

Ken's PORK STEAK Crockpot CASSEROLE



Pork is the most popular meat in the Western World. It certainly is a favorite meat of mine. I think crockpot cooking was introduced to me when I received a crockpot as a Christmas gift. I suspect this and the Pork Chop recipe were adapted from the "Taste of Home" magazine. A well-read publication years ago. This is a Sunday-special Pork Steak recipe.

INGREDIENTS:

- 4 - Pork Steaks (with bone)
- 5 - Potatoes (medium, sliced)
- 1 - White Onion, (medium, sliced)
- 1 1/2 cup - Carrot (sliced 1/2 inch thick)
- 1 1/2 cup - Celery (sliced 1/2 inch thick)
- Salt & pepper (to taste)
- 1 can - Cream of Mushroom soup 98%fat-free / 1 can - Water
- 1 can - Cream of Celery soup 98%fat-free / 1 can- Water

DIRECTIONS:

- 1.) Fry Pork Steaks in skillet until slightly brown. Cut steaks into about 2" x 2" pieces.
 - 2.) Add potatoes, celery, carrots and onions to the Crockpot.
 - 3.) Lay pork steaks on top. Mix soup and water together then pour onto vegetables.
 - 4.) For the best results, cook on low for 8 hours.
- (Alternate method: cook on high for 4 hours, then low for 2 hours.) Serve with salad and hot rolls.

Ken's Crockpot BBQ Ribs



No origin of this recipe is unknown. Enjoy barbecue flavor year-round with this Crockpot BBQ Ribs recipe. The ribs are cooked in the crockpot until they fall off the bone tender. Smother these crockpot ribs with Matthew's sauce and enjoy!

INGREDIENTS:

- 3 lbs. - rack of Pork Spareribs (cut rib rack into pieces that will fit in crockpot)
 - 8 oz. - Matthew's BBQ Sauce [---] 1- Onion (medium diced)
- INGREDIENTS, Matthew's BBQ Sauce (2 cup recipe)**
- 1 cup - Water [---] 1 cup - Ketchup [---] 1/2 tsp. - Salt
 - 1/3 cup - Vinegar [---] 1/3 cup - Brown Sugar
 - 1 tsp. - Dried Mustard [---] 1 tsp. - Paprika
 - 1/2 tsp. - Chili Powder [---] 3 tbsps. - Worcestershire Sauce

DIRECTIONS, Matthew's Sauce

- 1.) Combine all ingredients in a saucepan, bring to a bubble over low heat. Cook for 15 minutes, stirring frequently.

Crockpot DIRECTIONS:

- 1.) Do not pre-heat the crockpot. Dice up the Onion, add to crockpot.
- 3.) Rub the rib rack pieces with Salt and Pepper, add to crockpot. Pour BBQ sauce on top.
- 4.) Cook on low setting for 8 hours. Try not to lift the lid too much. The meat will FALL OFF THE BONE!

Ken's Corned Beef & Vegetables



A hearty meat-and-vegetables meal that'll make your home smelling delicious. New Potatoes, Cabbage, Baby Carrots and Onions meet tender Corned Beef brisket to create an easy, delicious dish that family and friends alike will enjoy. This is my version of a Betty Crocker recipe that was without cabbage.

INGREDIENTS:

- 2 1/2 lbs. - Potatoes (medium, new, about 8, cut in half)
- 1 medium head - Raw Cabbage (cut into 1/8 wedges)
- 2 cups - Baby-Cut Carrots
- 1 cup - Frozen Small Whole Onions (thawed)
- 1 - Corned Beef Brisket (3 to 3 1/2 pounds)
- 1/8 tsp. - Pepper [---] 1/2 cup - Water
- 1 tbsp. - Worcestershire sauce [---] 1 tbsp. - Cornstarch
- 2 tbsps. - Cold Water

DIRECTIONS:

- 1.) Mix Potatoes, Carrots, and Onions in 4- to 6-quart crockpot.
- 2.) Thoroughly rinse Corned Beef, if there is a seasoning packet discard it. Place beef on vegetables, sprinkle with pepper. Mix 1/2 cup water and the Worcestershire sauce, pour over beef.
- 3.) Cover and cook on low heat setting 8 to 9 hours or until beef and vegetables are tender.
- 4.) Remove beef and vegetables from slow cooker, cover to keep warm. Pour juices from slow cooker into 1-quart saucepan; heat to boiling. Mix cornstarch and cold water until smooth; stir into juices. Cook, stirring constantly, until sauce has thickened. Serve sauce with beef and vegetables.

Ken's PORK CHOP Crockpot CASSEROLE



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INGREDIENTS:

- 6 - Pork Chops 3/4 inch thick [**] 5 - Potatoes (medium, sliced)
- 1 - White Onion (medium, sliced)
- 1 cup - Carrot (chopped) [**] 1 cup - Celery (chopped)
- Salt & Pepper (to taste)**
- 1 can - Cream of Mushroom soup 98%fat-free / 1 can - Water
- 1 can - Cream of Celery soup 98%fat-free / 1 can - Water

DIRECTIONS:

- 1.) Fry Pork Chops in skillet until slightly brown.
 - 2.) Add the Potatoes, Celery, Carrots and Onions to the Crockpot.
 - 3.) Lay Pork Chops on top, then pour the soup and water onto vegetables.
 - 4.) For the best results, cook on low for 8 hours.
- Quick method:** cook on high for 4 hours, then low for 2 hours. The flavor is great for either cooking method. Serve with salad and hot rolls.