

Porcupine Meatballs in Tomato

Serving Size: 6-8

Prep Time: 15 Minutes
Cook Time: 7-8 Hours

2 (8 oz.) cans tomato sauce
¼ tsp. garlic
½ tsp. thyme
½ c. water
1 ¼ lbs. lean ground beef

½ c. rice (not instant or minute rice)
2 T. chopped onion
1/2 tsp. salt
¼ tsp. pepper

1. Combine tomato sauce, garlic powder, thyme, and water in Crock-Pot.
2. In a medium bowl, combine beef, rice, onion, salt, and pepper, mixing well.
3. Shape into 24-26 balls about the size of a golf ball.
4. Place meatballs in tomato mixture in slow cooker.
5. Cover and start on high for 1 hour.
6. Then cook on low for 7-8 hours or until rice is tender.
7. Serve sauce over meatballs.



Pepper Steak

Serving Size: 4

Prep Time: 10 Minutes
Cook Time: 6-8 Hours

1 lb. lean round steak, cut into pieces
2 ½ c. green bell pepper, coarsely chopped
½ c. onion, chopped

3 c. raw potatoes, diced
1 (12 oz.) Jar fat-free beef gravy
¼ tsp. garlic powder

1. Spray crock pot with butter-flavored cooking spray.
2. Add steak pieces, green pepper, onion, and potatoes and stir to combine.
3. Stir in gravy and garlic.
4. Cover and cook on low for 6-8 hours.
5. Mix well before serving.



Chicken and Rice Casserole

Serving Size: 2

Prep Time: 10 Minutes
Cook Time: 8-9 Hours

- 1 (10¾ oz.) can cream of celery soup
- 1 (2oz.) can sliced mushrooms, undrained
- ½ cup long grain converted rice (not instant rice)
- 2 chicken breasts, halved, skinned and boned
- 1 T. dry onion soup mix

1. Spray crock pot with butter-flavored cooking spray.
2. Combine soup, mushrooms, and rice in the crock pot; stir well.
3. Lay chicken breasts on top of mixture and sprinkle with onion soup mix.
4. Cover and start on high for 1 hour.
5. Then cook on low setting for 7-9 hours.



Chicken and Stuffing

Serving Size: 4

Prep Time: 10 Minutes
Cook Time: 6-8 Hours

1 pkg. herb-seasoned stuffing mix prepared as directed on the package.
4 boneless chicken breast halves.
1 can cream of chicken soup.
1 can 4oz. sliced mushrooms, drained.

1. Prepare packaged stuffing mix with butter and liquid as directed on the package.
2. Spray Crock-Pot with cooking spray.
3. Layer stuffing in the bottom of the Crock-pot.
4. Place the chicken on top, and try to arrange it with as little overlap as possible.
5. Pour 1 can of cream of chicken soup on top of the chicken.
6. Add the mushrooms.
7. Stir the mushrooms into the soup.
8. Cover and cook on low for 6-8 hours.

