

Ken's Crockpot Barley & Lentil Soup



Crockpot Beef Barley Soup is made with refreshing vegetables, herbs, potatoes, and a heaping amount of beef stew meat. Quick barley adds the final touch to this delicious soup making it hearty and something the whole family will enjoy.

INGREDIENTS:

- 8 cups - Swanson® Beef Broth (50% Less Sodium)
- 2 - Garlic Cloves (minced)
- 1 tsp. - Dried Oregano Leaves (crushed)
- 4 - large Carrots, sliced (about 3 cups)
- 1 - large Onion, chopped (about 1 cup)
- 1/2 cup - Uncooked Dried Lentils
- 1/2 cup - Uncooked Pearl Barley

Yield: 6-8 Servings

DIRECTIONS:

- 1.) To 5-quart CROCKPOT, add broth, garlic, oregano, carrots, onion, lentils and barley and stir.
- 2.) Cover and cook on LOW for 8 to 9 hours or until the lentils and barley are tender. (**HINT:** This recipe may cooked on High for 4 to 5 hours)
- 3.) Serve with crusty whole-grain Bread and low-fat Swiss cheese with grainy mustard. For dessert serve fresh fruit salad.

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Ken's Crockpot Beef Bourguignon



Cooking beef in a slow cooker yields tender meat that is packed with flavor! Make it a meal by serving this stew with mashed potatoes. This is my version of a Betty Crocker recipe.

INGREDIENTS:

- 1 tbsp. Vegetable or Canola Oil
 - 2 1/2 lb. Beef Chuck Roast (cut into 1-inch cubes)
 - 1/2 tsp. - Salt
 - 1/4 tsp. - Ground Black Pepper
 - 1 lb. Large Carrots (Peeled and cut into 1-inch pieces)
 - 1 - medium Yellow Onion (cut into 1-inch slices and the quartered)
 - 2 - Garlic Cloves (finely chopped)
 - 1 bottle (750 ml) - Good quality Dry red Wine, such as pinot Noir)
 - 2 cups Progresso Beef Flavored Broth (32oz.cartin)
 - 1 tsp. - Chopped Fresh Thyme
 - 6 slices - Bacon (crisply cooked and crumbled)
- Fresh Thyme Leaves if desired. Directions on 15b
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Ken's Crockpot Beef Bourguignon



DIRECTIONS:

- 1.) In 7-quart Dutch oven or stockpot, heat oil over high heat. Pat Beef dry with paper towels, and season with Salt and Pepper. Place Beef in Dutch oven, working in batches, if necessary, as to not overcrowd Dutch oven, and cook 4 to 6 minutes, searing all sides of Beef. Transfer to plate.
- 2.) Add Carrots and Onion to Dutch Oven or Stockpot and cook 3 to 5 minutes or until Onions and Carrots are lightly browned and slightly tender, scraping brown bits up from bottom as they cook. Add Garlic, and cook 1 minute longer, stirring frequently. Add Wine, Beef Broth, and Thyme to Dutch oven, and stir until well combined.
- 3.) Place broth mixture in 5 to 6-quart slow cooker, add Beef and Bacon. Cover and cook on Low heat setting about 8 hours or on High heat setting 4 to 5 hours or until Beef is very tender. Spoon into bowls to serve. Garnish with Fresh Thyme sprigs, if desired. Page 2 of 2

Nutrition: 450 Calories, 26g Total Fat, 39g Protein, 10g Total Carbohydrate, 4g Sugars

Ken's Crockpot Italian Pork Steak



I was unable to find the origin of this recipe on-line. There were many Italian Pork Chop recipes. Since I have a fondness for Pork Steak, surely, I adapted one of those for Pork Steak. It is a super recipe.

INGREDIENTS:

- 3 - 3/4 inch thick - Pork Steaks (cut steaks into 4-inch pieces)
- 1lb. - Fresh Mushrooms (washed and sliced)
- 1 1/2 cups - Onions (chopped)
- 1 1/2 tsps. - Garlic (minced)
- 16oz. - Tomato sauce
- 1 tbsp. - Lime Juice
- 1/2 tsp. - Salt
- 1/4 tsp. - Black Pepper (ground)
- 1 tsp. - Oregano
- 1 tsp. - Basil
- 1 - Large Red Pepper (Sliced and quartered)
- 1 can - 12 oz. Budweiser Beer

DIRECTIONS:

- 1.) Boil Pork Steak pieces 10 to 15 minutes to remove fat.
- 2.) In large crockpot on the bottom, place Mushrooms, Onion, half of the Red Pepper, and Garlic, arrange Pork Steak pieces on top of vegetables.
- 3.) In a bowl, combine Tomato Sauce, Lime Juice Beer, Salt, Pepper, Oregano, and Basil. Pour over Pork Steak in Crockpot. Add the rest of the Red Pepper on top. Cover, cook on LOW HEAT 8 hours. Serves 4 to 6