

Delicious **CROCKPOT**

Recipes

Easy & Tasty Slow Cooker Meals



Contents

Five recipes for slow days and good appetites.

SECTION ONE — CROCKPOT FAVORITES

Sweet & Sour Crockpot Spareribs	04
Creamy Sweet Chili Chicken	05
Beef Fettuccine with Rich Tomato Meat Sauce	06
Easy Crockpot Chili	07
Crockpot Beef Enchilada Bake	08
Crockpot Meatloaf with Potatoes	09

SECTION TWO — DESSERTS

Warm Brown Sugar Sponge Cake	11
---	----

SECTION ONE

Crockpot Favorites

Set it in the morning, smell it all afternoon. Four recipes that ask very little and give back a lot.

Sweet & Sour Crockpot Spareribs

SERVES	PREP	COOK (LOW)	COOK (HIGH)
3–4	10 min	6–7 hours	3–3.5 hours

A sticky, tangy, comfort-food classic. The crockpot does all the work — you just stir together a five-ingredient sauce and walk away.

INGREDIENTS

1.5–2 lbs pork spareribs

1/3 cup ketchup

1/4 cup brown sugar

1/4 cup white vinegar

2 tbsp soy sauce

1/4 cup water

1 clove garlic, minced

Salt & pepper to taste

OPTIONAL

Sliced onion

Pineapple chunks

Red pepper flakes

METHOD

1 Season the ribs with salt and pepper.

2 Place the ribs in the crockpot.

3 Whisk together the ketchup, brown sugar, vinegar, soy sauce, water, and garlic. Pour over the ribs.

4 Cook on **LOW** for 6–7 hours or **HIGH** for 3–3.5 hours, until the meat is tender and pulls easily from the bone.

5 Optional but recommended: transfer the ribs to a sheet pan and broil for 3–5 minutes for a glossy, sticky finish.

Creamy Sweet Chili Chicken

SERVES	PREP	COOK (LOW)	COOK (HIGH)
4	10 min	4–5 hours	2–2.5 hours

Tender shredded chicken in a creamy, sweet-and-spicy sauce. Spoon it over rice and you have dinner — leftovers reheat like a dream.

INGREDIENTS

- 1.25–1.5 lbs chicken breasts
- 1/2 cup sweet chili sauce
- 1/4 cup soy sauce
- 2 tbsp honey
- 2 cloves garlic, minced
- 1 tbsp rice vinegar
- 1/4 cup chicken broth or water
- 1/3 cup cream cheese, cubed
- Salt & pepper to taste

OPTIONAL

- Diced onion
- Lime wedges
- Red pepper flakes
- Frozen vegetables

METHOD

- 1 Season the chicken with salt and pepper.
- 2 Place the chicken in the crockpot.
- 3 Whisk together the sweet chili sauce, soy sauce, honey, garlic, rice vinegar, and broth. Pour over the chicken.
- 4 Cook on **LOW** for 4–5 hours or **HIGH** for 2–2.5 hours.
- 5 In the last 20–30 minutes, add the cubed cream cheese and stir until melted into the sauce.
- 6 Shred or slice the chicken and return it to the sauce. Serve over rice.

Beef Fettuccine with Rich Tomato Meat Sauce

SERVES 4–6 STOVETOP 1.5 hours CROCKPOT (LOW) 6–8 hours

A long-simmered meat sauce that tastes like it came from someone's nonna. The red wine matters — even cheap table wine adds real depth.

INGREDIENTS

THE MEAT SAUCE

1½ lbs ground beef (or beef chuck, cubed small)

1 large onion, diced

4 cloves garlic, minced

1 can (28 oz) crushed tomatoes

1 can (6 oz) tomato paste

½ cup beef broth

½ cup red wine

2 tsp Italian seasoning

1 tsp dried basil

1 tsp sugar

2 tbsp olive oil

Salt and pepper to taste

STOVETOP METHOD

- 1 Heat olive oil in a large heavy pot over medium-high heat. Brown the beef, breaking it up as it cooks. Drain excess fat.
- 2 Add onion and cook for 3–4 minutes until softened. Add garlic and cook another minute.
- 3 Pour in the red wine and let it bubble for 2 minutes, scraping up any browned bits.
- 4 Add crushed tomatoes, tomato paste, beef broth, Italian seasoning, basil, sugar, salt, and pepper. Stir well.
- 5 Bring to a gentle simmer, then reduce heat to low. Cover partially and cook for 45–60 minutes, stirring occasionally.
- 6 Cook fettuccine according to package directions. Reserve ½ cup of pasta water before draining.
- 7 Toss pasta with sauce, adding pasta water as needed. Top with parmesan and basil.

TO SERVE

1 lb fettuccine

Fresh parmesan, grated

Fresh basil or parsley

CROCKPOT METHOD

- 1 Brown the beef in a skillet and drain. (Optional, but a big flavor upgrade.)
- 2 Add the beef to the crockpot with onion, garlic, tomatoes, tomato paste, broth, wine, and seasonings. Stir to combine.
- 3 Cook on **LOW** for 6–8 hours or **HIGH** for 3–4 hours.
- 4 About 20 minutes before serving, cook the fettuccine. Serve sauce over pasta with parmesan and basil.

COOK'S NOTES

- Don't skip the red wine — it adds real depth. A cheap table wine is perfectly fine.
- The pasta water trick is worth doing — the starch helps the sauce cling to the noodles.
- For a richer sauce, stir in 2 tablespoons of butter just before serving.
- Leftovers keep in the fridge for 3 days and freeze beautifully.

Buon appetito.

Easy Crockpot Chili

SERVES	PREP	COOK (LOW)	COOK (HIGH)
6	15 min	6–8 hours	3–4 hours

A throw-it-all-in chili with three spices and one skillet step. Brown the beef, dump everything in, and you're done. Even better the next day.

INGREDIENTS

1½ lbs ground beef

1 cup yellow onion, diced

1 can (15 oz) kidney beans, drained & rinsed

1 can (15 oz) black beans, drained & rinsed

1 can (28 oz) diced tomatoes

1 can (8 oz) tomato sauce

3 tbsp chili powder

1 tsp garlic powder

1 tsp kosher salt

TO TOP

Shredded cheddar

Sour cream

Chopped green onions

Diced jalapeño (for heat)

METHOD

- 1 Brown the ground beef with the diced onion in a skillet over medium-high heat, breaking it up as it cooks, about 6–8 minutes. Drain off the excess fat.
- 2 Transfer the beef and onion to the crockpot. Add both cans of beans, the diced tomatoes, tomato sauce, chili powder, garlic powder, and salt. Stir to combine.
- 3 Cover and cook on **LOW** for 6–8 hours or **HIGH** for 3–4 hours.
- 4 Taste and adjust salt before serving. Ladle into bowls and pile on the toppings.

COOK'S NOTES

- Want it spicier? Add a diced jalapeño with the onion or stir in a splash of hot sauce at the end.
- For a thicker chili, leave the lid off for the last 30 minutes on HIGH.
- Leftovers are even better the next day — the flavors deepen overnight.

Crockpot Beef Enchilada Bake



SERVES	PREP	COOK (LOW)	COOK (HIGH)	CROCKPOT
10–12	15 min	3–4 hours	1.5–2 hours	6 quart

A layered slow-cooker take on enchiladas — like Mexican lasagna. Brown the beef, layer everything into the crockpot, and let it bubble away. Doubled to feed a crowd.

INGREDIENTS

- 3 lbs ground beef
- 2 cups yellow onion, diced
- 2 packets (1 oz) taco seasoning
- 4 cans (10 oz) red enchilada sauce
- 2 cans (15 oz) black beans, drained & rinsed
- 2 cans (10 oz) diced tomatoes with green chiles (Rotel)
- 20 corn tortillas (6-inch)
- 6 cups shredded Mexican cheese blend

METHOD

- 1 Brown the ground beef with the diced onion in a large skillet over medium-high heat, breaking it up as it cooks, about 8–10 minutes. Work in two batches if needed. Drain the fat. Stir in the taco seasoning, black beans, and Rotel. Remove from heat.
- 2 Spread a thin layer of enchilada sauce on the bottom of the crockpot. Add a layer of corn tortillas (tear them to fit), then a third of the beef mixture, a splash of sauce, and a generous handful of cheese. Repeat the layers two more times, ending with cheese on top.
- 3 Cover and cook on **LOW** for 3–4 hours or **HIGH** for 1.5–2 hours, until the cheese is melted and the edges are bubbly.

TO TOP

Sour cream

Sliced avocado

Chopped cilantro

Pickled jalapeños

Lime wedges

4

Turn off the crockpot and let it rest 10 minutes before scooping — it firms up as it sits. Top generously and serve.

COOK'S NOTES

- Line the crockpot with parchment or a slow cooker liner for easy cleanup.
- Leftovers freeze beautifully — portion them out for grab-and-go lunches.
- Sized for a 6-quart crockpot. For a smaller cooker, halve the recipe and reduce cook time slightly.

Crockpot Meatloaf with Potatoes



SERVES	PREP	COOK (LOW)	COOK (HIGH)	DONE AT
6	15 min	6–7 hours	3.5–4 hours	160°F

A classic meatloaf cooked low and slow, with tender baby potatoes nestled around the sides picking up flavor from the meat juices. The foil sling lets you lift the whole loaf out cleanly to slice.

INGREDIENTS

2 lbs ground beef (80/20)

1 cup yellow onion, finely diced

1 cup plain breadcrumbs

2 large eggs

½ cup milk

2 tbsp Worcestershire sauce

1 tsp garlic powder

1½ tsp kosher salt (divided)

½ tsp black pepper

METHOD

- 1 Line the crockpot with foil or parchment, leaving extra hanging over the sides as handles.
- 2 Toss the halved potatoes with the olive oil and ½ tsp salt. Spread them around the edges of the crockpot, leaving the center clear.
- 3 In a large bowl, combine the ground beef, onion, breadcrumbs, eggs, milk, Worcestershire, garlic powder, the remaining 1 tsp salt, and pepper. Mix gently with your hands until just combined — don't overmix or it gets tough.

2 lbs baby red or Yukon Gold potatoes, halved

2 tbsp olive oil or melted butter

GLAZE

½ cup ketchup

2 tbsp brown sugar

1 tbsp yellow mustard

4 Shape the mixture into a loaf and place it in the center of the crockpot, on top of the foil, with potatoes around the sides.

5 Whisk together the ketchup, brown sugar, and mustard. Spread half over the top of the loaf, reserving the rest.

6 Cover and cook on **LOW** for 6–7 hours or **HIGH** for 3.5–4 hours, until the meatloaf reaches 160°F internal and the potatoes are fork-tender.

7 Spread the remaining glaze on top. Lift the meatloaf out with the foil handles and let it rest 10 minutes before slicing. Scoop the potatoes out with a slotted spoon.

COOK'S NOTES

- Use baby potatoes or cut larger ones into 1.5-inch chunks so they cook in the same time as the meatloaf.
- Don't skip the milk-soaked breadcrumbs — they're what keep the meatloaf tender.
- Leftovers make excellent sandwiches; reheat the potatoes in a skillet with a little butter.

SECTION TWO

Sweet Endings

Because every good meal deserves something warm and a little sticky to finish.

Warm Brown Sugar Sponge Cake

SERVES	PREP	BAKE	PAN
10–12	20 min	22–28 min	13×9 inch

Light, airy sponge cake under a warm pour of glossy brown sugar sauce. Best served the moment the sauce hits the cake.

SPONGE CAKE

1½ cups all-purpose flour

1 cup granulated sugar

1½ tsp baking powder

½ tsp salt

4 large eggs, room temperature

½ cup whole milk, warmed slightly

¼ cup unsalted butter, melted

1 tsp vanilla extract

BROWN SUGAR SAUCE

1 cup brown sugar

½ cup unsalted butter

½ cup heavy cream

1 tsp vanilla extract

Pinch of salt

CAKE

- 1 Preheat the oven to 350°F. Grease a 13×9 inch pan.
- 2 In a medium bowl, whisk together the flour, baking powder, and salt.
- 3 In a large bowl, beat the eggs and sugar for 4–5 minutes until pale and thick.
- 4 Add the vanilla and mix to combine.
- 5 Gently fold in the dry ingredients.
- 6 Stir the warm milk and melted butter together, then fold into the batter.
- 7 Pour into the prepared pan and bake for 22–28 minutes, until a toothpick comes out clean. Let cool slightly.

SAUCE

- 1 Combine the brown sugar, butter, and cream in a saucepan.
- 2 Heat over medium, stirring until smooth.

- 3 Simmer for 2–3 minutes, stirring often.
- 4 Remove from heat and stir in the vanilla and salt.
- 5 Pour warm over the sponge cake just before serving.

Serve warm, with extra sauce on the side.