

Ken's Crockpot Beef Daube



Daube is a French slow-cooked stew, usually of beef, but other meat is sometimes used.

INGREDIENTS:

- 1/4 cup - Gold Medal™ All-purpose Flour
- 1 1/2 tsps. - Salt [***] 1/2 tsp. - Freshly Ground Pepper
- 1 - Beef Chuck Roast (3 lb.), cut into 1 1/2-inch pieces
- 2 tbsps. - Olive Oil [***] 1 1/2 cups - Dry Red Wine
- 1/2 cup - Progresso™ Beef-flavored Broth (from 32-oz carton)
- 4 medium - Carrots, cut diagonally into 1/2-inch slices
- 4 cloves - Garlic, finely chopped [**] 2 tablespoons - Tomato Paste
- 2 large - Onions, chopped (2 cups)
- 1 can (14.5 oz) - Muir Glen™ Organic Diced Tomatoes, undrained
- 1 tbsps. - Fresh Parsley (chopped)
- 2 tsps. - Fresh Thyme Leaves (chopped)
- 2 tsps. - Fresh Rosemary Leaves (chopped)

DIRECTIONS:

- 1.) Spray 5- to 6-quart slow cooker with cooking spray. In large resealable food-storage plastic bag, mix flour, 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Add beef; seal bag and shake to coat.
- 2.) In 12-inch skillet, heat 1 tablespoon of the oil over medium high heat. Add half of the beef; cook 6 minutes, stirring occasionally, until browned on all sides. Place in slow cooker. Repeat with remaining 1 tablespoon oil and beef. Add wine to skillet; cook 1 minute, stirring to loosen brown particles. Pour over beef in slow cooker. Stir in remaining 1 teaspoon salt, remaining 1/4 teaspoon pepper and remaining ingredients except noodles.
- 3.) Cover, cook on Low heat setting 8 hours or until beef is tender. Serve over noodles. Sprinkle with additional rosemary, if desired.

Nutrition: 550 Calories, 15g Total Fat, 42g Protein, 58g Total Carbohydrate

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Ken's Crockpot Minestrone



Savor slow-cooked Italian soup with little effort by letting your slow cooker do all the work! This is one hearty soup recipe the whole family will love. This recipe was adapted by Ken Croy from Betty Crocker Kitchen's "Slow-Cooker Vegetable Minestrone Recipe"

INGREDIENTS:

- 4 cups - Progresso™ Chicken Broth (from 32-oz carton)
- 1/2 lb. Bulk Sausage (local meat shop, only Salt & Pepper)
- 4 cups - Tomato Juice [---] 1 tbsp - Dried Basil Leaves
- 1 tsp - Salt [---] 1/2 tsp - Dried Oregano Leaves
- 1/4 tsp - Pepper [---] 2 medium - Carrots, sliced (1 cup)
- 2 medium - Celery Stalks, chopped (1 cup)
- 1 medium - Onion, chopped (1/2 cup)
- 1 cup - Sliced Fresh Mushrooms (3 oz)
- 2 - Garlic Cloves, finely chopped
- 1 can - (28 oz) Muir Glen™ organic diced tomatoes, undrained
- 1 1/2 cups - Uncooked Rotini Pasta (4 1/2 oz)
- Shredded Parmesan Cheese, if desired

DIRECTIONS:

- 1.) Cook Sausage in frying pan till done, crumble as you cook. Drain on paper towel
- 2.) In a 4 to 5-quart Crockpot, mix all ingredients except pasta and cheese. Cover; cook on Low heat setting 7 to 8 hours.
- 3.) Stir in pasta. Increase heat setting to High; cover and cook 15 to 20 minutes longer or until pasta is tender. Sprinkle each serving with cheese. Note: This recipe was tested in crockpots with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For Crockpots with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

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