

Bean Soup

- **white beans, soaked and rinsed**
- **bone in smoked ham hock**
- **carrots**
- **onions**

Simmer until meat falls off soup bone. Refrigerate overnight. Skim fat and remove bone. Heat and serve.

Bean Sausage Soup

Soak beans and spelt overnight or bring to a boil for three minutes then take off heat, cover and let sit for an hour. Combine and cook 30 minutes

- **1lb beans, any combo**
- **(1c lima, 1c pinto or spelt)**
- **1 1/2lb Italian pork sausage, browned**
- **1 large onion, sautéed**
- **3 cloves garlic, sautéed**
- **1c sliced mushrooms**
- **1 can (2-3c) diced tomatoes and liquid**
- **1t salt**
- **1/4t pepper**
- **water**

Top with:

- **sour cream or**
- **cheddar cheese**

*Mom

Broccoli Soup

White sauce:

Melt over low:

- **1/2c butter**

Stir in until there is no lumps:

- **1/2c flour**

Add, cooking over medium heat until thickened, stir constantly:

- **4c milk**
- **1t salt**
- **Dash pepper**

Add:

- **cooked broccoli**

Cabbage Patch Soup

Sauté:

- **garlic**
- **onion**

Brown:

- **ground beef**
- **taco seasoning**

Combine in large pot with:

- **beef broth or water**
- **big can tomatoes or sauce or V8**

Add:

- **1/2 head cabbage**
- **carrots**
- **potatoes**
- **celery**
- **red beans (S&W Chili) or any beans**
- **corn**

Optional: Just before serving add:

- **green onions**
- **mushrooms**

*Marion Mellroth

Chicken Chili

Saute 5 minutes

- **3T olive oil**
- **1c onion**
- **5 cloves garlic**
- **add and sauté 10 minutes**
- **2 red peppers**
- **4 jalapenos**

Stir in and cook 5 minutes, stirring, then set aside,

- **1 1/2T chili powder**
- **1 1/2t cumin**
- **1t coriander**
- **pinch cinnamon**

Brown until cooked through and add to above

- **3T olive oil**
- **6 chicken breasts cut in 1" cubes**

Add and simmer 15 minutes over medium heat:

- **32oz (or 2-28oz) diced tomatoes and juice**
- **1c black olives**
- **1 (or 2) beer**
- **1/2c Worcestershire**

Serve with:

- **Sour cream**
- **Grated cheese**
- **Chopped olives**
- **Green onions**
- **Diced avocado**

Chili

- **1lb hamburger**
- **1 onion, sautéed**
- **2 cloves garlic**
- **2c cooked kidney beans**
- **2t chili powder**
- **2c tomatoes**
- **1 can tomato sauce**
- **1 t salt**
- **1/8t cayenne**

Simmer 1 hour or all day in crock pot. Serve with sour cream, salsa, onion, hot peppers. *Mom

Chili 2

Brown:

- **oil**
- **2lbs stew meat**

Julienne sauté till translucent:

- **2 medium onions diced**
- **10 cloves garlic, diced**

Add onion/garlic along with the following to meat and simmer until meat falls apart:

- **2c tomato sauce**
- **2t dry oregano**
- **1T ground cumin**
- **salt and pepper**
- **1T or more chili powder**
- **(2 fresh jalapeno, minced fine)**
- **(21 oz green chilies, diced)**
- **1 qt chicken stock**
- **(or beer or wine or water to cover)**

Combine and use to thicken to desired thickness:

- **1/2c flour**
- **2/3c cold water**

Add:

- **1 qt canned kidney beans**

Serve with:

- **sour cream**
- **cheddar or jalapeno jack cheese**

Chili ~Kenny's

Brown, drain fat:

- **1lb ground beef or pork**
- **1 large onion**
- **1t garlic powder**
- **1t seasoning salt**

Dredge meat and brown 5 minutes more:

- **1c flour**

Put in large pot with broth, simmer till thick:

- **1c chicken broth**

Add and simmer:

- **1/8c chili powder**
- **1 1/2c water (and more as needed)**

Add and heat through:

- **3c pinto beans**

Serve with sour cream.

Chili Becky's

- **1 can black beans**
- **1 can white beans**
- **1 can red beans**
- **1 can chili**
- **2 jars medium salsa**
- **sausage and hamburger**

Clam Chowder

Fry bacon and set aside, reserving grease.
Cook until done in enough water cover:

- **diced potatoes**
- **pepper**
- **thyme**
- **bay leaf**

Make paste and add:

- **bacon grease**
- **2T or more flour**

Add:

- **diced bacon**
- **celery**
- **green onion**
- **salt**

Add and cook 2 minutes more:

- **clams**

Add but do not boil

- **1 can evaporated milk**

*Grama Rae

Curry~ Beth's

Sauté in small amount of oil:

- **2lbs sliced chicken breast**
- **2T minced garlic**

Reduce heat and add:

- **6c coconut milk**

Add and stir in while milk is heating

- **1/2c brown sugar**
- **1/2c fish sauce**
- **5T lemon juice**

Add and simmer a bit:

- **fresh basil leaves to taste**
- **2-4T curry paste**

Note: mussaman or panang or mix them and you may have to "hand massage" this to mix up, the other option is to take part of the coconut milk, place in a separate bowl and work the curry into the milk before adding to the mix.

Add and simmer until vegetables are cooked:

- **6c drained bamboo strips**
- **1 sliced onion**
- **2-3 red peppers**

Play around with the veggies...zucchini/potatoes/etc.

Serve over :

- **rice**

French Onion Soup

Sauté for 30 minutes on low, stir every five minutes:

- **2.5 pounds onions**
- **1/4c butter**

Add and cook until fully reduced:

- **pepper**
- **1/2c white wine**

Add and cook for 30 minutes:

- **1 quarts chicken stock**
- **1/8t thyme**

Dish into individual bowls, top with cheesed bread.

Broil on both sides:

- **4-6 slices French bread or cheesy croutons**

Add and broil until bubbly:

- **slices of Swiss or mozzarella cheese**

*modified from Deon page 47

Hamburger Soup~ Mom's

- 1lb ground beef, browned
- 1c potato, cubed
- 1/2c celery
- 1/4c rice, barley...
- 1c onion
- 1c carrots
- 2 1/2c tomatoes
- 1 bay leaf
- 1/2t basil
- 1/2t thyme
- 5t salt
- 1/8t pepper
- 1 1/2 quarts water (add bouillon)

Simmer at least 1 hour. Great in crock pot. Serve with:

- **grated cheese**

*Mom

Hamburger Soup~ Todd's

- 2 1/2lb Italian sausage
- 4c potatoes
- 2c celery
- 1 1/2c barley
- 2c onions
- 1T garlic
- 2c carrots
- #10 can diced tomatoes or 4c salsa
- 1/2t basil
- 1/2t thyme
- 3c wine
- Salt and pepper

Hot and Sour Soup

Combine:

- 1 3/4lb boneless chuck cut in strips
- 1/4c soy sauce

Boil, add meat, cook 1 hour uncovered

- 4 1/2c water
- 1T beef bouillon granules

Stir in and simmer uncovered 10 minutes:

- 1/4c mushrooms
- 1 can bamboo shoots, strips
- 3T red wine vinegar
- 1/4t red pepper, crushed pods

Combine, add, stir in until thick

- 1/2c cold water
- 2T corn starch

Pour into soup in thin stream making fine shreds:

- 1 well beaten egg

Add:

- 4 oz tofu, cut in strips, firm

Stir in:

- 2t sesame oil
- 2 green onions

Italian Vegetable Soup

Brown:

- **1lb ground beef or Italian sausage**

Add, bring to a boil, cover, simmer 20 minutes (or not if there isn't time):

- **1c onion**
- **1c celery**
- **1c carrots**
- **2 cloves garlic**
- **16oz tomatoes**
- **15oz red kidney beans, undrained**
- **2c water**
- **5t beef bouillon granules**
- **or 1 can chicken broth**
- **1T dried parsley**
- **1t salt**
- **1/2t oregano**
- **1t sweet basil**
- **1/4t black pepper**

Optional Choices: add bring to boil, simmer until noodles are tender:

- **2c shredded cabbage**
- **3/4c elbow macaroni**
- **1/4c green pepper**
- **1t Worcestershire**
- **1 can garbanzo beans, drained**
- **Mushrooms**

Just before serving sprinkle with:

- **Parmesan cheese**

*Mom

Macaroni & Cheese Soup

Brown:

- **1-2lbs ground beef**

Sauté:

- **1 large onion**
- **3 cloves garlic**
- **#10 can diced tomatoes**
- **beef or chicken stock or water**

When warm stir in cheese packets from:

- **2 packages boxed macaroni and cheese**

When boiling add macaroni noodles. *Lincoln Rock

Meatball Soup

Meatballs combine and fry, set aside:

- **1 1/2c ground beef**
- **1 egg**
- **3T water**
- **1/2c bread crumbs**
- **1/4t salt**
- **1T parsley**

Soup broth:

- **2c water**
- **10 1/2 oz condensed beef broth**
- **1lb 12 oz undrained tomatoes**
- **1 envelope onion soup mix**
- **1c carrots**
- **1/4c celery**
- **1/4c parsley**
- **1/4t pepper**
- **1/4t oregano**
- **1/4t basil**
- **1 bay leaf**

Cover, boil then simmer 20 minutes. Add meatballs and simmer 20 minutes more. *Mom

Potato Soup

Boil until potatoes are soft in just enough water to cover:

- **7lbs potatoes (left over mashed potatoes are fine)**
- **1 large onion, sautéed**
- **1/2 bunch celery**
- **1T thyme**
- **6 peppercorns**
- **bay leaf**
- **1T salt (to taste)**
- **pepper**

Remove from heat and add but do not boil:

- **2c half and half or whip cream**
- **or 1/4c butter or coffee creamer**

Just before serving add:

- **bacon, fried crisp and crumbled**
- **paprika**

Garnish:

- **(Parmesan cheese)**
- **(Chives)**

Potato Leek Soup

Replace onion and celery with:

- **5-10 leeks**

Baked Potato Soup

Melt:

- **2/3c butter**

Stir in:

- **2/3c flour**

Add:

- **7c milk**
- **4c cooked potatoes (baked or boiled)**
- **4 green onions**

Boil, stir constantly. Reduce heat, simmer 10 minutes.

Add:

- **12 strips bacon, cooked and crumbled**
- **1c sour cream**
- **1 1/4c cheese**
- **3/4t salt**
- **1/2t pepper**

Serve immediately.

Steak Soup Oklahoma

Demi Glace... Maybe made a week ahead or frozen.

Sauté:

- **1/4 lb. finely chopped bacon**

Add, , stirring occasionally, for 5 minutes:

- **1 medium yellow onion, peeled and chopped**
- **1 carrot, peeled and chopped**

Sprinkle continue cooking, stirring occasionally, for 10 minutes:

- **1/4 cup flour**

Add:

- **2 Tbsp. tomato paste**
- **10 sprigs parsley**
- **2 bay leaves**
- **2 sprigs thyme**
- **2 quarts high quality beef stock**

Simmer, skimming occasionally, over medium heat until sauce has reduced by three-quarters, about 3 hours. Strain sauce, discard solids and return to pan.

Add:

- **2 cups beef stock**

Simmer over medium heat until sauce has reduced by half, about 2-1/2 hours, then strain. Simmer in demi glace until tender:

- **browned sirloin tops**

Sauté until tender:

- **onions**
- **carrots**
- **celery**
- **mushrooms**

Combine and serve.

Stew

Dredge in flour and brown in oil:

- **2lbs stew meat, deer or elk best**

Simmer with meat and thickener 2 hours or more:

- **4c boiling water**
- **2c white zinfandel wine**
- **3c tomatoes, soup, sauce or diced**
- **1T Worcestershire**
- **1T salt**
- **1/2t pepper**
- **1/4t cinnamon**
- **1T lemon juice**
- **2 bay leaves**
- **2T sugar**
- **1/2t paprika**
- **1 clove garlic**

Thicken with:

- **flour and water paste**

Add and cook about 30 minutes more:

- **onions**
- **carrots**
- **potatoes**
- **mushrooms**

*Mom

Sweet and Sour Beef Stew

Brown:

- **1 1/2c stew meet**
- **2T oil**
- **Add, cover and cook about 2 hours:**
- **1c carrot**
- **1c onion**
- **8oz tomato sauce**
- **1/4c brown sugar**
- **1/4c vinegar**
- **1T Worcestershire**
- **1/2c water**
- **1t salt**

Combine and add to beef mix. Cook till thick and bubbly. Serve over noodles.

- **4t cornstarch**
- **hot cooked noodles**

4 servings

Sweet 'n Sour Cabbage Soup

- **1/2 large head cabbage, chopped**
- **1 large onion**
- **2 cloves garlic, chopped**
- **3 cans (14 1/2 oz. each) Italian style tomatoes OR 1 can tomato juice (46 oz)**
- **water**
- **1 can (about 10 3/4 oz) beef broth OR 2 beef bouillon cubes**
- **1c sugar**
- **1/3c vinegar**
- **noodles**
- **kidney beans**

Taco Soup

Brown hamburger then add with the rest to a large pot.

Simmer:

- **1 1/2lb hamburger, browned**
- **1 large onion**
- **1 can black olives with liquid**
- **32 oz tomatoes with liquid**
- **1 can corn with liquid**
- **2 cans kidney beans with liquid**
- **1 package taco seasoning**
- **1t chili powder**
- **1/2t garlic salt**

Just before serving, place Fritos in bowl, cover with soup:

- **1c crumbled Fritos**

Garnish with:

- **1c shredded cheese**
- **sour cream**

Jimi made this after Grampa died in 1998..

Tilapia Garbanzo Soup

Cook in soup pot over medium heat 3 minutes:

- **2/3t olive oil**
- **1/2c onion, chopped**

Add, cover and boil:

- **2/3t fennel seeds**
- **1 sprig rosemary**
- **3 tomatoes, chopped**
- **1/3c white wine**
- **4c chicken stock**
- **14 oz garbanzo beans**

Add, reduce heat and simmer 3 minutes.

- **3/4c halibut fillets, cut into 1 " pieces**

Remove rosemary sprig, season to taste

- **2/3t salt**
- **2/3t pepper**

Spoon into bowls and garnish with parsley.

- **1/3c parsley**

Tomato Black Bean Soup

Toss then roast at 375 degrees 40 minutes, stirring once:

- **7 tomatoes**
- **1 onion**
- **3 cloves garlic**
- **2T olive oil**
- **1/2t salt**
- **1/4t pepper**

Place in pot and simmer 10 minutes with:

- **5c chicken broth**
- **2-15oz cans black beans, drained and rinsed**
- **1/2t salt**
- **1/4t pepper**
- **1 1/2t chili powder**
- **1/4t Tabasco**

Blend with immersion blender if desired. Garnish with:

- **1/4c sour cream**
- **1/4c cilantro**

Tortellini Soup

Brown:

- **1 1/2lbs sweet Italian sausage**

Saute:

- **1c onion**
- **1 clove garlic, sauté with onion**

Add:

- **28 oz can tomatoes, chopped with liquid**
- **6c water**
- **1T sugar**
- **1T Worcestershire**
- **2 chicken bouillon cubes**
- **1t basil**
- **1t thyme**
- **1t salt**
- **2 1/2c uncooked tortellini**

Simmer uncovered 20 minutes. Easy to take camping.

Veronica's Seafood Chowder

In a double boiler add and simmer on medium heat.:

- **1 can of Neptune chowder base**
- **1qt milk**
- **1c half & half**
- **12oz chopped clams**
- **1t black pepper**

In a sauté pan, sauté the following together:

- **2T butter**
- **1/2c diced onion**
- **1/2lb prawns**
- **pinch garlic**
- **1/2lb snapper**
- **4oz lobster meat**

Add to chowder base and add:

- **3oz salsa**

Turkey Gumbo ~ Dr Vracin

- **meat and liquid from boiled turkey carcass**

Sauté and add to above:

- **leeks**
- **celery**
- **red pepper**

Then add and simmer at least 15 minutes:

- **bay leaf**
- **salt and pepper**
- **cumin**
- **Tabasco sauce**

Washday Soup

- **celery**
- **onion**
- **potatoes**
- **carrots**
- **ham or bacon**
- **bit of powdered creamer**
- **add milk like chowder**

*Grama Gabelein

CROCKPOT

High equals 300 degreesLow is 200-225 degrees**

Cooking time on low is approximately half of the cooking time on high. Do not remove the lid if possible during cooking as the appliance will lose heat and increase the cooking time. Use remote thermometer.

Stovetop time	Crockpot High	Crockpot Low
15-30 minutes	1 ½ - 2 ½ hrs	4 - 8 hours
35-45 minutes	3 - 4 hours	6 - 10 hours
50 min - 3 hrs	4 - 6 hours	8 - 16 hours

Always bring crock to temperature by heating on high then reducing to low.

Crock should be half to two thirds full with at least 2" gap between the lid and food.

To adapt: Brown meats first, add cooked ingredients (canned beans last), use half the liquid. Add dairy/delectate items just before serving.

Barbecued Beef & Beans

Place in crockpot. Cover and cook on low for 6 hours.

- **2 to 2 ½ lbs beef stew meat, cut into 1 inch cubes**
- **salt and pepper**
- **1c smoke-flavored barbecue sauce**
- **1c beef bouillon**

After meat is cooked, add drained beans and cook on high 15 to 20 minutes.

- **2lb canned lima beans, drained**

Beef & BBQ Beans

Combine:

- **1 1/2c onion**
- **8 oz tomato sauce**
- **1/2c salsa**
- **2T vinegar**
- **1 1/2T brown sugar**
- **1T chili powder**
- **2t Worcestershire**
- **1/4t black pepper**

Stir in:

- **1lb beef, cut in strips**
- **2 cloves garlic**
- **3-16oz cans rinsed kidney beans**

Cover and cook on high 1 hour. Then cook on low 5-6 hours.

BBQ Beef on Buns

Simmer on high till tender, at least 3 hours:

- **3 pounds boneless chuck roast**
- **1 medium onion**
- **1/2c celery**
- **Water to almost cover meat**

Remove meat, strain and reserve liquid. Trim and shred meat. Return to crock. Add 2 cups strained cooking liquid (saving remaining liquid) and chill. Skim and discard fat. Add cover and simmer for 1 hour. Add reserved liquid if mixture becomes too thick:

- **1 1/2c ketchup**
- **1/4c brown sugar**
- **1/4c vinegar**
- **2T dry mustard**
- **2t salt**
- **2t Worcestershire**
- **1t chili powder**
- **1/2t paprika**
- **1/2t garlic salt**
- **dash Tabasco**

Serve on:

- **Hamburger buns**

Beef & Potatoes

Combine in put in crock

- **2 lbs browned hamburger**
- **8 oz tomato sauce**
- **1 onion**
- **2 cloves garlic**
- **10oz frozen mixed vegetables**
- **1t salt**
- **1t pepper**

Combine and spread over top:

- **2c mashed potato flakes**
- **1 1/2c sour cream**
- **2/3c water**

Cook on low 8 hours or on high 4 hours. 30 minutes before serving sprinkle with:

- **1 1/2c grated cheese**

Beef Fajitas

Combine in crock. Cover; cook on high for 1 hour.
Reduce heat to low and cook for 5-6 more hours:

- **1 pound lean stew beef—sliced into strips**
- **1 each red and green bell peppers—cut into rings**
- **1 onion—cut into rings**
- **1 14 ½ ounce can chopped tomatoes**
- **2 jalapeno chile pepper—chopped**
- **1 teaspoon chili powder**
- **1 teaspoon cumin**
- **1 cup beef stock**

Serve with:

- **12-inch flour tortillas**
- **cheddar cheese—grated**
- **avocado—sliced**
- **black or refried beans**

Burrito Pie

Fry in nonstick pan:

- **Flour or corn tortillas**

Brown:

- **1lb ground beef**

Sauté and add to beef:

- **1 onion**
- **3 cloves garlic**

Add to mix:

- **4 oz green chilies**
- **8 oz beans, refried or whole**
- **1/2c or more salsa**
- **salt**

Layer in crock pot: tortilla, beans, and cheese three or four times, topping with cheese:

- **Monterey jack cheese**

Bake in crock pot on low for 4 hours

Serve with the following on the side:

- **Lettuce**
- **Tomatoes**
- **Olives**

*Jenny

Chicken Tacos

Cook on low 6-8 hours:

- **1 1/2lbs frozen boneless, skinless chicken breasts**
- **14.5oz can diced tomatoes with green chilies**
- **1 envelope taco seasoning.**

Serve in:

- **soft tortillas**

With:

- **salsa**
- **cheddar**
- **tomatoes**
- **guacamole**

Cinnamon Chicken

Brown then put on crock:

- **3-4lbs skinless chicken**

Pour over chicken:

- **1c chicken broth (bouillon)**
- **3/4c lime concentrate**
- **(or lemon or orange)**
- **2c water**
- **1 can mandarin oranges**
- **(may add just before serving)**
- **½ t cinnamon**
- **1T fresh ginger**

Cover pot, turn on LOW and cook 4-6 hrs (or high 2-3 hours), or until chicken is tender.

Remove one cup of sauce from the pot and combine with flour, mixing well. Return sauce flour mixture to the pot. Turn pot on HIGH, and cook an additional half hour.:

- **1T or more Wondra flour**

Enchilada Casserole

Sauce, sauté in butter:

- **1c chopped onion**
- **1 clove garlic**

Sauce; simmer a few minutes:

- **3c tomato sauce**
- **1/4c chopped green chilies**
- **1t cumin**

(or 6c tomato sauce with taco seasoning or one enchilada seasoning packet and one turkey gravy packet then omit salt)

- **1t salt**
- **pepper**
- **sliced olives**

Wipe inside crock pot with oil. **Layer sauce, tortillas, chicken, cheese. Repeat.** Cover and cook low 5-7 hours.

- **12 corn tortillas torn in quarters**
- **2 cans chopped chicken (or beans or beef)**
- **2 1/2c grated cheese**
- **(1 3/4c cottage cheese, add with cheese)**
- **(1 egg, add with cheese)**

Serve with:

- **lettuce**
- **tomatoes**
- **yogurt**
- **salsa**

Ham and Potatoes

In crockpot, layer half each of the potatoes, onion, ham and cheese; repeat layers.

- **6 large potatoes, peeled and sliced**
- **1 medium onion, coarsely chopped**
- **1 1/2 C. ham, cooked, cubed**
- **1 C. American cheese, shredded**

In small bowl, combine and pour over top of ingredients in crock:

- **1 can cream of mushroom soup (or flour water mixture made with milk)**
- **1/2 C. milk**
- **1t thyme**
- **1/2t garlic powder**
- **salt and pepper to taste**

Cover; cook on HIGH for 1 hour. Reduce to LOW setting; cook for 6 to 8 hours or until potatoes are tender. OR cook on HIGH 4 hours total.

Pepper Steak - Slow Cook

Cut steak into thin strips. Brown then transfer to slow cooker:

- **2lbs beef round steak**
- **2T oil**

Combine and pour over meat. Then cover and cook on low for 5-6 hours, until meat is tender:

- **1/4c soy sauce**
- **1c chopped onion**
- **1 clove garlic**
- **1t sugar**
- **1/2t salt**
- **1/4t pepper**
- **1/4t ginger**

Add and cook on low for 1 more hour:

- **16 ounces diced tomatoes with liquid**
- **2 large green peppers, cut in strips**

Combine to make paste and stir into liquid. Cook on high until thick:

- **1/2c cold water**
- **1T cornstarch**

Serve over noodles or rice.

Plain Rice

- **1 cup rice**
- **salt**
- **2 cups water**
- **butter**

Note: Up to 4 cups raw rice may be prepared in slow cooker making 10 cups cooked.

Rub your slow cooker lightly with 1 tablespoon butter or margarine. Pour in rice, water and salt. Cover and cook on High 1 1/2 to 2 1/2 hours, stirring occasionally.

Shredded Beef Sandwiches

- **1 (3 lb.) boneless beef roast**
- **1 medium onion, chopped**
- **1/3 C. vinegar**
- **3 bay leaves**
- **1/2 tsp. salt (optional)**
- **1/4 tsp. ground cloves**
- **1/8 tsp. garlic powder**
- **Claim Jumper's BBQ sauce**
- **12 hamburger buns, split**

Cut roast in half; place in a crockpot. Combine next 5 ingredients; pour over roast. Cover and cook on low heat for 10 to 12 hours or until meat is very tender. Discard bay leaves. Remove meat and shred with a fork. Add bbq sauce to taste. Serve on buns. Serves 12. Kids said it smells like Christmas!

Version 2, Cook meat in oven or crock first, add meat to crock with:

- **2 beef bouillon cubes**
- **1c water (or meat juice)**
- **15 oz tomato sauce**
- **1/4c brown sugar**
- **1/4c ketchup**
- **1/4c mustard**
- **dash Worcestershire**

Heat on low 3-4 hours and serve.

CROCKPOT