

Mongolian Beef

Serves 4

Ingredients:

- 1-1/2 pound stew meat – diced (can also use diced flank or skirt steak if desired)
- 4 TBS fresh ginger – minced (or use 4 TBS tube ginger)
- 2 TBS garlic – minced
- 2/3 cup soy sauce
- 2/3 cup pineapple juice (recommend Lakewood Organic Fresh Pressed Juice Pure Pineapple – available at most grocery stores in juice aisle)
- 1 TBS red pepper flakes (adjust to desired spice level)
- ½ cup brown sugar (can also use agave or honey – same quantity)
- 4 TBS cornstarch + water slurry
- 4 green onion (white and green parts - garnish) – bias angel slice

Preparation – Insta-Pot:

Mix together all ingredients except meat and cornstarch - add to Insta-Pot. Stir in meat, select Pressure Cook and place the lid to sealed position. Cook on high pressure for 15 minutes. Use nature release for 5 minutes then do quick release. Remove meat from sauce. Switch Insta-Pot function to Sauté and bring to a boil. Once boiling, stir in cornstarch slurry and stir to thicken. Add meat back into thickened sauce and serve. Garnish with green onions.

Preparation – Crock Pot:

Mix together all ingredients except meat and cornstarch - add to slow cooker. Stir in meat and cook on low for 6-8 hours (or on high for 4). Remove meat from sauce and transfer sauce to medium saucepan. Bring to a boil and stir in cornstarch slurry. Stir to thicken. Add meat back into thickened sauce and serve. Garnish with green onion.

NOTES: Serve with steamed veggies of choice – broccoli, cauliflower, mixed bell peppers, snow peas, etc. – over rice or noodles.

Chicken Cacciatore

Serves 4

Ingredients:

- 4 boneless skinless chicken thighs
- 3 clove garlic – minced
- 1/2 large yellow onion – small dice
- 1 green bell pepper – small dice
- 1 red bell pepper – small dice
- 8 oz mushroom (your choice) – sliced
- 1-14.5oz can crushed tomato
- 1-14.5oz can diced tomato – with juice
- 1 cup red wine (such as Merlot or Cabernet)
- 4 sprigs fresh thyme (whole)
- 2 bay leaves
- Fresh parsley (garnish) – chiffonade
- Grated parmesan cheese (garnish)
- Salt/Pepper to taste

Preparation – Crock Pot:

Season chicken with salt and pepper. Add to slow cooker. Add onion, garlic, tomatoes, peppers, mushrooms, red wine, thyme and bay leaves. Stir to combine. Cover and cook on high for 4 hours or low for 8 hours. Discard bay leave and thyme sprigs. Remove chicken and shred with fork. Return chicken to Crock Pot and stir to combine. Garnish with parsley and parmesan.

Preparation – Insta-Pot:

Season chicken with salt and pepper. Add to Insta-Pot. Add onion, garlic, tomatoes, peppers, mushrooms, red wine, thyme and bay leaves. Stir to combine. Select Pressure Cook and place the lid to sealed position. Cook on high pressure for 30 minutes. Use nature release for 5 minutes then do quick release. Discard bay leave and thyme sprigs. Remove chicken and shred with fork. Return chicken to Insta-Pot and stir to combine. Garnish with parsley and parmesan.

NOTES: Serve with pasta, polenta, spaghetti squash or even rice

Crock Pot Peach Cobbler

Serves 8-10

Ingredients:

8 fresh peaches (about 5 cups) – or desired fruit of choice
1/4 cup brown sugar
2 teaspoons vanilla extract
Non-stick cooking spray
1 1/2 cups all-purpose flour
1 cup granulated sugar
2 teaspoons baking powder
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup (1 stick) butter

Preparation – Crock Pot (Insta-Pot not recommended for this recipe):

Lightly spray the bottom of the crock pot with non-stick cooking spray. Use a paring knife dice the peaches, then place them into slow cooker. Add the brown sugar and vanilla. Stir to coat the peaches. In a mixing bowl, mix together the remaining dry ingredients (flour, granulated sugar, baking powder, cinnamon, baking soda, and salt). Sprinkle the dry mixture evenly over the top of the peaches. Scatter cubes of cold butter over the top. Place a paper towel over the top of the crockpot dish*. Cover and let the cobbler cook on high for 3 hours. Switch to low and cook for another 30-60 minutes, or until the top is golden brown and bubbly.

* When cooking any baked-style dessert in the slow cooker, steam builds up and collects on the lid. If left alone, that condensation drips right back into your dessert, making the topping soggy and heavy. To avoid that, place a paper towel (or a clean kitchen towel) over the top of the slow cooker before putting the lid on. The towel absorbs the excess moisture and keeps it from dripping back down onto the cobbler. This little step makes a *big difference* in texture – giving you a slightly crisp top, just like an oven-baked cobbler.

NOTES:

- *Can use canned peaches*
 - *Can sub other berries – be sure to check for sweetness before adding sugar – may need to adjust*
 - *If using frozen fruit, can go freezer to crockpot but may want to add 1-2 TBS of flour/cornstarch to thicken extra liquid/moisture released from frozen fruit*
 - *Serve warm peach cobbler or at room temperature—ice cream on top is always a good idea!*
 - *Store any leftover fresh peach cobbler in an airtight container in the refrigerator.*
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BONUS RECIPE – Ham and Beans

Serves 8-10

Ingredients:

1 pound dried navy beans
2 - 80z ham boneless ham steaks (such as Smithfield Anytime Hickory Smoked Boneless Ham Steak) - diced
1 yellow onion – small dice
½ stick butter
Salt and Pepper to taste
Water

Preparation – Crock Pot (Insta-Pot not recommended for this recipe):

Place navy beans in med/large sauce pan or bowl. Cover with water and let sit overnight. Drain beans. Place beans, ham and butter into slow cooker. Add enough water to cover all ingredients. Season with salt and pepper. Cook on low for 6-8 hours or high for 4 hours. Adjust seasoning and enjoy.

NOTES:

- *For a more creamy consistency, remove 1 cup of beans (no ham) and puree. Return to slow cooker and stir to combine.*
- *Canned beans can also be used. No need to soak overnight simply place in slow cooker with ham/onion/butter/water as noted above. Cook time can be reduced to 3 hours on low.*
- *This recipe can also be done stovetop but requires sauté onion before combining other ingredients and heating through.*
- *Serve with warm bread/biscuits – chive compound butter works pairs well with the soup.*