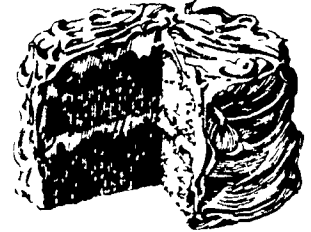
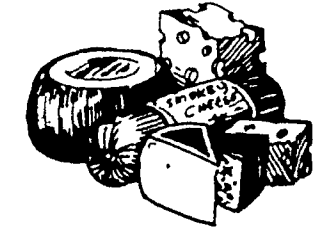


# Home On The Range



## Cook S-L-O-W with your crock pot

OK cooks, let's forget about that mad rush to throw together a meal at 5 p.m. everyday. Let's start using those crock pots and slow cookers you got one year for Christmas when your family didn't know what else to buy you.

Slow cooking combines brand new-old time principles to produce exceptional flavor, nutrition and economy. Low-watt heat surrounds the food to bring it gently to the peak of perfection. The crock pot does not heat from the bottom — so you'll have no scorching, less boiling away of juices and nutrients, and less chance of overcooking, or shrinking of meats.

Almost sounds too good to be true. The catch? You must be organized and ready to prepare a dinner close to breakfast time.

With these crock pot recipes, you can forget about watching meals as they cook. Forget about that little question: "Will everything and everybody be ready at the same time?" Now, if the field work insists on being done before dinner is eaten, you can just ignore the meal and those who make you wait, by having a ready supply of food in the crock pot that your family can get themselves. Happy crock potting!

### DELUXE SCALLOPED POTATOES

6 c. thinly sliced potatoes  
1/4 c. chopped onion  
1 t. salt

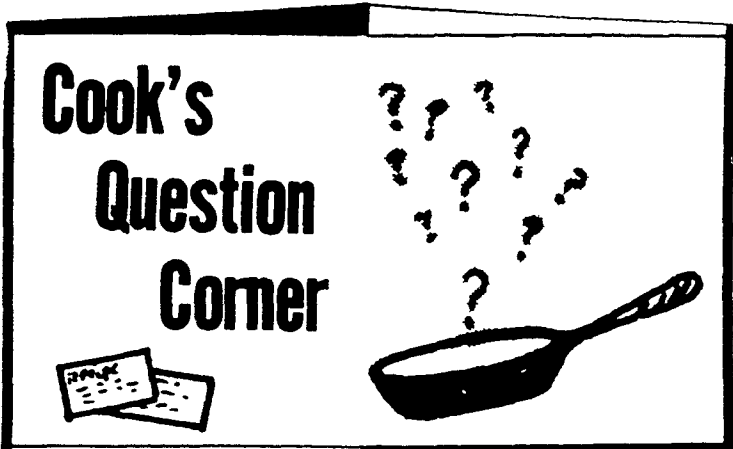
1/8 t. pepper  
1 c. grated cheese  
1 10-oz. can cream of celery soup  
Toss potatoes in 1/2 t. cream of tarter and 1 cup water. Drain. Mix remaining ingredients with potatoes. Place in crock pot and cover. Cook on low for eight hours. High 3 hours. Serves 6.  
Mabel Witmer, Myerstown

### BAKED CHICKEN HASH

3 c. chopped cooked chicken  
2 small onions, chopped  
2 small raw potatoes, chopped  
3 carrots, chopped  
2 eggs  
1 t. salt  
3 T. chopped parsley  
1/2 to 1 t. poultry seasoning  
1 1/2 c. chicken gravy  
Chop chicken, onion, potato, and carrots with food grinder. Mix well with all remaining ingredients. Pack into greased crock pot. Cover and cook on low for 8 to 10 hours.  
Betty Smith, Altoona

### CHEESE SOUP

2 can cream soup (celery, mushroom or chicken)  
1 c. beer or milk  
1 lb. Cheddar cheese, cubed  
1 t. Worcestershire sauce  
1/4 t. paprika  
croutons  
Put all ingredients in crock pot except croutons. Cover and cook on low for 4 to 6 hours. (High: 2 hours, 2 1/2 hours)



**NOTE** — We would like to take this opportunity to remind cooks that recipes are presented in Lancaster Farming as we receive them from our readers, thus allowing us to offer you such a large selection each week. We have no facilities to kitchen test recipes, therefore you must choose recipes to try at your own discretion. Our goal is to make Home on the Range your section - filled with recipes from you, your friends and your neighbors. Please, when submitting a recipe, check it twice. Are all temperatures, ingredients and directions included? Your accuracy and your contributions are certainly appreciated by other cooks such as yourself. We still need recipes for the topics coming soon - listed below.

#### Recipe Topics

May	
1	Chicken
8	Honey
15	Crock Pot recipes
22	Eggs
29	Gelatin molds
June	
	Dairy Recipes



If you have a crock pot you may want to dig it out and begin using it with the help of these fast and easy recipes. A crock pot saves last minute panic when that dinner hour approaches because it's been cooking for you since breakfast.

stirring occasionally). Serve in warm bowls, top each serving with crisp croutons.

### LENTIL-VEGETABLE SOUP

2 c. lentils, pre-soaked and drained  
5 c. water  
2 slices bacon, diced  
1 medium onion, chopped  
1 carrot, thinly sliced  
2 stalks celery with tops, sliced  
1 garlic clove, minced  
2 1/2 t. salt  
1/4 t. pepper  
1/2 t. dried oregano, crushed  
1 lb. can tomatoes  
Put all ingredients in crock pot. Mix together well. Cover and cook on low 8 to 10 hours. Before serving, season to taste.

### BEEF CASSEROLE

2 lb. stew beef, cut in pieces  
1 envelope onion soup mix  
1 10 1/2-oz. can cream of mushroom soup  
1 4-oz. can whole mushrooms  
1/2 c. red wine  
Combine all ingredients in crock pot. Stir together well. Cover and cook on low for 8 to 12 hours. Serve over noodles or rice. (High: 5 to 6 hours).

### BARBECUE RIBS

3 to 4 lb. spareribs  
salt  
pepper  
1 onion  
1 16-oz. bottle smokey barbecue sauce  
Sprinkle ribs with salt and pepper. Place ribs in broiler pan under broiler for 30 minutes to brown and remove excess fat. Slice ribs into serving pieces and put in crock pot. Add onion and pour in barbecue sauce. Cover and cook on low for 6 to 8 hours. (High 3 to 4 hours).

**HAMBURGER CASSEROLE**  
2 large-sized potatoes, sliced

2 to 3 medium carrots, sliced  
1 small can peas, drained  
3 medium onion, sliced  
1 1/2 lb. lean ground beef, browned  
2 stalks celery, sliced  
1 10-oz. can tomato soup  
1 10-oz. can water  
Place layers of vegetables in the order given in crock pot. Season each layer with salt and pepper. Put the lightly browned ground beef on top of the celery. Mix the tomato soup with the water and pour into crock pot. Cover and set to low for 6 to 8 hours. (High: 2 to 4 hours, stirring occasionally).  
Bernita Carper, Frederick, Md

### SLOPPY JOES

3 lb ground beef  
2 onions, finely chopped  
1 green pepper, seeded, chopped  
2 8-oz. cans tomato sauce  
1 8-oz can water  
2 pkg. sloppy joe seasoning mix, optional  
salt to taste  
Brown ground meat in skillet, pour into colander and rinse well. Put into crock pot, add onions, green pepper, tomato sauce and water. Stir thoroughly. Salt to taste. Cover and cook on low 8 to 10 hours (high: 5 hours).  
If mix is too liquidy, remove cover and set on high for 30 minutes.  
Mrs. Ralph Morgan, Wilkes-Barre

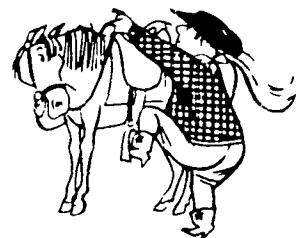
### BOSTON BROWN BREAD

1/2 c. flour  
1/2 t. baking powder  
1/2 t. soda  
1/2 t. salt  
1/2 c. yellow cornmeal  
1/2 c. whole wheat flour  
1 c. chopped nuts  
6 T. dark molasses  
1 c. buttermilk or sour milk  
1/2 to 1 c. raisins  
Sift flour with baking powder, soda and salt. Stir in cornmeal and whole wheat flour. Add remaining ingredients, beat well. Pour batter into greased and floured 2-pound coffee can. Pour 2 cups water into crock pot, set can inside. Place aluminum foil over top and fold down around edge of cooker. Cover and bake on high for 4 to 5 hours. Remove and let cool 1 hour before unmolding. Slice and serve with wedges of cream cheese.

### PORK CHOP ABRACADABRA

Brown pork chops and season lightly with salt and pepper. Place in crock pot and cook on low 6 to 8 hours. Use any one of the following sauces for a special treat.  
1 can cream of mushroom soup  
1 can sweet and sour sauce  
1 can cream of chicken soup  
1 can chicken-rice soup  
1 1/2 c. barbecue sauce

**SADDLE UP!**



**TO BETTER EQUIPMENT**  
Find It In Lancaster Farming's  
Classified Pages.