

5

INGREDIENTS



PREP TIME

SLOW COOKER COOKBOOK



MARIA HOLMES

**5 Ingredients 15 Minutes Prep Time Slow
Cooker Cookbook: Quick & Easy Set It &
Forget It Recipes**

by Maria Holmes

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Dear Reader!

I would like to take this opportunity to thank you for taking the time to read my book and hope that you find these "quick prep" slow cooker recipes interesting and tasty!

Before we start exploring how you can prepare great meals with as little as 5 ingredients and/or 15 minutes (or less) of prep work, I would like to introduce myself. My name is Maria Holmes and I am indeed the author of this slow cooker recipe book that you are now reading. If you are interested in learning more about me, my mission and my passion, please join my Facebook community at [HolmesCookedMeals](#) for interesting activities and enthusiastic discussions. Or you might want to visit my blog at HolmesCookedMeals.com.

But let's get back to the topic at hand - ***5 Ingredients 15 Minutes Prep Time Slow Cooker Cookbook Quick & Easy Set It & Forget It Recipes***.

I use my slow cooker all the time. Rarely does a week go by without using it at least once or twice. It allows me to simply put some ingredients in the slow cooker in the morning before going to work. Then when I come home, I am ready to enjoy a great dinner with my family. And what's even more amazing about a slow cooker is how easy it is to create a truly tasty meal with minimal ingredients. In fact, I often try to come up with great slow cooker meals that require only five ingredients. Keeping the list of ingredients this short means that it only takes a few minutes to pull the slow cooker out of the cupboard, toss in the ingredients, turn it on "LOW" and leave for the day, only to come home to an amazing home cooked meal.

In this cookbook, you will discover how easy it is to come home to (or wake up to) a delicious home-cooked meal that only requires 5 ingredients and/or 15 minutes (or less) of prep time.

So get ready to discover all the tasty simmered-in flavors of slow cooking.

Enjoy and be well!



Maria Holmes

ACKNOWLEDGMENT

I would like to express my gratitude to my parents, who have always supported and encouraged me in everything I have done in my life. Without their love and support, this book might never have been written.

I am also grateful to my dear friends who I often use as test subjects when developing my recipes. Without their help and sacrifice, many of these recipes may have turned out bland and tasteless. Many of these friends have become members and supporters of my [Facebook Page](#) and [Holmes Cooked Meals Website](#).

And a special thank you goes out to my loving husband and my two amazing children (Ellie and Isaac) who endlessly encourage me to share my love for food and my many recipes with the world.

And most importantly, thank you, dear reader, for purchasing *5 Ingredients 15 Minutes Prep Time Slow Cooker Cookbook: Quick & Easy Set It & Forget It Recipes*.

INTRODUCTION

Fast Prep, Slow Cooking Meals

It's no coincidence that slow cookers are making a big comeback now, when people are busier than ever. These fast prep recipes were created for you: Someone who's moving at the speed of light, craving a comforting home-cooked meal, and doesn't want to spend his or her life in the kitchen. Each of these recipes requires 15 minutes or less of prep time and absolutely no acrobatics. If you can chop an onion and twist a can opener, you can make these dishes. The recipes include nutrition data, and most include serving tips.

No time to cook? No problem. All you need is 15 minutes of prep time, 5 ingredients (plus a few staples), and 1 turn of a switch, and you're set for dinner. Your slow cooker takes quick and easy meals to a whole new level.

Time Saving Tricks

If your kitchen time is always crunched, here are a few simple ways to ease the rush.

Plan Ahead: Take the time to create a weekly menu. Before you shop, be sure to read each recipe you plan to make to avoid extra trips to the grocery store.

Convenience Counts: Take advantage of convenience products. Chopped fresh and frozen vegetables, canned beans, and precut meats are just a few of the valuable time-saving products available.

Enlist Help: Ask the kids to help with easy prep work, clean-up, and setting the table.

Keep It Clean: A tidy kitchen is much easier to cook in than a messy one. Take a few minutes each day to clear clutter and straighten up.

Soak It Up

Many slow cooked foods are best served with a side dish that will absorb all its delicious juices. Stock up on these quick-to-make options and dinner will come together easier than ever.

Rice: Precooked long grain, whole grain, or brown rice is available in microwavable packets that heat up in under 2 minutes.

Couscous: This granular semolina tastes like pasta but cooks in a mere 5 minutes.

Mashed Potatoes: Look for prepared mashed potatoes in your supermarket's refrigerated section. They take just 5 minutes in the microwave.

Slow Cooker Savvy

Your slow cooker just may be the best kitchen helper you've ever had. Use these tips to get the most out of this resourceful appliance.

Herbs = Flavor: Herbs - both fresh and dried - enhance the flavor of food like nothing else. Add fresh herbs at the end of cooking so they retain their bright flavor. Add dried herbs earlier in the cooking process so their flavors have time to intensify and blend with other ingredients. Fresh and dried herbs can be used interchangeably: 1 teaspoon dried herbs equals 1 tablespoon fresh herb.

Don't Peek: As tempting as it may be to check the progress of dinner, don't lift the lid while your slow cooker is at work. Every time you lift the lid, heat is released and you'll need an additional 30 minutes of cooking time.

Vegetable Know-How: Dense vegetables, such as carrots, potatoes, and parsnips, are ideal for long, slow cooking. Add tender veggies, such as green beans, at the end of cooking. Cook according to recipe directions or on the high-heat setting for 30 minutes or until they are tender.

Thaw It First: Even if you're in a rush, never put frozen raw poultry or meat into the slow cooker. Because of the slow rate of cooking, frozen meat will hover in the food safety danger zone (40°F to 140°F) far too long.

Put It To The Test: Use this test to be sure your slow cooker is safe to use: Fill it half to two-thirds full with water. Heat it on the low-heat setting, covered, for 8 hours, then check the water temperature with a food thermometer. It should register 185°F. If not, it's time for a new slow cooker.

Crockery Conversions

Can favorite soups, stews, and roasts be adapted for the slow cooker? Absolutely! Here's how to do it.

Veggies: Cut vegetables into uniform pieces so they'll cook evenly and completely. Veggies take longer to cook than meat and poultry, so be sure to place them close to the heat, either around the sides of the slow cooker or at the bottom under the meat or poultry and liquid.

Liquids: Because the liquid doesn't boil away as it would with conventional cooking, you won't need as much for slow cooking. Whether your recipe calls for broth, wine, or water, reduce the liquid in the original recipe by about half.

Meat And Poultry: Select a recipe that uses a less-tender cut of meat, such as pork shoulder or beef chuck. Slow, moist cooking will soften the meat fibers and make these tougher cuts tender and juicy. If your roast is more than 2-1/2 pounds, cut it in half so it cooks evenly. Remove skin from poultry

pieces. If desired, brown the meat or poultry in a skillet before adding it to the slow cooker.

Beans: To use beans that are dried instead of canned, you will need to precook them. Rinse the beans and place them in a saucepan then add enough water to cover the beans by 2 inches. Bring to boiling then reduce the heat. Let simmer, uncovered for 10 minutes then remove from heat. Cover and let stand for 1 hour. Drain and rinse the beans before adding them to the slow cooker.



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Roast Beef with Mixed Fruit and Chipotle Sauce

Preparation time: 15 minutes

Cooking time: 10 to 11 hours (LOW) or 5 to 5-1/2 hours (HIGH)

Ingredients

1 3-pound boneless beef chuck pot roast
2 teaspoons garlic-pepper seasoning
1 package (7-ounces) dried mixed fruit
1/2 cup water
1 tablespoon finely chopped chipotle pepper in adobo sauce
2 teaspoons cornstarch
1 tablespoon cold water
Fresh cilantro sprigs (optional)

Directions

Trim the fat from the boneless beef chuck. If necessary, cut the beef chuck to fit into a 3-1/2 to 4-quart slow cooker. Sprinkle both sides of the beef chuck with the garlic pepper seasoning. Place the beef chuck in the slow cooker and add the dried fruit, the 1/2 cup water, and chipotle pepper.

Cover and cook on LOW for 10 to 11 hours or on HIGH for 5 to 5-1/2 hours.

Transfer the beef chuck and fruit to a serving dish and thinly slice the meat. Cover the meat and fruit to keep warm.

For the sauce, pour the cooking liquid into a bowl or a glass measuring cup and skim off the fat. Combine the cornstarch and the 1 tablespoon of cold water in a medium saucepan and stir in the cooking liquid. Cook and stir over medium heat until the mixture starts to thicken. Cook and stir for 2 to 3 minutes more.

Serve the meat and fruit with the sauce. If desired, garnish the meal with cilantro.

Makes 8 servings.

Per Serving

Calories: 275
Fat: 6g
Cholesterol: 101mg
Sodium: 378mg
Carbohydrate: 17g
Fiber: 1g

Roast Beef Sandwich

Pile melt-in-your-mouth beef onto whole-grain rolls for an extra fiber boost.

Preparation time: 15 minutes

Cooking time: 11 to 12 hours (LOW) or 5-1/2 to 6 hours (HIGH)

Ingredients

2 pounds boneless beef roast
3 medium onions, chopped
2 cups red wine vinegar
3 bay leaves
1/2 teaspoon garlic powder
1/2 teaspoon salt (optional)
1/4 teaspoon ground cloves

Directions

Cut the roast in half and place in a 4-quart or larger slow cooker.

Combine the onions, vinegar, bay leaves, garlic powder, salt (if using), and ground cloves and pour over the roast.

Cover and cook on LOW for 11 to 12 hours or on HIGH for 5-1/2 to 6 hours.

Discard the bay leaves and remove the meat from the slow cooker.

Shred the beef roast with 2 forks.

Makes 12 servings.

Per Serving

Calories: 230
Fat: 6g
Cholesterol: 45mg
Sodium: 630mg
Carbohydrate: 27g
Fiber: 4g
Protein: 19g

Beef with Ancho Chile Stew

Bake some corn bread to go along with this chunky stew.

Preparation time: 15 minutes

Cooking time: 8 to 9 hours (LOW) or 4 to 4 1/2 hours (HIGH)

Ingredients

1 pound of boneless beef chuck roast
1 tablespoon ground ancho chile pepper
Nonstick cooking spray
1 package (16-ounces) frozen stew vegetables
1 cup frozen whole kernel corn
1 jar (16-ounces) salsa
1/2 cup water

Directions

Trim the fat from the meat and cut into 1-inch pieces. Sprinkle the meat with ancho chile pepper, tossing to coat all sides. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Cook the meat half at a time in the hot skillet until browned.

Combine the frozen stew vegetables and frozen corn in a 3-1/2 to 4-quart slow cooker. Add the meat and pour the salsa and water over the mixture in the cooker.

Cover and cook on LOW for 8 to 9 hours or on HIGH for 4 to 4-1/2 hours.

Makes 4 servings.

Per Serving

Calories: 272
Fat: 5g
Cholesterol: 50mg
Sodium: 84mg
Carbohydrate: 28g
Fiber: 5g
Protein: 30g

Corned Beef and Cabbage

Plan this Irish classic for St. Paddy's Day or anytime you're in the mood for a bit o' green.

Preparation Time: 15 minutes

Cooking Time: 10 to 12 hours (LOW) or 5 to 6 hours (HIGH)

Ingredients

1 3-to-4 pound corned beef brisket with spice packet
1/2 of a small head cabbage, cut into 3 wedges
4 medium carrots, halved lengthwise and cut into 2-inch pieces
2 medium Yukon gold or yellow Finn potatoes, cut into 2-inch pieces
1 medium onion, quartered
1/2 cup water

Directions

Trim the fat from the corned beef brisket. If necessary, cut the meat to fit into a 5 to 6-quart slow cooker. Sprinkle the brisket evenly with the spice from the packet and rub the spice in with your fingers.

Place the cabbage, carrots, potatoes, and onion in the slow cooker and add water.

Place the brisket on top of the vegetables.

Cover and cook on LOW for 10 to 12 hours or on HIGH for 5 to 6 hours.

Transfer the meat to a serving platter and thinly slice the brisket against the grain. Using a slotted spoon, transfer the vegetables to the platter.

Makes 6 servings.

Per Serving

Calories: 457
Fat: 27g
Cholesterol: 115mg
Sodium: 1,543mg
Carbohydrate: 16g
Fiber: 3g
Protein: 35g

Easy Taco Chili Stew

Make dinner more fun by passing bowls of corn chips, sour cream, and sliced green onions to top off this Tex-Mex stew.

Preparation time: 15 minutes

Cooking time: 4 to 6 hours (LOW) or 2 to 3 hours (HIGH)

Ingredients

1 pound lean ground beef
2 cans (14-1/2 ounces, each) Mexican-style stewed tomatoes, undrained
1 can (15-1/4 ounces) whole kernel corn, undrained
1 can (15-ounces) red kidney beans, undrained
1 package (1-1/4 ounces) taco seasoning mix

Directions

Cook the ground beef in a large skillet over medium-high heat until browned while breaking up the meat with a wooden spoon.

Transfer the meat to a 3-1/2 to 4-quart slow cooker and stir in the tomatoes, corn, beans, and taco seasoning mix.

Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours.

Makes 4 to 6 servings.

Per Serving

Calories: 464
Fat: 17g
Cholesterol: 71mg
Sodium: 2,317mg
Carbohydrate: 50g
Fiber: 9g
Protein: 33g

Italian-Style Meatballs with Basil Pesto Stew

This meatball stew will warm you from the inside regardless of how cold it may be outside.

Preparation time: 10 minutes

Cooking time: 5 to 7 hours (LOW) or 2-1/2 to 3-1/2 hours (HIGH)

Ingredients

2 cans (14-1/2 ounces, each) Italian style stewed tomatoes, undrained
1 package (16-ounces) frozen cooked Italian-style meatballs (about 32), thawed
1 can (15 to 19-ounces) cannellini (white kidney) beans, rinsed and drained
1/2 cup water
1/4 cup basil pesto
1/2 cup Parmesan cheese (2-ounces), finely shredded

Directions

Combine the tomatoes, meatballs, beans, water and pesto in a 3-1/2 to 4-quart slow cooker.

Cover and cook on LOW for 5 to 7 hours or HIGH for 2-1/2 to 3-1/2 hours.

Sprinkle the Parmesan cheese on each servings.

Makes 6 servings.

Per Serving

Calories: 408
Fat: 27g
Cholesterol: 34mg
Sodium: 1,201mg
Carbohydrate: 24g
Fiber: 6g
Protein: 17g

Perfect Pot Roast

Want a healthier roast? Cook, cover, and refrigerate overnight, then skim the fat off the top before reheating and serving.

Preparation time: 15 minutes

Cooking time: 8 hours (LOW) of 4 hours (HIGH)

Ingredients

4 to 5 pounds bottom round or rump roast
1 tablespoon olive or canola oil
2 cups beef broth
2 cups ketchup
1/2 cup cider vinegar
2 medium onions, chopped
2 cloves garlic, minced (optional)
6 tablespoons brown sugar
5 carrots, quartered
5 ribs celery

Directions

Rub the roast with oil and brown under a broiler on both sides.

In a 4-quart or larger slow cooker, combine the broth, ketchup, vinegar, onions, garlic, and the sugar.

Add the roast, carrots and celery.

Cover and cook on LOW for 8 hours or on HIGH for 4 hours.

Slice and serve with vegetables and sauce from the cooker.

Makes 12 servings.

Per Serving

Calories: 380

Fat: 11g

Cholesterol: 125mg

Sodium: 770mg

Carbohydrate: 28g

Fiber: 2g

Protein: 42g

Beef and Marinara Sauce Stuffed Peppers

Bell peppers pack more than 100% of your daily value of vitamins C and A.

Preparation time: 15 minutes

Cooking time: 8 hours (LOW) or 4 hours (HIGH)

Ingredients

1 jar (26-ounces) marinara sauce
1 tablespoons red wine vinegar
1 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/2 large bell pepper, finely chopped
4 large bell peppers, seeded with top removed and reserved
8 ounces lean ground beef
1/2 cup converted rice
1/3 cup finely chopped onion

Directions

Stir the sauce, vinegar, cumin and cinnamon in a medium bowl and pour 1-1/3 cups of the sauce mixture into a 3-1/2 to 4-quart slow cooker.

Combine the beef, rice, onion, chopped pepper, and the remaining sauce mixture in a large bowl. Spoon the mixture into the peppers and replace the tops. Place in the slow cooker.

Cover and cook on LOW for 8 hours or on HIGH for 4 hours, or until the filling is cooked through.

Serve with the sauce from the pot.

Makes 4 servings.

Per Serving

Calories: 360
Fat: 10g
Cholesterol: 20mg
Sodium: 810mg
Carbohydrate: 51g
Fiber: 7g
Protein: 18g

Swedish Meatballs with Ground Beef and Pork

Serve these easy to make Swedish meatballs with egg noodles and your choice of salad for a filling supper.

Preparation time: 15 minutes

Cooking time: 15 minutes (HIGH) plus 4 to 5 hours (LOW)

Ingredients

1-1/2 pounds lean ground beef
1 pound ground pork
1 cup onions, chopped fine
1-1/2 cups fine dried bread crumbs
2 tablespoons minced parsley
2 eggs, lightly beaten
1 cup fat-free milk
2 tablespoons Worcestershire sauce
Salt, to taste
1 teaspoon garlic powder
1/4 teaspoon black pepper
4 tablespoons canola oil

Directions

Shape the beef, pork, onions, bread crumbs, parsley, eggs, milk, Worcestershire, salt, garlic powder, and pepper into walnut-sized balls.

Brown in a skillet over medium heat and then place in several 4-quart slow cookers. Cover and cook on high for 15 minutes. Pour the gravy of your choice over the meatballs.

Cover and reduce heat to low and cook for 4 to 5 hours.

Makes 24 servings.

Per Serving

Calories: 200
Fat: 12g
Cholesterol: 50mg
Sodium: 360mg
Carbohydrate: 11g
Fiber: 0g
Protein: 11g



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Chicken and Corn Chowder

Chicken Chili

Chicken Curry In a Hurry

Chicken Vegetables with Hoisin Sauce

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