

Casserole Spaghetti

Serves 6-8

- 1 ½ lb ground beef
- 1 green pepper, chopped
- 1 large onion, chopped
- ½ cup celery, chopped
- 2 garlic cloves, crushed
- 1 28oz can of crushed tomatoes or sauce
- 2 Tablespoon chili powder
- 2 teaspoon salt (I add more after it's cooked)
- ¼ teaspoon pepper
- 12 oz spaghetti or other pasta
- 2 cups shredded cheese (I use a Mexican mix)

Instructions

1. Cook ground beef. Drain and cool completely. (Or you can cook it the morning you prepare the meal and add it to the crock pot.)
2. Add it to the ziploc bag with the green pepper, onion, celery, garlic cloves, tomatoes, chili pepper, salt, and pepper.

Write in the bag

1. Cover and cook on low for 7-8 hours or high for 5-6 hours on low.
2. When it's almost done, cook spaghetti according to package and drain.
3. Add cooked spaghetti and about 1 cup of cheese to the crock pot and mix well.
4. Add more cheese to the top and serve!

We really like to eat this with Hawaiian Sweet Rolls.

Garlic Lime Chicken

serves 6

- 1 ½ pounds boneless skinless chicken breasts
- ¼ cup fresh lime juice (about 2 limes)
- 1 cup water
- 1 Tablespoon chicken bouillon
- 2 cloves garlic, finely chopped
- ½ teaspoon dried thyme leaves
- ¼ teaspoon pepper
- 2 tablespoons butter or margarine

Instructions

1. Add all the ingredients into your ziploc bag.

Write on the bag

1. Cook on low for 7-8 hours or high for 5-6 hours.

Carolina Pork Sandwiches

serves 12

- 3-pound boneless pork shoulder blade roast
- 1 Tablespoon paprika
- 1 Tablespoon pepper
- 1 Tablespoon salt
- 1 Tablespoon brown sugar
- 1 cup cider vinegar
- ¾ cup ketchup
- 2 Tablespoons Worcestershire sauce
- 12 rolls*
- Cole Slaw*

Instructions

1. Combine all the ingredients (except the rolls and the cole slaw) into the ziploc bag.

Write on the bag.

1. Cook on high for 6 to 7 hours or low for about 8-9 hours.
2. Remove pork and shred.
3. Add it back to the juices.

Carolina Pork has a stronger vinegar flavor than regular BBQ. It is also usually served with cole slaw on the sandwich.

Delicious Pot Roast

(serves 4-5)

- 1 (2 ½ pound) boneless beef chuck roast
- 1 packet of Ranch dressing mix (dry seasoning mix)
- 1 packet brown gravy mix
- 4 Tablespoon dried onion flakes
- 1 cup of water
- baby carrots (do not add to bag)

Instructions

1. Add all the meat, Ranch dressing packet, brown gravy packet, dried onion flakes, and water to a ziploc bag.

Write on the bag

1. Add all the ingredients from the bag into the crock pot. Add a bag of baby carrots.
2. Cook on high for 6-7 hours or low for 8-9 hours.
3. Serve with mashed potatoes. (Or you can add potatoes to the crock pot in the morning.)

*Note - I like to have more gravy, so I think next time I will double the ingredients.

Peppered Steak

(serves 4-5)

- 1 ½ lb boneless beef round steak
- 2 medium onions, sliced
- 1 clove garlic, finely chopped
- ½ teaspoon finely chopped ginger (or ¼ teaspoon ground ginger)
- 2 medium green bell peppers, cut into ¾ -inch strips
- 1 cup water
- 2 Tablespoon beef bouillon
- 3 Tablespoon soy sauce
- 2 Tablespoon cornstarch (do not put in the bag)
- ¼ cup cold water (do not put in the bag)

Instructions

1. Cut up beef into strips (about 1 ½ inches long).
2. Add beef, onion, garlic, peppers, ginger, water, beef bouillon, and soy sauce to the ziploc bag.

Write on the bag

1. Cook on high for 3-4 hours or 6-7 hours on low.
2. When the beef is almost finished, mix cornstarch and water and mix into beef mixture.
3. Increase heat to high. Cook 10 to 12 minutes or until it's thickened.
4. Serve over rice.

Note - the peppers do get a little mushy but I don't mind them this way. If you would like them to still be a little crunchy you can add them about an hour before the dinner is done.

