



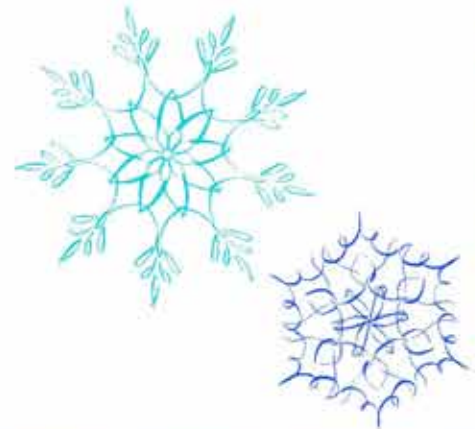
Slow Cooker

Freezer Favorites

from 30 Day Gourmet



A compilation of recipes submitted by our wonderful cooking partners on the message boards at www.30DayGourmet.com



Contact the editor:
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For great information about freezer cooking and lots of free recipes, visit our website at:

www.30daygourmet.com

Note: The nutritional information contained in this cookbook is not intended to serve as a replacement for professional medical advice. Any use of the information in this book is at the reader's discretion. The authors and the publisher specifically disclaim any and all liability arising directly or indirectly from the use or application of any information contained in this book. A health care professional should be consulted regarding your specific situation.

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Slow Cooker Freezer Favorites

From 30 Day Gourmet

We live in a microwave world. There are so many activities that fill our lives, we sometimes feel overwhelmed. We rush to get the kids ready for school and make it to work on time. In our fast-paced world, the microwave has practically become a necessity. By the mid-1970s, more American households had a microwave than a dishwasher. Modern appliances and prepared meals meant that all day cooking was a thing of the past that was only for soups or baked beans.

However, before the microwave, there was another kitchen appliance that allowed the family chef to prepare delicious home-cooked meals for their family with just 15 minutes of prep before going to work. Since 1971, the slow cooker has freed cooks from the kitchen and welcomed the family home with the wonderful aroma of a steaming hot dinner.

In today's economy, stretching your food budget is even more important. Slow cooking softens and tenderizes tough, less expensive cuts of meat, such as pot roast, into tender juicy morsels like more expensive filets. This makes slow cooking not only affordable but very convenient. But that is not all it can do. Use the slow cooker to make hearty stews and chilies, thick soups, sandwich fillings, breakfast, desserts or even beverages. All of these are the perfect comfort foods for a cold winter day or to help keep the heat out of the kitchen on a hot summer's day.

The slow cooker is a wonderful tool in today's kitchen. This is especially true for the freezer cook. Your slow cooker can be your best friend or that extra helping hand on cooking day. It is great to have a tried and true recipe that you can make on assembly day. This ebook contains an exciting compilation of recipes that were submitted to 30 Day Gourmet through the Cooks' Corner. The Cooks' Corner is our message board – a place where freezer cooks can share recipes and cooking knowledge with others. Welcome to Slow Cooker Freezer Favorites! We hope you enjoy the recipes.

Carol

Email the author:

Carol@30DayGourmet.com

Post messages about this book and other subjects on the Cooks' Corner, a free message board system for 30 Day Gourmets!
[Click here to participate.](#)

PORK RECIPES

Cranberry Pork Roast

Submitted by Jodi Lynn

Recipes	1	2	3	4	5	6
Servings:	12	24	36	48	60	72
Ingredients:						
Pork loin roast	4 lbs.	8 lbs.	12 lbs.	16 lbs.	20 lbs.	24 lbs.
Salt and pepper						
Whole berry cranberry sauce	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Honey	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Orange zest: oranges	1	2	3	4	5	6
Ground cloves	1/8 t.	1/4 t.	3/8 t.	1/2 t.	1/2 t. + 1/8 t.	3/4 t.
Ground nutmeg	1/8 t.	1/4 t.	3/8 t.	1/2 t.	1/2 t. + 1/8 t.	3/4 t.

Assembly Directions:

Spray slow cooker with cooking spray. Place roast in slow cooker. Sprinkle with salt and pepper. Mix remaining ingredients in a bowl. Pour sauce over roast. Cook on low for 8 to 10 hours or on high for 4 to 5 hours. Cool.

Freezing Directions:

Slice meat or place whole in a freezer bag or freezer container. Add some of the remaining sauce to the bag/container. Seal, label and freeze.

Serving Directions:

Thaw meat. Reheat in microwave or on stovetop.

Nutritional Info:

Per Serving: 275 Calories; 7g Fat (21.8% calories from fat); 27g Protein; 26g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 67mg Sodium.
Exchanges: 4 Lean Meat; 2 Other Carbohydrates.



SOUP AND SANDWICH RECIPES

Iowa State Fair Guinea Grinders

Submitted by Christi

Recipes:	1	2	3	4	5	6
Servings:	12	24	36	48	60	72
Ingredients:						
Italian sausage	1 lb.	2 lbs.	3 lbs.	4 lbs.	5 lbs.	6 lbs.
Ground beef	1 lb.	2 lbs.	3 lbs.	4 lbs.	5 lbs.	6 lbs.
Salt	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Pepper	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Garlic powder	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Red pepper flakes (optional)	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Jar pizza sauce (such as Ragu®)	30 oz.	60 oz.	90 oz.	120 oz.	150 oz.	180 oz.
On Hand Ingredients:						
French bread loaves, sliced in half	3	6	9	12	15	18
Mozzarella cheese slices	1 lb.	2 lbs.	3 lbs.	4 lbs.	5 lbs.	6 lbs.

Assembly Directions:

Brown sausage and beef together; drain.

Option one: Mix cooked meat and all ingredients together.

Option two: Place in slow cooker. Add salt, pepper, garlic powder, pizza sauce (and red pepper, if desired). Cook on high 1-2 hours, stirring once per hour. Cool.

Freezing Directions:

Place mixture in a freezer bag or freezer container. Seal, label and freeze.

Serving Directions:

Option one: Thaw and add to slow cooker. Cook on high 1-2 hours, stirring once per hour.

Option two: Thaw and reheat in saucepan/microwave.

Preheat oven to 375 degrees. With sliced loaf, pull a small amount of bread out of the bottom half, to make a 'bowl'.

With a slotted spoon, place meat mixture onto bottom half of bread and top with cheese slices (5-6 slices per loaf). Place the top on the French bread loaf. Wrap in foil and bake for 15 minutes in oven. Remove and slice into pieces.



Nutritional Info:

Per Serving: 619 Calories; 33g Fat (48.0% calories from fat); 29g Protein; 51g Carbohydrate; 3g Dietary Fiber; 89mg Cholesterol; 1578mg Sodium.

Exchanges: 3 Grain (Starch); 3 Lean Meat; 1-1/2 Vegetable; 5 Fat.

SOUP AND SANDWICH RECIPES

Wedding Soup

Submitted by Theresa

Recipes:	1	2	3	4	5	6
Servings:	12	24	36	48	60	72
Ingredients:						
Chicken broth	96 oz.	192 oz.	288 oz.	384 oz.	480 oz.	576 oz.
Shredded carrots*	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Celery stalks, sliced	3	6	9	12	15	18
Ground turkey	2 lbs.	4 lbs.	6 lbs.	8 lbs.	10 lbs.	12 lbs.
Eggs	2	4	6	8	10	12
White bread slices	1	2	3	4	5	6
Milk	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Grated Romano cheese	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Dried basil	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Dried parsley	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Salt and pepper to taste						
Acini de pepe	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.

Assembly Directions:

In a 5 qt. slow cooker, add chicken broth, shredded carrots, and celery. Stir. In a large bowl, mix eggs, white bread, milk, Romano, basil, parsley, salt and pepper together to make a uniform mixture. Add ground turkey and mix just until combined. Form into small meatballs (1" or less) and place into slow cooker carefully so they don't lump together. Place lid on slow cooker and cook on low for 8-10 hours or on high 3-4 hours. Remove lid and add acini de pepe (if you can't find that, orzo or other small, rice size pasta may be substituted) and cook on high for 20 more minutes.

Freezing Directions:

Place soup in a freezer bag or freezer container. Seal, label and freeze.

Serving Directions:

Thaw and reheat on stove.

Comments:

* 1 medium carrot = 1/2 C. shredded

Nutritional Info:

Per Serving: 257 Calories; 9g Fat (33.8% calories from fat); 22g Protein; 19g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 859mg Sodium.

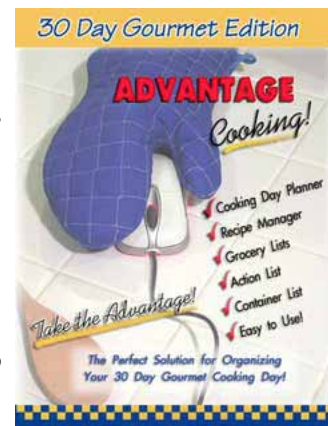
Exchanges: 1 Grain (Starch); 2-1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.



30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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