [here](#).

