

CROCK POT MEAL MINISTRY RECIPES

***When a recipe calls for cooked beef or cooked chicken, fully cook the meat and put it in a container or baggie.**

***When a recipe calls for frozen chicken – before freezing the chicken, remove it from the packaging and place it in a Ziploc bag. It's very difficult to remove the frozen chicken from the packaging when it's already frozen.**

Bean and Sausage Soup (Serves 6)

- 12 oz smoked sausage
- 1 can white beans
- 1 can kidney or pinto beans
- 1 stalk of celery
- 1 yellow onion
- 2-3 medium carrots
- 1 can (14.5 oz) diced tomatoes with garlic, basil and oregano
- 1 tbsp garlic powder
- 1 1/2 tbsp Italian Seasoning
- 1 bay leaf
- 4 cups (32 oz) beef or chicken broth, low sodium
- Parmesan cheese (optional)

Slice the sausage. Drain and rinse the beans. Chop the celery, onion and carrots. Add the sausage, beans, carrots, celery, onion and diced tomatoes to the slow cooker. Sprinkle spices and bay leaf over all the ingredients. Pour in beef broth and stir to combine. Cook on low heat for 6 hours, or until the beans are tender. Remove bay leaf. Top with a sprinkling of cheese, if desired.

Slow Cooker BBQ Chicken Sandwiches

- 4 - 6 skinless, boneless chicken thighs, frozen
- 1 (28 ounce) bottle barbeque sauce (such as Sweet Baby Ray's®)
- 1/2 yellow onion, chopped or thinly sliced
- ½ teaspoon red pepper flakes (optional)
- 6-8 buns or rolls for serving

Place chicken (thawed or frozen), onion, and BBQ sauce in the slow cooker. Cook on low for 4 hours or until chicken is done. Remove the chicken from the slow cooker and place on a plate. Using two forks, shred the chicken. Place the shredded chicken back in the slow cooker and stir until chicken is well coated in the sauce. Serve in buns or rolls.

Slow Cooker BBQ Chicken

- 4 - 6 skinless, boneless chicken thighs, frozen
- 1 (28 ounce) bottle barbeque sauce (such as Sweet Baby Ray's®)
- 1/2 yellow onion, chopped or thinly sliced
- ½ teaspoon red pepper flakes (optional)
- Minute Rice
- Steam in package broccoli (or other vegetable)

Place chicken (thawed or frozen), onion, and BBQ sauce in the slow cooker. Cook on high for 3-4 hours or on low for 6-8 hours. Serve with rice and vegetables.

Chicken, Carrots and Potatoes

- 3 chicken breasts sliced then frozen
- 4-5 potatoes
- 1 pound of carrots
- 1 tsp Italian seasoning
- ½ tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 medium onion, sliced
- 1 cup water

Combine all ingredients. Cook for 2-3 hours on low or until potatoes are tender.

Sloppy Joes

- 1 lb ground beef or turkey (cooked)
- 1 onion diced
- 1 green pepper, diced (optional)
- 1 can Manwich sauce

Combine meat, onions and peppers and cook 1-2 hours on low. Add Manwich sauce and cook for another 30 minutes to an hour. Serve with rolls.

Crockpot Chicken and Dumplings (serves 4)

- 4 boneless, skinless chicken thighs (frozen) or 1 lb boneless, skinless chicken breast (frozen)
- 1 onion
- 1 10.5 oz can Cream of Chicken soup
- 1 cup low-sodium chicken broth
- 2 sprigs fresh thyme (optional)
- 1 14.5 oz can peas and carrots
- 1 container of refrigerator crescent rolls

Dice the onion. Add onion and chicken to the slow cooker. (Chicken can be frozen or thawed.) In a mixing bowl, combine the soup, broth and sprigs of thyme and add to the slow cooker. Cook on LOW for 4 hours.

Drain the peas and carrots. Stir them into the slow cooker. Cut or tear the crescent roll dough into pieces and lay them in the slow cooker. Stir slightly so that the dough pieces are coated in broth. Cook on HIGH for 2 hours or until topping is done.

Crockpot Pasta & Sausage (serves 4-6)

- 24 oz jar pasta sauce
- 1 jar alfredo sauce (14 – 22 oz)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1 smoked kielbasa or Polish sausage
- 1-2 cups shredded mozzarella

Add pasta sauce, alfredo sauce and spices to slow cooker and stir to combine. Cut sausage into slices and add to slow cooker. Cook on low for 4 hours.

Add 2 cups of water and pasta. Stir to combine. Make sure pasta is covered by the sauce. Cook on high for 45-60 minutes, until pasta is done. Put cheese on top and cook for another 5-10 minutes until it's melted. *You can substitute frozen boneless chicken breasts or 1 large can of chicken for the sausage. *see note about frozen chicken

Southwest Chicken and Rice

- 2 boneless chicken breasts (frozen or thawed) OR 2 large cans of chicken
- 2 c. chicken broth
- 1 can diced tomatoes
- 1 packet of taco seasoning
- 1 cup uncooked rice
- 1 4 oz can green chiles
- 1 can black beans
- 1 can corn
- 1 green pepper
- Shredded cheddar or Monterey jack cheese (optional)
- Flour tortillas (optional)

Rinse and drain black beans, drain corn, dice the green pepper. Add chicken, broth, tomatoes, seasoning, rice, chiles, beans, corn and green pepper to slow cooker and stir to combine. Cover

and cook on low for 4-6 hours more, or until the rice is done. Stir once or twice to make sure rice is mixed in.

Shred the chicken. Serve as is, or in flour tortillas, topped with cheese, if desired.

Slow Cooker Ramen (serves 4)

- 1 lb ground beef, browned (can also use ground chicken, turkey or pork)
- 1 cup matchstick (shredded) carrots
- 1 red bell pepper
- 2-3 green onions/scallions
- 3 garlic cloves (or 3 tsp garlic powder)
- ¼ cup low sodium soy sauce
- 1 ½ tbsp brown sugar
- 1 ½ cups beef or chicken broth
- 2 packets of ramen noodles (save one flavor packet)

Slice the red pepper into bite sized pieces. Chop the green onions and garlic. Add first 5 ingredients to slow cooker and stir. Make the sauce: combine soy sauce, brown sugar, broth and one ramen noodle flavor packet. Pour into slow cooker and mix well. Cook on low for 4-6 hours or until vegetables are tender. Break up each square of ramen noodles into 4-5 pieces and place in slow cooker, under the other ingredients. Cook on low for 30 minutes or until ramen noodles are done.

Chicken Cacciatore (serves 4)

- 2 (12.5-oz) cans of chicken, drained
- 1 28-oz jar spaghetti sauce
- 1 6-oz can tomato paste
- 1 small onion
- 1 green pepper
- 4 oz fresh or canned mushrooms (optional)
- 1 ½ tsp garlic powder or 2 cloves fresh garlic
- 1 ½ tsp oregano
- 2 bay leaves
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp red pepper flakes (optional)

Chop onion and green pepper into small pieces. Chop fresh garlic, if using. Combine all ingredients in slow cooker. Cook for 3-4 hours on low. Discard bay leaves and add salt and pepper if needed. Serve over ready rice or ready pasta.

Crock Pot Baked Penne with Beef

- 1 lb. cooked ground beef
- 1 onion finely chopped
- 1 tsp dried basil or oregano
- 28 oz can diced tomatoes
- 1 jar pasta sauce (about 2 ½ cups)
- 1 can beef broth
- ¾ cup water
- 4 cups pasta (uncooked)
- 1 cup Parmesan cheese

Add all ingredients to slow cooker. Stir. Cook on low for 4-6 hours OR high for 2-3 hours. Turn cooker to high. Add pasta and stir till combined. Cover and continue cooking for 15-30 minutes. Stir after 15 min. Sprinkle with cheese and cover for 3-5 minutes until cheese is melted.

*see note about frozen chicken

Italian Chicken and Potatoes

- 1 ½ pounds boneless chicken breasts (frozen) or 1 ½ pounds boneless chicken breasts (cooked)
- 1/8 tsp pepper
- ½ cup Zesty Italian salad dressing
- 4 cloves minced garlic
- 1 tsp dried Italian seasoning
- 4 medium potatoes

Cube the potatoes. Place all ingredients in Crock pot. Mix well to coat chicken and potatoes with dressing and seasonings. Cover and cook on low for 6-8 hours until chicken is done and potatoes are tender.

Hamburger Soup

- 1 pound ground beef (COOKED)
- 1 onion
- 1 can cream of celery soup
- 1 large bottle of V8 juice
- 1 package grated carrots
- 1 cup water

- 1 ½ teaspoon seasoned salt

Chop the onion. Put all ingredients in crockpot and cook on low for 6-8 hours.

Ranch Chicken - *see note about frozen chicken

- 3-4 boneless chicken breasts (about 3 pounds) - frozen or cooked
- 1 pkg powdered ranch dressing
- 1 stick of butter (8 tbsp)
- 1 pound baby carrots
- 1 pkg ready rice (already prepared like Uncle Bens)

Put chicken in crock pot. Cut butter into 5-6 chunks and put all around on top of chicken. Sprinkle dressing all over the top. Add all the carrots and spread evenly over the chicken. Cover and cook on low for 6-8 hours. Serve over rice.

Ham and Potatoes

- 3 pounds potatoes
- 1 onion
- 1 cup shredded cheese
- 1 can cream soup (such as chicken or mushroom)
- 1 ham steak
- salt and pepper

Peel and slice potatoes. Dice the onion and ham steak. Put potatoes, onion, and cheese in slow cooker with salt and pepper. Mix soup with ½ cup water and pour over. Cook 4-5 hours on low and then stir in the ham.

Crock Pot Chili

- 1 pound ground beef COOKED
- 2 15 oz cans kidney beans
- 1 14.5 oz can tomato sauce
- 1 14.5 oz can diced tomatoes
- 1 packet of chili seasoning
- 2 cups water
- Grated cheese for topping

- Tortilla chips for topping

Add ground beef, beans, tomato sauce, tomatoes, chili seasoning and water to crock pot. Stir until combined. Cook on low for 6-7 hours or high for 4 hours. Serve with toppings.

Country Steak with Gravy

- 1 ½ pounds boneless top round steak (1/2 inch thick) - frozen
- 12 oz jar gravy
- 2 tablespoons tomato paste
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon dried thyme

Trim fat from steak and cut into 6 pieces. Combine gravy and spices and stir well. Layer gravy mixture and steak in crock pot. Cover and cook on high for 1 hour. Reduce heat to low and cook 6-7 hours until tender.

Crock Pot Roast Beef

- Roast Beef (any type of cut) - frozen
- 4 carrots
- 4 potatoes
- 1 onion
- 1 pkg dry onion soup mix
- 1 can cream soup (such as chicken or mushroom)
- ½ cup water

Peel carrots and cut into thirds. Cut onion into 4 pieces. Peel potatoes and cut into large pieces. Add to crock pot along with water and beef. Sprinkle onion soup over meat and vegetables and spread soup on top of everything. Cook on low for 6-7 hours.

Crock Pot Pork & Beans

- 1 onion
- 2 (20-ounce) cans pork and beans (partially drained)
- 1/3 cup ketchup
- 1/4 cup mustard
- 6 boneless pork loin chops - frozen

Chop the onion. Combine onion, pork & beans, ketchup and mustard. Stir to blend. Add the pork chops. Push them down so that they are covered by the beans and evenly distributed. Cover the crockpot and cook on low for 7- hours until pork is tender. Serve the chops with the beans on the side.

*see note about frozen chicken

Crockpot Chicken Tater Tot Casserole (Serves 6)

- 1 (32 oz) bag frozen tater tots
- 1 (3 oz) package bacon bits
- 1 lb boneless skinless frozen chicken breasts, diced (OR 1 lb cooked chicken, shredded OR 1 large can chicken)
- 2 cups shredded cheddar cheese
- 3/4 cup milk
- salt and pepper to taste

Layer half of the frozen tater tots on the bottom of the slow cooker. Sprinkle with 1/3 of the bacon pieces. Sprinkle with 1/3 of the cheese. Place chicken on top and season with salt and pepper. Add another 1/3 of the bacon pieces and another 1/3 of the cheese. Add the rest of the tater tots on top. Add the rest of the bacon pieces and cheese. Pour the milk all over the top. Cover and cook on low 4-6 hours.

Chicken Soup (6 servings)

- 1 medium onion, chopped
- 2 cups chopped carrot (3-4 medium carrots)
- 1 cup chopped celery (1-2 stalks)
- 2 cups chopped potato (2-3 medium potatoes)
- 2 cups COOKED chicken, chopped or shredded OR 1 large can chicken
- 2 tsp salt
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1 bay leaf (optional)
- 4 cups chicken broth
- 2 cups water

In a slow cooker, add the onion, carrot, celery, potato, chicken, salt, garlic powder, Italian seasoning, stock and water, stirring to combine. Cover and cook on high for 4-5 hours or low for 6-7, or until the vegetables are tender. Remove the bay leaf, if used. Taste and add additional salt if desired.

*For families who can receive fresh meat, this recipe can be made with pre-cooked chicken from the deli or the cold food section of the grocery store. Otherwise, use canned chicken.

Sausage Spanish Rice (Serves 6)

- 1 pound smoked kielbasa or Polish sausage, sliced
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 2 cups water
- 1-1/2 cups uncooked rice
- 1 cup salsa
- 1 medium onion, diced
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 can (4 ounces) chopped green chiles
- 1 envelope taco seasoning

In a slow cooker, combine all ingredients. Cover and cook on low for 5-6 hours or until rice is tender.

Ham and Bean Stew (serves 6)

- 2 cans (16 ounces each) baked beans
- 2 medium potatoes, peeled and cubed
- 2 cups cubed fully cooked ham
- 1 celery rib, chopped
- 1/2 cup water

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 7 hours or until the potatoes are tender.

Beef Stew Recipe (6 servings)

- 3 cups water
- 1 package Beef Stew Seasoning Mix
- 2 pounds FROZEN beef stew meat
- 1/4 cup flour
- 2 medium potatoes
- 3-4 medium carrots
- 1 medium onion
- 1-2 stalks celery

Peel and cut carrots into 1/4" slices. Peel and dice potatoes. Slice onion into thin wedges. Slice celery. Cut meat into 1-inch pieces, then coat with flour. Mix all ingredients in slow cooker. Cover. Cook 8 hours on LOW or 5 hours on HIGH until beef is tender.

White Chicken Chili (serves 6)

- 2 1/2 c. low-sodium chicken broth
- 2 (15.5-oz) cans white beans, drained and rinsed
- 2 (12.5-oz) cans of chicken
- 2 (4-oz) cans green chiles
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced or garlic powder
- 1 jalapeño, seeded and minced, plus more for serving
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- salt and pepper
- 1 can of corn

FOR SERVING (optional)

- Sliced avocado, thinly sliced jalapeño, chopped cilantro, lime wedges, tortilla chips

Add broth, beans, chicken, green chiles, corn, onion, garlic, jalapeño, oregano and cumin to the bowl of your slow cooker. Season with salt and pepper and cook on high for 2 to 3 hours. Use a

potato masher or fork to gently mash about 1/3 of the beans. Cover and season with more salt and pepper if needed. Leave slow cooker on warm until ready to serve.

To serve, top with avocado, jalapeño, cilantro, and a squeeze of lime juice, if desired.

Bacon Ranch Tuna and Pasta (6 servings)

- 2 cans tuna
- bacon bits to taste
- 1 tsp garlic powder
- 1 package (1 oz) ranch dressing and seasoning mix
- 1 can (10.75 oz) condensed cream of chicken soup
- 1 cup mayonnaise
- 1/2 teaspoon pepper
- 1/2 cup water
- 8 oz spaghetti
- 1 can peas

Combine all ingredients except for peas in crockpot. Gently stir. Cover; cook on low heat setting 4-6 hours or on high heat setting 2-3 hours, stirring every hour or so. When about 15 minutes are left, add peas and cook on low for 15 minutes.

Baked Penne (8 servings)

- 1 can chicken
- 1 onion finely chopped or equivalent dried chopped onion
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon dried basil or oregano
- 28 oz can diced tomatoes
- 1 jar pasta sauce (about 2 1/2 cups)
- 2 1/2 cups water or chicken broth
- 4 cups pasta
- 1 cup Parmesan cheese

Add chicken, onion, garlic powder, salt, basil or oregano, tomatoes, pasta sauce and water or broth to the slow cooker. Stir.

Cook on low for 4-6 hours or high for 2-3 hours.

Turn slow cooker to high. Add pasta and stir until combined. Cover and continue cooking for 15-30 minutes (depending on how hot your slow cooker is) -- check and stir at the 15 minute mark.

Sprinkle with cheese and cover for 3-5 minutes until cheese is melted.

Chicken and Sweet Potato Stew

- 2 cans chicken
- 1 large can sweet potatoes, cubed
- 2 cans potatoes, cubed
- 1 can carrots, sliced
- 56 ounces canned tomatoes
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1/2 cup basil
- 2 cups chicken broth

Combine all ingredients in the slow cooker and stir together. Cover; cook on Low 6 to 8 hours or High 3 to 4 hours.

Chicken Black Bean Spaghetti (serves 4-6)

- 1 pound spaghetti
- 2 cans drained black beans
- 1 24 ounce pasta sauce
- ¼ tsp garlic powder or 2 minced garlic cloves
- 1 can chicken
- Optional: 1 ½ tsp each of dried basil and Italian seasoning

Pour can of pasta sauce into the slow cooker and mix in 4 cups of water, seasonings, and chicken. Break pasta in half and coat with oil. Press pasta into the tomato sauce and top with beans. Cook on low 2-5 hours until the pasta is cooked, then stir to combine.

Chicken Spanish Rice

- 1 large can chicken
- 2 cans (14-1/2 ounces each) diced tomatoes with onions and peppers, undrained
- 2 cups water
- 1-1/2 cups uncooked rice
- 1 cup salsa
- 1 envelope taco seasoning

In a 3- or 4-qt. slow cooker, combine all ingredients. Cover and cook on low for 5-6 hours or until rice is tender.

Chicken Taco Soup (serves 6)

- 2 cans of drained and rinsed black beans
- 1 can of drained corn
- 12.5 ounce can drained and flaked chicken
- 1 can of diced tomatoes
- 1 can of chicken broth
- ½ tsp garlic powder
- 1 packet of taco seasoning
- Optional: ½ tsp each of cumin and chili powder and crumbled tortilla chips as topping

Combine everything except chips and stir together. Cook on low for 5 hours.

Pasta Casserole

- 3 c. of pasta sauce
- 3 c. penne or ziti pasta
- ½ c. water
- 2 c. parmesan cheese

Place half of the dry pasta on the bottom of a slow cooker. Spread half of the pasta sauce on top of the pasta. Sprinkle half of the cheese on top of the sauce. Repeat layer with remaining ingredients in the same order – pasta, sauce, cheese. Pour water around the edges of the casserole dish. Cover and cook on HIGH for 3-3.5 hours.

Scalloped Potatoes and Ham (serves 4)

- 3 pounds sliced potatoes or 3 cans
- 1 chopped onion or 1 tbsp dried onion
- 1 cup cut up or shredded cheese (use ¼ pound from the deli or Cheese Wiz or other shelf stable cheese)
- Salt and Pepper to taste
- 1 can cream of mushroom soup
- 4-6 ounces ham, chopped from deli counter or can

Put potatoes, onion, and cheese into the slow cooker with salt and pepper. Mix soup with ½ cup of water and pour over. Cook for 4 hours if fresh, and 2 hours otherwise. Stir in the ham for the last hour.

Southwestern Chicken Stew

- 1 can of chicken
- 1 can green beans
- 1 can corn
- 2 cans (14 ounces each) diced tomatoes with onions and green peppers, undrained
- 1/4 cup tomato paste
- 3 tablespoons Worcestershire sauce
- Garlic powder to taste
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Place the first three ingredients in a 5-qt. slow cooker. In a large bowl, combine tomatoes, tomato paste, Worcestershire sauce, and dry seasonings; pour over top. Cook, covered, on high for 2-3 hours or low for 4-6 hours.

Texas Black Bean Soup

- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14-1/2 ounces) stewed tomatoes, cut up
- 1 can (14-1/2 ounces) diced tomatoes or diced tomatoes with green chilies
- 1 can (14-1/2 ounces) chicken broth
- 1 can (11 ounces) corn, drained
- 2 to 3 tablespoons chili powder, if desired
- 1/2 teaspoon garlic powder, if desired

In a 3-qt. slow cooker, combine all ingredients. Cover and cook on high for 4-6 hours or until heated through.

Texas Hash

- Dry cured chorizo or salami, 12-16 oz
- 2 medium onions, diced (1-1/2 cups)
- 2 green peppers (1-1/2 cups)
- 2 (16 ounce) cans diced tomatoes
- 1 cup uncooked long-grain white rice
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons salt
- ¾ cup chicken stock
- 2 teaspoons Worcestershire sauce
- ¼ cup thinly sliced spring onions (or more, to taste)

Place all ingredients, except for spring onions, into crock pot and stir thoroughly. Cook on High for 4 hours or Low for 6-8 hours. If you can still see individual grains of rice, keep cooking it until they disappear. When it's done, add more salt if needed. Sprinkle spring onions on top before serving.

Tuna Noodle Casserole (serves 5-6)

- ½ box (8 ounces) of noodles
- 1 small chopped onion or 1 tbsp dried chopped onion
- 1 can of peas (drained)
- 1 can of cream soup (such as mushroom, celery)
- 2 cans of tuna
- ½ tsp salt
- Optional: ½ cup (2 ounces) of parmesan cheese

Combine noodles, salt, optional cheese, and onion in the crockpot. Gently stir in tuna and a ½ of the soup can of water. Cook on high for 2-3 hours or low 4-6 hours, stirring every hour or so. Add peas, stir and cook on low for 15 minutes.

Santa Fe Chicken

- 2 cans chicken
- 14.4 oz chicken broth
- 15 oz can black beans, rinsed
- 1 can corn, drained
- 14.4 oz can diced tomatoes with green chilies
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- salt to taste
- ¼ cup cilantro, chopped
- 3 scallions, chopped

Combine chicken, chicken broth, beans (drained), corn, tomatoes, garlic powder, onion powder, cumin, and salt in the crock pot. Cook on low for 4-6 hours. Adjust seasonings to taste. Serve with tortilla chips and top with cilantro and scallions.