

# Simply Delicious Crockpot Recipes



# Crockpot Roasted Root Vegetables

## Ingredients:

- 1 cup beets, peeled and chopped
- 1 cup turnips, peeled and chopped
- 1 cup baby carrots
- 2 cups new potatoes, halved
- 1 red onion, sliced
- 8 cloves garlic, peeled and chopped
- 2 tablespoons olive oil
- 1/2 teaspoons ground black pepper
- 1/2 teaspoon salt



## Directions:

- Combine all ingredients in a medium or large crockpot.
- Cover and cook on high for 3-4 hours, or on low for 8-9 hours.
- Serve warm.

# Crockpot Spaghetti Squash

## Ingredients:

1 spaghetti squash

1 1/2 cups water

Salt and pepper to taste

## Directions:

Use a fork to pierce the outside of the spaghetti squash 10-15 times.

Place the squash into a crockpot with water.

Cover and cook on low for 5 hours.

Remove the squash to cool for 15-30 minutes.

Cut in half along the long side of the squash.

Scoop out and remove the seeds from both halves.

Use a fork to shred the flesh of the squash into a bowl, removing the flesh down to the skin.

Season to taste with salt and pepper.

Serve warm or cold.



# Crockpot Acorn Squash Soup

## Ingredients:

- 1 acorn squash, peeled and cut into 1/2 inch cubes
- 1 cup carrot, chopped
- 1/2 cup onion, chopped
- 1 clove garlic, chopped
- 1/3 teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 cup 2% milk
- 3 1/2 cups low sodium chicken stock
- 3 tablespoons olive oil
- 1 cup water

## Directions:

- Combine all ingredients in a medium or large crockpot.
- Cover and cook on low for 4-6 hours, or until squash is tender.
- Serve warm.



# Crockpot Veggie Lasagna

## Ingredients:

- 1 egg
- 3/4 cup spinach (fresh or frozen)
- 1 cup mushrooms, sliced
- 1 small zucchini, sliced
- 2 cups cottage cheese
- 1 can (10 ounce) crushed tomatoes
- 1 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 2 cups shredded mozzarella cheese
- 10 lasagna noodles, uncooked

## Directions:

Combine egg, spinach, mushrooms, zucchini, and cottage cheese in a bowl. Set aside.

Combine crushed tomatoes, garlic powder, red pepper flakes in another bowl. Set aside.

In a greased medium or large crockpot, layer in the following order: 1 1/2 cup tomato mixture, one single layer of lasagna noodles, half of the veggie-cheese mixture, 1 cup tomato mixture and top with half of the mozzarella cheese. Repeat.

Cover and cook on high for 2 hours or low for 4 hours. Serve warm.



# Crockpot Apple Bake

## Ingredients:

- 8 apples, sliced
- 1 tablespoon lemon juice
- 2 teaspoons cinnamon
- 1/4 cup brown sugar

## Optional add-ins:

- 1 cup dried fruit (raisins, craisins, or dried cherries)
- 2/3 cup nuts (sliced almonds, pecans, or walnuts)

## Crumble Topping Ingredients:

- 1 cup oats
- 1/4 cup brown sugar
- 1/2 cup flour
- 1 teaspoon cinnamon
- 3 tablespoons melted butter

## Directions:

Combine first four ingredients and any optional add-in's you desire.

In a separate bowl, combine the crumble topping ingredients.

In a medium or large crockpot, add the apple mixture and top with crumble.

Cover with a dry kitchen towel and crockpot lid and cook on high for 3-4 hours, or on low for 6-8 hours. Serve warm.



# Six Can Tortilla Soup

## Ingredients:

- 2 cans (14.5 ounce) chicken broth
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 can (10 ounce) chunk chicken
- 1 can (15 ounce) whole kernel corn
- 1 can (15 ounce) black beans
- 1 can (10 ounce) diced tomatoes

## Directions:

Combine all ingredients in a medium or large crockpot.

Cover and cook on high for 1 1/2 hours, or on low for 3 hours.

Serve warm with tortilla chips.



# Apple Cabbage Slaw

## Ingredients:

- 1 head of cabbage, cored and finely chopped
- 1 green apple, sliced into thin strips
- 5 green onions, sliced
- 1/2 cup apple cider vinegar
- 1/2 cup white sugar
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1/4 teaspoon red pepper flakes

## Directions:

Toss cabbage, apple, and onions in a bowl. Set aside. Warm a saucepan with low-medium heat. Add apple cider vinegar, sugar, olive oil, mustard, and red pepper flakes. Whisk together. Continue until mixture reaches a simmer. Drizzle dressing over cabbage mixture and toss gently until evenly coated. Cover and refrigerate for about 1 hour. Serve cold.



# Crockpot Collard Greens

## Ingredients:

10 cups chopped collard greens (about one large bunch)  
1 yellow onion, sliced  
1 cup water or vegetable broth  
2 tablespoons apple cider vinegar  
1 tablespoon smoked paprika  
1 tablespoon chili powder  
1/4 tablespoon cayenne pepper  
5-6 cloves garlic, minced  
Low sodium soy sauce, to taste  
Black pepper, to taste

## Directions:

Spray the bowl of your crockpot lightly with cooking spray. Add all of the ingredients through garlic to the crockpot and gently mix. Cover and cook on low for 3-4 hours. Add low sodium soy sauce and black pepper, to taste. Serve warm.



# Garlic Lemon Asparagus

## Ingredients:

2 lbs of asparagus, ends trimmed

1 lemon, sliced

## Sauce:

2 lemons, juiced

1/2 cup water

2 cloves of garlic, minced

1 tsp dried basil

1 tsp garlic salt

1/2 tsp salt

1/2 tsp pepper

1/4 tsp red pepper flakes

## Directions:

Mix sauce ingredients in a bowl. Set aside. In a medium or large crockpot, add the asparagus and sliced lemons. Drizzle sauce over the asparagus. Cover and cook on high for 1-2 hours. Serve warm.

