

Chicken Breasts

INGREDIENTS

3 large boneless skinless frozen chicken breasts

2 cups of fat free chicken broth

2 (7/8 ounce) packages chicken gravy mix

INSTRUCTIONS

Place chicken breasts in the bottom of the crock pot. Pour in chicken broth. If it doesn't cover the chicken, you may add a little bit of water. Cook on low 8 hours, or high 4-5 hours. Check for tenderness.

In a saucepan, pour 2 cups of broth from crock pot. Add 2 packages gravy mix and stir until it thickens, about 2 minutes. If you like you can make gravy from scratch, using the crock pot broth.

Remove your chicken from the crock pot and shred it. Add it to the gravy and mix it all together. Serve over mashed potatoes or noodles. (I used instant mashed potatoes) Add salt and pepper to taste.

Make 3-5 pounds of chicken, separate into 1 pound containers. Continue recipe with gravy, etc. and 1 pound chicken.

Turkey Breast

Ingredients

1 turkey breast (bone in) about 6 pounds (or bigger if you have a big crock pot)

1 packet dry onion soup mix

3 TBSP butter

(no water is needed—you'll be amazed at how much juice comes out as the turkey cooks)

Instructions

Coat the inside of crock pot with non-stick spray. Place turkey in crock pot breast up.

Since the meaty part of the turkey is so heavy it will sort of tip over to one side.

That's okay! Coat turkey breast all over with dry onion soup mix. Cut butter into 3 sections and place on top of turkey. Cook on low in the crock pot for about 6-7 hours or until meat reaches 175 degrees. Enjoy!

Ground Beef

INGREDIENTS

3 -5 lbs ground beef

3/4 - 1 1/4 cup water

INSTRUCTIONS

Place the ground beef into the bottom of a 6-quart slow cooker. Break up the meat with a large spoon and add the water. Cover and cook on high for 2 to 3 hours or low for 4 to 6 hours. Once the beef is cooked through, carefully pour the excess grease and liquid from the slow cooker dish. Using a slotted spoon, transfer the meat into airtight containers. Keep the cooked beef refrigerated and use within 3 days. To freeze, seal the desired amount in an airtight container and freeze for up to 2 months..

Cheesy Chicken Broccoli Rice

Ingredients

1 lb chicken breasts

1 tsp salt

1 tsp pepper

1.5 c chicken broth

1 can cream of chicken soup 10 oz

1 tsp garlic powder

1 onion diced

1 c broccoli florets

1 c cheese sharp cheddar is best

1 c rice uncooked

Instructions

Season chicken with salt, 1/2 tsp pepper and parsley flakes. Pour chicken broth, cream of chicken soup, garlic powder, and remaining pepper into your crockpot. Whisk together. Pour in white rice, diced onions, broccoli florets and cheese. Lay chicken on the very top and close lid. Cook on low for 6-8 hours or high for 3-4, or until rice is tender and chicken is cooked through.

Can use pre-cooked chicken and mix everything together in dump dinner style

Roast Beef

Ingredients

2-3 pounds beef roast I used a top sirloin roast

2 teaspoons kosher salt adjust to taste

1 teaspoon freshly ground black pepper adjust to taste

2 tablespoons olive oil

Instructions

Insert an oven-safe meat thermometer into the center of the roast and place the lid on the crockpot. Cook the roast on LOW until the temperature reaches 140 degrees. Approximately 90 minutes. Using meat forks or sturdy tongs, remove the roast to a cutting board and tent it (or cover it with a large mixing bowl turned upside down). Let the meat rest 20 minutes before slicing it as thinly as possible against the grain of the meat. Enjoy!

Pulled Pork

Ingredients

4 lb boneless pork shoulder (aka pork butt) salt*

pepper

Instructions

Season the pork all over with salt, pepper, and any other seasonings you'd like, then place it in the slow cooker. Cover with a lid and cook on low for about 8 hours, until it reaches an internal temperature of 190F. When the pork is done cooking, remove it to a board, and let cool for at least 20 minutes before shredding with a fork. Take the leftover liquid from the crockpot and strain it to remove any solids. If you don't mind the fat, add the liquid back to the shredded pork and toss well. If you want to remove the excess fat, chill the liquid in an ice bath in the refrigerator for about 30 minutes until the fat solidifies, then discard, and pour the remaining liquid over the pork. Enjoy!



By Iwaites

cheatography.com/Iwaites/

Published 24th August, 2020.

Last updated 23rd August, 2020.

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