

## Ken's Crockpot Beef Short Ribs



Fall-off-the-bone Crockpot Short Ribs is a perfectly hearty and savory dinner! This is the best way to cook succulent beef, emerged in a delicious sauce full of flavor. These Crockpot Short Ribs are an easy alternative to traditionally Braised Short Ribs, you don't need to pay any attention to them once you get them in the crockpot.

### INGREDIENTS:

- 6 - serving size pieces of Short Ribs (about 3 lbs.)
- 2 tbsps. - Splenda Brown Sugar Blend ®
- 3 - Garlic Cloves (medium, minced)
- 1 tsp. - Dried Thyme Leaves (crushed)
- 1/4 cup - All-Purpose Flour
- 1 - Condensed French Onion Soup (10 1/2oz. can)
- 1 - Dark Ale or Beer (12 fluid oz.)

### DIRECTIONS:

- 1.) Place the Short Ribs in a 5-quart Crockpot. Add Brown Sugar, Garlic, Thyme, and Flour, toss to coat. Pour Soup and Ale or Beer over the Beef mixture.
- 2.) Cover and cook on LOW for 8 hours, or until the Beef is fork tender.

**HINT:** In a hurry, recipe may be cooked on HIGH for 4 to 5 hours.

## Ken's Crockpot White Chili



Crockpot White Chicken Chili is an easy, healthy, and hearty Crockpot Chicken Chili recipe that's full of familiar yet craveable flavors. This White Chicken Chili recipe is adapted from a Betty Crocker slow cooker recipes cookbook.

### INGREDIENTS:

- 4 cans - Navy Beans (approx. 14oz each)
- 2 cups - Chicken (cooked and diced)
- 2 cups - Chicken Broth
- 2 Onions (Medium, chopped)
- 2 - Garlic Cloves (minced)
- 2 - Green Bell Peppers (Medium, diced)
- 2 tbsps. - Vegetable Oil
- 1/8 tsp - Black Pepper
- Salt to taste

### DIRECTIONS:

- 1.) Place Beans, Chicken, and Chicken Broth together in Crockpot.
- 2.) Sauté in skillet, Onion, and Garlic in oil until Transparent, then add Spices and Green Peppers to Onion and Garlic mixture, stir well. Add Sauteed items to crockpot mixture and stir well.
- 3.) Cook on LOW HEAT for at least 2 hours. Garnish with Sour Cream, Green Onions, and Monterey Jack Cheese

## Ken's Crockpot Cheesy Potato Soup



Potatoes and cheese? This nine-ingredient crockpot potato soup recipe is unbelievably easy and amazingly delicious. We highly recommend it for those nights when only something warm and comforting will do. Serve your very best Crockpot potato soup with a green salad and crusty bread for a complete meal.

Both Betty Crocker and Pillsbury have a fine recipe for this soup. I was unable to determine if either or both were responsible for my version.

### INGREDIENTS:

- 1 - Frozen Southern-Style Diced Hash Brown Potatoes (32oz. bag, thawed)
- 1/2 cup - Onion (chopped) [----] 1/2 cup - Celery (diced)
- 1 - Low-Sodium Chicken Broth (48oz carton)
- 3 tbsps. - All-Purpose Flour [---] 1 cup - Milk
- 1 - Shredded American Cheddar Cheese Blend (8oz bag, 2 cups)
- 4 strips - Bacon (cooked crisp and crumbled)
- 4 - Green Onions (Medium, sliced every 1/4 inch)

### DIRECTIONS:

- 1.) In a 3 to 4 qt. Crockpot, mix Potatoes, Onion, Celery, and Broth. Cover and cook with LOW HEAT, 6 to 8 hours.
- 2.) In a small bowl, add Milk and thoroughly stir in Flour, stir in Potato Mixture, then add to crockpot. Increase crockpot setting to High, cover and cook for 20 to 30 minutes or until mixture thickens, add Cheese, stir until melted.
- 3.) Garnish individual Servings with crumbled Bacon & Green Onion Slices. Sprinkle with Pepper to individual Tastes.

## Ken's Crockpot Italian Chicken & Potatoes



No idea where the original recipe came from but be sure to try Ken's Italian Chicken and Potatoes. Slow-cooked in Italian seasoning, this tender Italian chicken and potatoes recipe when cooked in the crockpot is the perfect one-pot meal. Be sure to take the time to make your own Italian Seasoning Blend.

### INGREDIENTS:

- 4 - Chicken Breasts (Boneless, Skinless)
- 3 cups - potatoes (chopped in about 1 1/2 inch pieces)
- 3 tbsps. - Cooking Oil
- 1 tbsp. - Italian Seasoning Blend (homemade)
- 1 tsp. - Garlic Powder
- Salt and Pepper to taste, fresh herbs for garnish (optional)

### Italian Seasoning Blend DIRECTIONS:

- 1.) In a small bowl blend in 3 tbsps. each of dried, Basil, Oregano, Rosemary, Marjoram, and Thyme. Dried herbs should be stored in a tightly sealed jar or tin, they can keep for a long time.

### DIRECTIONS:

- 1.) In a large bowl combine chicken and potatoes. Drizzle with oil and stir to coat. Sprinkle salt, pepper, garlic powder and Italian seasoning over the chicken and potatoes, then toss to coat well.
- 2.) Cook chicken and potatoes in a large skillet/pan over medium high heat for 2-3 minute to brown before transferring to the crockpot, cover and cook on low for 5-6 hours until chicken is cooked through, and potatoes are fork tender.
- 3.) Garnish with fresh herbs.