

Creative Slow-Cooker Meals

CHERYL MOELLER



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Contents

Introduction	7
10 Reasons to Read the Directions First	9
Chapter 1—Take the “Fast” out of Breakfast	11
Chapter 2—Shopping Local, Cooking Fresh	35
Chapter 3—Passport to the Nations	61
Chapter 4—For the Kitchen with the Revolving Door	87
Chapter 5—Simple Meals: Making Life a Little Easier	113
Chapter 6—Bulk Bargains, Brilliant Meals	137
Chapter 7—Parties, Barbecues, and Gatherings	163
Chapter 8—Vegetarian and Vegan	189
Chapter 9—Without the Cow: Dairy Free	215
Chapter 10—Gluten-Free Cuisine	241
Index of Recipes	267

Overnight Oats and Triple Berry Oatmeal Topping

Overnight Oats

INGREDIENTS:

- 1 cup steel cut oats
- 1 vanilla bean, sliced lengthwise
- 1 cinnamon stick
- 5½ cups water

DIRECTIONS:

1. Place all ingredients in slow cooker and stir. Cover and cook on low for 6 to 7 hours.
2. Stir well, then remove vanilla bean and cinnamon stick. Serve with Triple Berry Oatmeal Topping or cream, raisins, and brown sugar.



I love waking up in
the morning to a hot
breakfast right in my
own slow cookers.



Triple Berry Oatmeal Topping

INGREDIENTS:

- 2 cups strawberries, hulled
- 2 cups blackberries
- 2 cups blueberries
- 2 cups water

DIRECTIONS:

1. Place strawberries, blackberries, and blueberries in slow cooker and pour water over top.
2. Cover and cook on low for 6 to 7 hours. To serve, spoon over Overnight Oats or other hot cereal.

Mulled Apple Cider and Finger Lake Moose Munch

Mulled Apple Cider

INGREDIENTS:

- 1 gallon fresh apple cider
- 1 cinnamon stick
- 4 to 6 whole cloves
- 2 apples, washed and cored
- 2 individual herbal apple tea bags

DIRECTIONS:

1. Add all ingredients to slow cooker and stir. Cover and cook on low for 8 to 10 hours.
2. To serve, strain out cinnamon stick, cloves, apples, and tea bags. Ladle into mugs.



I love drinking apple cider year-round, but it never tastes quite the same out of season. This is a great way to spruce it up! For variety, substitute two pears instead of the apples.



Finger Lake Moose Munch

INGREDIENTS:

- ½ cup vegetable oil
- ½ cup real maple syrup
- 2 tsp. vanilla extract
- 2 cups 5-minute oats
- 2 cups bran flake cereal
- ½ cup sliced almonds
- 1 cup raisins
- 1 cup dried cranberries
- 1 cup dried blueberries
- 1 cup chopped walnuts

DIRECTIONS:

1. Toss ingredients together in the slow cooker until everything is evenly but lightly coated.
2. Cover and cook on low for 4 hours, stirring once halfway through baking.
3. Let cool completely. Store at room temperature for up to one month in an airtight container.



This is a great “make-ahead” recipe, and I always make sure to keep some Moose Munch on hand! It’s delicious with milk in the morning or as a grab-and-go treat on the way to school.

