

Crockpot Meals

4hrs before meal on high, 8-10 hrs before meal on low

Grains/Starchy Veggies

1 c fresh or frozen starchy vegetable or whole grain

Meat/Meat Substitute

Layer in the bottom of a medium-sized slow cooker:
1# of allowed meat, poultry, or tofu crumbles

Cut Up Vegetables

Layer 1 c frozen or fresh vegetables

Liquids

For roast, add 2c water or broth
For stew add 3 c water or broth
For soup, add 4 cups water or broth

For wild rice, buckwheat, barley or rye berries, always use at
least 3 cups of water

Seasonings

Add 2 tsp total of dried seasonings, and salt

Cooking tips

Leave covered until ready to serve.