

Split Pea Soup

Ingredients

- 16 oz. pkg split peas
- 3 quarts of water (adjust as necessary)
- 1 small ham shank
- 1 large onion, finely chopped
- 2 chicken boullion cubes
- ½ tsp. garlic powder
- ½ tsp. oregano
- ¼ tsp. pepper
- 1 bay leaf
- 3 cups sliced carrots
- 1 cup chopped celery

Directions

1. Combine all ingredients in crock pot and cook on low 6-8 hours.
2. Remove ham shank and return meat to pot.
3. Remove bay leaf.
4. Stir until soup reaches desired thickness. (I usually pull out some of the split peas and blend them with the carrots and celery to thicken up the soup.)

Crock Pot Baked Beans

Ingredients

- 2 cans dark red kidney beans
- 2 cans light red kidney beans
- 2 cans great Northern beans
- 2 cans of pinto beans
- 2 16 oz. packages of Little Smokies
- 1 cup chopped onions
- 1 ¼ cup brown sugar
- 1 cup ketchup or BBQ sauce

Directions

1. Rinse and drain beans.
2. Add all ingredients to the crockpot and stir.
3. Simmer in crockpot on low 6-8 hours. Remove the lid the last 2-3 hours of cooking.

Baked Chili

Ingredients

- 1 lb. ground beef, browned
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 can kidney beans, rinsed and drained
- 1 can whole kernel corn, drained (or 2 cups frozen corn)
- 1 can tomato sauce
- 1 can diced tomatoes
- 1 4 oz. can chopped chilies
- 2 tsp. chili powder
- 1 tsp. salt
- 1 tsp. cumin
- ½ tsp. sugar
- ½ tsp. garlic powder

Directions

1. Brown ground beef.
2. Add all ingredients to crock pot and simmer on low for 4-6 hours.

Meat Loaf

Ingredients

- 1 ½ pounds ground beef
- ½ cup ketchup
- ½ tsp. salt & pepper
- 2 eggs, beaten
- ¾ cup bread crumbs
- ¼ cup finely chopped onions
- 2 tsp mustard

Topping

- ¼ cup ketchup
- ½ tsp. mustard
- 2 tsp. brown sugar

Directions

1. Combine all ingredients (except topping ingredients) in a bowl and mix well.
2. Shape into a loaf in bread pan.
3. Mix topping ingredients and spread on top of meatloaf.
3. Bake at 400 for 45 minutes to 1 hour or till cooked through.

Note: We've also used muffin tins to make mini-meatloaves.

To freeze before cooking, line loaf pan with tin foil and flash freeze in freezer until semi-solid. Remove, wrap, and deep freeze. For muffin size, spray muffin tins and flash freeze meat. Remove from tins, wrap, and deep freeze. Cook mini meatloaves at 400 for 20 minutes or til cooked through. Topping can be mixed and frozen ahead as well.

Indonesian Pork

Ingredients

- 4-6 pork chops (1 – 1 ½ pounds of meat)
- 3 Tbsp. lime juice
- 3 Tbsp. soy sauce
- 3 Tbsp. stir fry sauce
- ¾ tsp. ginger
- 3 garlic cloves, minced
- 1 tsp. red pepper flakes

Directions

1. Mix all marinade ingredients and pour in bag or marinade container.
2. Add meat and marinate for at 6 to 8 hours or overnight.
3. Drain and discard marinade.
4. Grill meat until cooked through.