CROCK·POT®

Express Crock: Quick And Easy Recipes For Every Occasion

Introduction

The Crock-Pot® brand is once again making cooking easy with this latest series of perfect, one-pot meals from top food influencers. Celebrate the power of pressure cooking with time-saving recipes from celebrated food influencers, ranging from breakfast and appetizers to entrées and desserts. These great tasting dishes are all made in the Crock-Pot® 6-Quart Express Crock Multi-Cooker, which offers the ability to cook meals up to 70% faster than traditional cooking, making mealtime easier than ever before.

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BREAKFAST







Breakfast

Apple Cinnamon Oatmeal Bowls with Pecans and Maple Syrup

Prep: 5 mins
Cook: 10 mins

6 servings

vegetarian

gluten-free

INGREDIENTS

- 1 ½ cups steel cut oats
- 4 ½ cups apple cider or water
- ½ - 1 tsp cinnamon
- ½ tsp salt
- 1 large apple, peeled and cored

FOR SERVING

- ½ cup roughly chopped pecans, toasted
- Maple syrup
- Additional apple slices

1. Lightly grease the bowl of the Crock-Pot® Express Crock Multi-Cooker with non-stick cooking spray.

2. Add the steel cut oats, apple cider or water, cinnamon, salt and shredded apple.

3. Secure lid, making sure vent is in the "Seal" position.

4. Press **MULTIGRAIN** or set the pressure to HIGH and adjust time to 10 minutes.

5. Once time is up, allow the pressure cooker to naturally release for 15 minutes.

6. Then manually release the rest of the pressure and carefully open the lid.

7. Top with pecans, maple syrup and apple slices.



completely DELICIOUS

"These pressure cooked apple cinnamon oatmeal bowls topped with pecans and maple syrup are perfect for fall!"

CompletelyDelicious.com	@CompletelyDelicious	@CompletelyDelicious







Hard Boiled Eggs

Prep: 10 mins
Cook: 3 mins

6 servings

vegetarian

gluten-free

INGREDIENTS

- 1 cup water
- 1 dozen large eggs
- 2 cups ice
- Water

1. Add the steaming rack to the bottom of the Crock-Pot® Express Crock Multi-Cooker. Pour in water.
2. Set the eggs in a single layer on top of the steaming rack. The eggs can fit snugly but do not stack the eggs. Make sure there are no cracks in the eggs before adding to the pressure cooker.
3. Put on the lid, lock it and turn the vent to closed. Press the **STEAM** button, set the time to 3 minutes, set the pressure to HIGH and press **START/STOP**.
4. Wait 5 minutes for the machine to build pressure and then the cooking time will begin. After 3 minutes the machine will beep. Open the vent to release the pressure and open the lid.
5. Fill a large bowl with the ice and top with water. Remove the eggs from the pressure cooker and add to the bowl of ice water.
6. Let the eggs cool in the water. If the ice melts, add more to keep the water cold.
7. Once the eggs are cool, peel them to use in a salad or store them in the fridge for up to a week by keeping them in the shell or peeled in an airtight container.



NUTMEG NANNY
a journey through a sweet and savory life

"These pressure cooker hard boiled eggs turn out perfect every single time! They peel easily without sticking to the white of the egg. Eat them plain, sprinkle with seasoning or throw them in a salad - these eggs can do it all!"

NutmegNanny.com	@NutmegNanny	@NutmegNanny

Breakfast Tacos







Prep: 10 mins
Cook: 55 mins

12 servings

vegetarian

gluten-free

INGREDIENTS

- 10 large eggs
- ½ cup milk
- ½ tsp salt
- 1 tsp black pepper
- ½ cup red onion, diced
- ½ cup green bell pepper, diced
- 2 cloves garlic, minced
- 1 jalapeño, seeded & minced
- ½ cup tomatoes, diced
- 1 cup cooked bacon, ham or turkey, diced
- 1 cup Mexican blend shredded cheese
- 12 small corn or flour tortillas, warmed

OPTIONAL TOPPINGS

- Salsa
- Hot sauce
- Guacamole or avocado
- Sour cream
- Fresh cilantro

1. In a 9-inch heat-resistant bowl (ceramic, glass or stainless steel), whisk the eggs, milk, salt and pepper together.
2. Add the red onion, green bell pepper, garlic, jalapeño, tomato and your choice of protein to the whisked eggs. Stir everything together.
3. Sprinkle the cheese on top. Cover tightly with foil.
4. Grab another long piece of foil and fold it over lengthwise to create a foil sling for lowering the bowl into the Crock-Pot® Express Crock Multi-Cooker.
5. Pour 2 cups of water into the Crock-Pot® Express Crock Multi-Cooker. Set the trivet in the pressure cooker.
6. Place the foil sling under the bowl and lower the bowl of eggs into the pressure cooker on top of the trivet.
7. Secure the lid on top of the multi-cooker, make sure it's set to "Seal." Press **BEANS/CHILI** on the Crock-Pot® Express Crock Multi-Cooker, set the pressure to HIGH and set the timer for 40 minutes.
8. Once the 40 minutes of pressure cooking is complete, wait 5 minutes, then use the quick release method to release the steam.
9. Open the Crock-Pot® Express Crock Multi-Cooker and use the foil sling to remove the eggs. Remove the foil from the bowl of eggs and use a fork to scramble up the eggs.
10. Spoon into warm tortillas and serve with the optional toppings of your choice.



WHITNEYBOND.com

"Pressure cooker breakfast tacos are an easy way to make brunch for a crowd, or make ahead for breakfast throughout the week. They can be made with meat, or meatless, for a vegetarian recipe. Serve them in corn tortillas for a delicious gluten free way to start the day!"

WhitneyBond.com	@WhitneyBondBlog	@WhitneyBond







Banana Walnut French Toast

Prep: 10 mins
Cook: 30 mins

6 servings

vegetarian

gluten-free

INGREDIENTS

- 4 eggs
- ¾ cup milk
- 3 tbsp maple syrup
- 1 tsp vanilla
- ½ tsp cinnamon
- ¼ tsp salt
- 6 cups French bread, cubed
- 1 large banana, sliced
- ½ cup walnuts, roughly chopped

1. Spray a glass bowl with spray oil.

2. In a bowl, whisk together eggs, milk, maple syrup, vanilla and salt. Set aside.

3. Spread 2 cups of the cubed French bread on the bottom of the glass bowl. Top with half the banana and half the walnuts. Layer 2 more cups of French bread and the rest of the banana and walnuts. Top with the rest of the bread.

4. Pour the egg mixture over the French toast and press the bread down to make sure everything is covered.

5. Cover the bowl and let it sit in the fridge overnight if you are prepping it ahead, or you can cook now.

6. Place steaming rack in the Crock-Pot® Express Crock Multi-Cooker. Place the French toast on top of the steaming rack. Close and lock the lid and make sure steam valve is closed. Press **DESSERT** and increase the time to 30 minutes and set the pressure to HIGH. Press **START/STOP**.

7. When the timer goes off, press **START/STOP** again. Do a quick steam release by using a utensil to flip the steam valve to open. Using something to protect from the heat. Remove the French toast from the Express Crock.

8. If you want a crispy top, put it under the broiler of your oven for 1-2 minutes.

9. Top with fresh banana slices, walnuts and maple syrup.



Fake Ginger

"Pressure cooker banana walnut French toast – make ahead breakfast! Prep the French toast the night before to make breakfast quick and easy!"

Fakeginger.com	@FakeGinger	@FakeGinger







Breakfast

Bacon, Mushroom, Spinach and Cheese Frittata

Prep: 10 mins
Cook: 30 mins

5-6 servings

vegetarian

gluten-free

INGREDIENTS

- 4 oz bacon, chopped
- 4 oz mushrooms, sliced
- 8 large eggs
- ¼ cup milk
- 1 tsp kosher salt
- ½ tsp fresh ground pepper
- 2 cups baby spinach
- ¼ cup shredded medium cheddar cheese
- ¼ cup shredded Monterey Jack cheese

1. Place the bacon inside the Crock-Pot® Express Crock Multi-Cooker and press **BROWN/SAUTÉ.** Stir 3-5 minutes. Add mushrooms and cook an additional 3 minutes.
2. Turn off the multi-cooker and pour the bacon, mushrooms and residue grease into a heat proof bowl lined with paper towels. Wipe out the inside of the pot with a paper towel.
3. Place the inner pot back into the multi-cooker and place the steaming rack inside the pot. Pour in 2 cups of water.
4. Place two pieces of aluminum foil on top of each other, at a 90° angle. Place an 8-inch springform pan in the center and fold the foil around the bottom of the pan and up the sides.
5. Spray the 8-inch springform pan with cooking oil. Place a long piece of aluminum foil on the table and fold it lengthwise into a long thin piece of foil. Place the springform pan in the center of the long strip of foil to create a sling.
6. Beat the eggs with the milk, salt and pepper in a medium sized bowl.
7. Sprinkle the bottom of the pan with half the drained bacon and mushrooms. Sprinkle half of both cheeses over the bacon and mushrooms.
8. Place the spinach on top of the bacon and mushrooms. Pour the egg mixture over the spinach.
9. Sprinkle the remaining bacon, mushroom and cheese over the egg and spinach. Use the sling to carefully lower it into the multi-cooker.
10. Cover the lid, making sure it is in the "Seal" position. Press **MEAT/STEW** and set pressure to HIGH. Adjust time to 20 minutes and press **START/STOP**. Once cooking is complete, allow the pressure to release for about 10 minutes. Then use a wooden spoon to flick the pressure valve to the "Release" position. Open the multi-cooker and grab the foil sling to remove the springform pan from the pot.
11. Release the sides of the springform pan and slide the frittata onto a plate. Serve immediately.



Eat the Love
treats for the mind and mouth

"This easy-to-make bacon, mushroom, spinach and cheese frittata is made in a pressure cooker, resulting in an egg casserole that isn't rubbery or overcooked!"

EatTheLove.com | @EatTheLove | @EatTheLove



APPETIZERS AND LIGHT BITES

Cheesy Pinto Bean Dip



Prep: 5 mins
Cook: 20 mins

6-8 servings

vegetarian

gluten-free

INGREDIENTS

- ◊ 8 oz soaked pinto beans
- ◊ 6 cups water
- ◊ ½ red onion
- ◊ 3 cloves garlic
- ◊ ¾ cup vegetable stock
- ◊ 2 tbsp butter
- ◊ 1 ½ tsp chili powder
- ◊ 1 tsp dried oregano
- ◊ ¼ tsp salt
- ◊ ¼ tsp black pepper
- ◊ 2 cups shredded cheddar cheese
- ◊ Cilantro, for garnish

FOR SERVING

- ◊ Tortilla chips





1. To speed up cooking, soak beans overnight in cold water.

2. Add beans to the Crock-Pot® Express Crock Multi-Cooker with the stock, onion and garlic.

3. Lock the lid, press **BEANS/CHILI** and adjust the time to 12 minutes. Press **START/STOP.**

4. When the timer goes off, let the multi-cooker sit for 5 minutes to let the steam settle. Use a spoon to release the pressure using the pressure valve.

5. Add the butter and spices and press **BROWN/SAUTÉ**. Blend the dip right in a blender and then return to the pot.

6. Once blended smooth, add in the cheese.

7. Use the **KEEP WARM** setting to keep the dip hot until ready to serve. Season with salt and pepper.



MACHEESMO
-COOKING WITH CONFIDENCE-

"This cheesy pinto bean dip is ready in no time and is perfect for game day. Also great as a nacho topper!"

Macheesmo.com	@Macheesmo	@Macheesmo

Carnitas Sliders with Chipotle Sour Cream







Prep: 10 mins
Cook: 6 hrs

6 servings

vegetarian

gluten-free

INGREDIENTS

- 4.5 lbs pork shoulder, cut into cubes
- 1 tbsp salt, plus ½ tsp divided
- 12 oz stout beer
- 6 oz tomato paste
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp chili powder
- ½ tsp cayenne powder
- ½ tsp smoked paprika
- 1 cup sour cream
- 1 tbsp chopped chipotle peppers in adobo
- 24 slider buns
- Juice from 1 large lime
- Chopped cilantro
- 1 tbsp salt

1. In a small bowl stir together the beer, tomato paste, lime juice, cumin, garlic powder, onion powder, chili powder, cayenne and smoked paprika.

2. Add the pork and the sauce to the Crock-Pot® Express Crock Multi-Cooker, add the lid. Make sure the lid to is locked but the steam valve is open to "Release" position. Cook on HIGH for 6 hours, or LOW for 8 hours**.**

3. Remove the inner bowl of the Express Crock, pouring off the liquid. Leave a small amount, about 2 tbsp), and place the bowl back in the Express Crock.

4. Turn the multi-cooker to the **BROWN/SAUTÉ** setting on HIGH. Shred the pork in the cooker with two forks while the pot heats up. Press meat firmly down with a wooden spoon into a firm even layer.

5. Cook for 5-8 minutes, stir and press again into a firm even layer.

6. Once the remaining liquid is gone and there are pieces of meat that have been caramelized, remove from the pot and add to a serving bowl. Toss with the remaining ½ tsp salt.

7. Stir together the sour cream and chipotle peppers.

8. Add the carnitas to the slider buns, top with sour cream and sprinkle with cilantro.



"A delicious slow-cooked meat dish with lovely caramelization you get on some of the end bits. It's really not the same without that. The Crock-Pot Express Crock Multi-Cooker gets a perfect sear and caramelization."

TheBeeroness.com	@TheBeeroness	@TheBeeroness



Sweet and Spicy Cranberry Butter

Prep: 5 mins
Cook: 1 hr and 15 mins

12 servings

vegetarian

gluten-free

INGREDIENTS

- 12 oz cranberries, rinsed
- 1 cup brown sugar
- 1 whole cinnamon stick
- 1 jalapeño
- 1 orange
- 1 cup water

1. Slice the jalapeño lengthwise. Using a vegetable peeler, remove the outer orange zest from the orange and set aside. Peel the orange and discard white peel.

2. Add the orange zest, orange segments, cranberries, brown sugar, cinnamon stick, jalapeño halves and water to the Crock-Pot® Express Crock Multi-Cooker.

3. Close lid and steam valve. Press **DESSERT** and cook for 10 minutes. When finished cooking, release pressure.

4. Remove the cinnamon stick and jalapeño and discard. Using a blender, purée cranberry mixture until smooth.

5. Pour mixture back into the Express Crock and press the **BROWN/SAUTÉ** setting Change setting temperature to LOW and cook with lid off for 30 minutes, until reduced and thickened. Stir occasionally.

6. Allow mixture to cool and pour into clean jars and seal with lids. Refrigerate. Keeps for 2-3 weeks.







KEVIN IS COOKING
LIFE'S TOO SHORT TO BE BLAND!

"This sweet and spicy cranberry butter is made using fresh cranberries, orange zest, cinnamon, brown sugar and a jalapeño for the perfect balance of sweet, tangy and spicy."

KevinIsCooking.com | @KevinIsCooking | @KevinIsCooking







Barbecue Buffalo Hot Wings

Prep: 20 mins
Cook: 15 mins

6 servings

vegetarian

gluten-free

INGREDIENTS

- ¾ cup chicken broth
- ¼ cup salted butter
- 1 garlic clove, minced
- 1 cup barbecue sauce
- ¼ cup buffalo sauce
- ½ tsp chili powder
- ¼ tsp onion powder
- ¼ tsp pepper

FOR SERVING

- Ranch or blue cheese

1. Press the **BROWN/SAUTÉ** button on the Crock-Pot® Express Crock Multi-Cooker. When the device is hot, brown the chicken wingettes on both sides.
2. Add the chicken broth, butter and garlic on top of the chicken.
3. Secure the lid. Press the **POULTRY** function, set the pressure to HIGH and set the time for 15 minutes. Be sure the steam release valve is in the "Seal" position. Press **START/STOP**.
4. When the cooking time is complete, release the pressure by flipping the pressure knob. When the pressure has been released, open the lid and drain most of the broth off the wings, leaving about a ¼ of broth on the bottom of the Express Crock under the wingettes.
5. In a small bowl combine the barbecue sauce, buffalo sauce, chili powder, onion powder and pepper. Pour over the wings in the Express Crock and stir.



"Pressure cooker barbecue buffalo hot wings have a delicious mix of barbecue and buffalo sauce, this is a great appetizer to serve at your next party!"



SOUPS AND SIDES

Creamy Corn Chowder with Bacon







Prep: 15 mins
Cook: 20 mins

5-6 servings

vegetarian

gluten-free

INGREDIENTS

- 4 slices bacon, chopped
- 1 onion, diced
- 3 cloves garlic, minced
- 4 red potatoes, diced
- 1 16-oz package frozen corn
- 4 cups vegetable broth
- 1 tsp dried thyme
- Salt and ground black pepper
- ¾ cup heavy cream
- 2 tbsp flour
- 2 tbsp fresh chives, chopped

1. Set the Crock-Pot® Express Crock Multi-Cooker to the **BROWN/SAUTÉ** setting.
2. Once hot, add bacon and cook until crisp, about 6 minutes. Transfer to a paper towel-lined plate.
3. Add onion and cook until soft, about 3-4 minutes. Add garlic and cook for 1 more minute. Stir in bacon, potatoes, corn, broth, thyme, salt and pepper.
4. Adjust pressure to HIGH and twist cover to lock. Set time for 10 minutes.
5. Once cooked, remove cover. Stir in heavy cream and flour.
6. Ladle into serving bowls and top with fresh chives.



"Creamy, comforting 30-minute corn chowder, made easily in one pot! Every spoonful is a scrumptious blend of corn, potatoes, herbs, bacon and cream. Serves a hungry crowd and makes delicious leftovers for lunch."

TheComfortOfCooking.com	@HelloComfortKitchen	@HelloComfortKitchen







Loaded Mashed Potatoes

Prep: 15 mins
Cook: 15 mins

5-6 servings

vegetarian

gluten-free

INGREDIENTS

- 4 lbs potatoes, peeled
- 3 cups water
- 2 slices thick cut bacon
- ¼ cup butter
- ¾ cup milk
- ½ cup sour cream
- 2 tbsp garlic salt
- 1 tsp freshly ground black pepper
- ⅓ cup green onions, chopped
- 1 cup shredded cheddar cheese

1. Add peeled potatoes and water to the Crock-Pot® Express Crock Multi-Cooker.
2. Lock the lid in place, press **STEAM** and turn the steam valve to "Seal".
3. Cook on HIGH for 8 minutes. For large potatoes, cook for an additional 2 minutes.
4. Remove potatoes from the pot and drain water.
5. Press **BROWN/SAUTÉ** and press the **START/STOP** button.
6. Add diced bacon and cook until bacon is crisp and browned.
7. Add the cooked potatoes back into the pot. Leave the bacon grease in the pot for additional flavor and add in the remaining ingredients.
8. In a non-stick pan, use a potato masher to mash the potatoes until they reach the desired consistency.



"What is not to love about bacon, cheese, sour cream, butter and green onions in mashed potatoes. With this recipe for Express Crock loaded mashed potatoes, you can have it all and cook it all in one fantastic appliance."

CrockPotLadies.com	@CrockPotLadies	@CrockPotLadies







Split Pea Soup with Ham

Prep: 15 mins
Cook: 20 mins

10 servings

vegetarian

gluten-free

INGREDIENTS

- 3 tbsp butter
- 1 large onion, diced
- 2 cloves garlic, chopped
- ¼ tsp pepper
- 1 bay leaf
- 2-3 cups ham, diced
- 3 carrots, diced
- 2 stalks celery, diced
- 1 lb dried split peas, sorted, rinsed and drained
- 6 cups chicken broth

1. Select the **BROWN/SAUTÉ** setting on the Crock-Pot® Express Crock Multi-Cooker and press the **START/STOP** button. When hot, add the butter, onion, pepper and the garlic. Sauté for 2-3 minutes or until onions are softened, stirring often to prevent burning. Select the **START/STOP** function.
2. Add the bay leaf, ham, carrots, celery and split peas, stir. Cover with the chicken broth and stir again until well blended.
3. Put on the lid and turn it to the locked position, set the steam valve to "Seal". Select the **SOUP** function, set to HIGH pressure, and adjust the time to 15 minutes. Allow to naturally release for 10 minutes. Release any remaining pressure with the steam valve. Remove the lid, stir and remove the bay leaf. Serve hot.



DEAR • CRISSY

"A deliciously hearty and flavorful pressure cooker split pea soup with ham is loaded with flavor and comes together in just minutes!"

DearCrissy.com	@DearCrissy	@DearCrissy







Pot Roast Soup

Prep: 10 mins
Cook: 40 mins

4-6 servings

vegetarian

gluten-free

INGREDIENTS

- 2 lbs chuck roast, cubed
- ½ tsp kosher salt
- ½ tsp black pepper
- 2 tbsp olive oil
- 1 white onion, chopped
- 3 carrots, peeled and chopped
- 1 green pepper, chopped
- 2 stalks celery, chopped
- 4 cloves garlic
- ⅓ cup farro or barley
- 4 cups beef stock
- ¼ cup tomato paste
- 1 tsp dried thyme

1. Cube and season chuck roast.
2. Use the **BROWN/SAUTE** function to brown the beef well, then remove it from the Crock-Pot® Express Crock Multi-Cooker.
3. Add the veggies to the Express Crock and cook for 2-3 minutes. Remove the vegetables before re-adding the beef to pressure cook.
4. Add the browned beef, farro and broth to the Express Crock. Pressure cook for 20 minutes.
5. Allow the Express Crock 5-10 minutes to naturally release pressure, then manually release the steam valve for the remaining pressure to release.
6. Add the veggies back to the pot and simmer for a few minutes to combine the flavors together.



MACHEESMO
-COOKING WITH CONFIDENCE-

"This hearty Pot Roast Soup is ready in minutes thanks to some pressure cooking. So rich and delicious and perfect for a chilly fall dinner!"

Macheesmo.com	@Macheesmo	@Macheesmo



ENTRÉES







Orange Chicken

Prep: 15 mins
Cook: 15 mins

4 servings

vegetarian

gluten-free

INGREDIENTS

- 1 lbs boneless, skinless chicken breasts cut into bite-size pieces
- 1 cup freshly squeezed orange juice
- 1 tbsp low-sodium soy sauce
- 3 tbsp ketchup
- 2 tbsp brown sugar
- 1-2 tsp sriracha sauce
- ½ tsp kosher salt
- ¼ tsp black pepper
- 2 tsp cornstarch
- 1 tbsp water
- Green onions, sliced
- Crushed red pepper flakes

1. Place the chicken thighs in the Crock-Pot® Express Crock Multi-Cooker.
2. In a small bowl, whisk together orange juice, soy sauce, ketchup, brown sugar, sriracha, salt and pepper. Pour over the chicken. Place the lid on the Crock-Pot® Express Crock Multi-Cooker; make sure it is locked and that steam valve is closed. Press **POULTRY** and then **START/STOP**.
3. When the timer goes off, press **START/STOP**. Do a quick release by using a long utensil to flip the steam valve to open. Press **BROWN/SAUTÉ**.
4. In a small bowl, whisk together cornstarch and water. Stir this into the chicken mixture; cook a minute or two, until the sauce has thickened.
5. Serve over rice with green onions and crushed red pepper flakes on top.



"Takeout taste in 15 minutes! Chicken thighs are cooked in a sweet and spicy orange sauce and served over rice for a kid-friendly, weeknight meal!"

FakeGinger.com	@FakeGingerBlog	@FakeGingerBlog







Lamb Casserole with Baby Potatoes

Prep: 25 Minutes
Cook: 1 Hour

4 servings

vegetarian

gluten-free

INGREDIENTS

- ◊ 3-3 ½ lbs boneless lamb leg
- ◊ 2 tbsp olive oil
- ◊ 1 pinch salt and black pepper
- ◊ 1 whole onion, diced
- ◊ 1 15-oz can crushed tomatoes
- ◊ 1 tsp paprika
- ◊ 1 tbsp garlic, minced
- ◊ 2 bay leaves
- ◊ ½ tsp salt
- ◊ ¼ tsp black pepper
- ◊ ½ cup red wine
- ◊ 1 15-oz can great northern beans
- ◊ ½-lb baby potatoes, sliced in half
- ◊ Fresh parsley for garnishing

1. Trim the fat from the lamb and cut into large chunks.

2. Season the lamb with salt and black pepper.

3. Set the Crock-Pot® Express Crock Multi-Cooker to the **BROWN/SAUTÉ** setting.

4. Once the multi-cooker is hot, add the chunks of lamb and sear on each side. Do this in two batches.

5. Once the lamb is seared on both sides, add all of it back into the multi-cooker.

6. Add the diced onion, tomatoes, paprika, salt and pepper, garlic, bay leaves, salt, pepper, wine beans and potatoes.

7. Stir to combine, place the lid tightly on top and lock.

8. Press **MEAT/STEW** and set the timer for one hour.

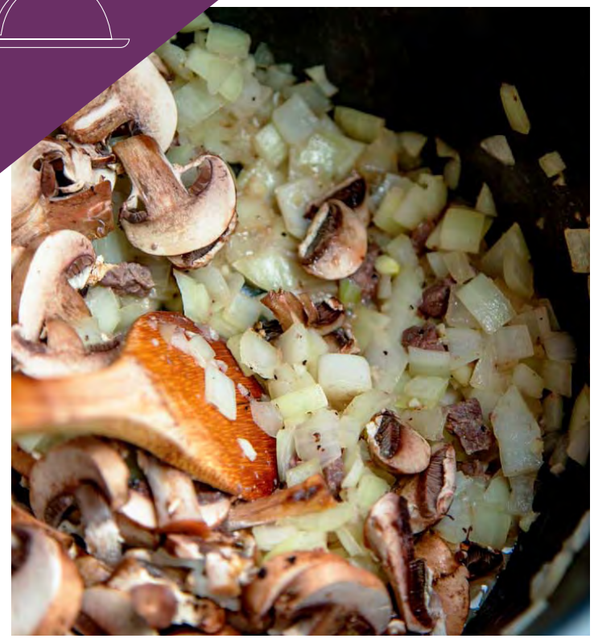
9. Take off the lid carefully and serve into bowls. Garnish with fresh chopped parsley.



FOODNESSGRACIOUS
a stay-at-home dad with a serious passion for food

"A delicious comfort food lamb casserole with tomatoes, spices, and tender baby potatoes! This is a recipe for a chilly night and can be cooked in one hour!"

FoodnessGracious.com	@FoodnessGracious	@FoodnessGracious







Beef Stroganoff

Prep: 5 mins
Cook: 24 mins

4 servings

vegetarian

gluten-free

INGREDIENTS

- 2 lbs beef sirloin steak, cut into ½ inch cubes or strips
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 yellow onion, diced
- 8 oz cremini mushrooms, sliced
- 1 tbsp paprika
- 1/8 tsp cayenne powder
- 3 tbsp flour
- 3 cups beef broth
- 2 tsp Worcestershire sauce
- 1 12-oz package wide egg noodles
- 8 oz sour cream
- 2 tbsp fresh parsley, chopped

1. Set the Crock-Pot® Express Crock Multi-Cooker to the **BROWN/SAUTÉ** setting.
2. Season the beef with salt and pepper. Heat olive oil in the Crock-Pot® Express Crock Multi-Cooker. Add half of the beef and cook until browned, about 3 minutes, stirring often. Set aside and repeat with remaining beef.
3. Add the garlic, onion, mushrooms, paprika and optional cayenne powder. Cook, stirring until tender and browned, about 3 minutes. Whisk in flour and cook for 1 minute.
4. Stir in the beef broth, Worcestershire and add browned beef. Close the lid and steam valve. Press **SOUP**, set pressure to HIGH, and set time for 12 minutes.
5. Stir in egg noodles, close lid and steam valve. Press **SOUP**, set pressure to HIGH, and set time for 5 minutes. When finished cooking, turn the release valve to open to quickly release the pressure.
6. Remove lid and stir in the sour cream. Season with salt and pepper to taste. Serve immediately and sprinkle with parsley.



KEVIN IS COOKING
LIFE'S TOO SHORT TO BE BLAND!

"For a kick of heat, use Berbere spice, an Ethiopian spice blend. Warm, very aromatic and a house favorite. Either is completely optional."

KevinIsCooking.com	@KevinIsCooking	@KevinIsCooking







Vegetable Biryani

Prep: 15 mins
Cook: 12 mins

4-6 servings

vegetarian

gluten-free

INGREDIENTS

- 1 cup of basmati rice
- ½ cup of edamame seeds
- ½ cup carrots, cut in 1-2 inch chunks
- 1 cup cauliflower florets
- ½ cup chopped red onions & ¼ cup thinly sliced red onions
- 1 tbsp ghee
- 2 tbsp canola oil
- 1-inch cinnamon stick
- 2-3 count green cardamom
- ½ tsp cloves, whole
- ¼ tsp cumin seeds
- 1 tsp garam masala
- 2 tbsp golden raisins
- 8-10 count cashews
- ¼ cup cilantro, chopped
- 3 cups water
- Salt

1. Wash rice and set aside for 15-20 minutes.
2. Add ghee and canola oil to the Crock-Pot® Express Crock Multi-Cooker. Turn the Express Crock on and set it to the **BROWN/SAUTÉ** setting. As the ghee heats up, 2-3 minutes, add golden raisin and cashews. Sauté for approximately 30 seconds - 1 minute or until the raisins puff up. Fish out the puffed raisins and golden cashews and set aside.
3. In the same pot, add sliced onion. Cook until brown and crispy, and fish out onions leaving the remaining ghee in the pot. Spread them on a paper towel.
4. Add cinnamon stick, cloves, cumin seeds and green cardamom to the same pot. As they sputter, add chopped onion. Cook until golden, 8-10 minutes. Add salt and garam masala and stir.
5. Add veggies, rice and water. Close the lid and place the steam vent on the lock position. Turn the pressure cooker to the **RICE/RISOTTO** setting. The Express Crock will tell you when the cooking process is over, approximately 12 minutes.
6. Once the food is cooked, the Express Crock automatically switches to warm. Turn the steam vent to the open position. Wait until the steam has escaped from the pressure cooker.
7. Garnish with golden raisins, cashews, brown sliced onion and cilantro. Serve hot with raita.



indian simmer

"Biryani is traditionally cooked for a prolonged period of time in a sealed clay pot. This Pressure Cooker Vegetable Biryani gives the traditional recipe a simple, quick and delicious twist."

IndianSimmer.com	@IndianSimmer	@IndianSimmer







Entrées

Cranberry Sauce Pulled Pork

Prep: 20 mins
Cook: 40 mins

4-6 servings

vegetarian

gluten-free

INGREDIENTS

- 3-½ lbs cubed pork butt
- 1 cup whole cranberry sauce
- 1 cup fresh cranberries
- 1 cup ginger beer
- 2 tsp minced fresh rosemary
- 2 tsp minced fresh sage
- 1 tsp kosher salt
- 1 tsp black pepper
- ½ cup brown sugar barbecue sauce

1. Add cubed pork, cranberry sauce, cranberries, ginger beer, rosemary, sage, kosher salt, and black pepper to the Crock-Pot® Express Crock Multi-Cooker. Stir to combine.
2. Put on the lid, lock it and turn the vent to closed so the cooker can build pressure.
3. Press the **MEAT/STEW** button and press **START/STOP.** It will take about 10 minutes for the Express Crock to build pressure and then the time will start to count down.
4. Carefully open the vent on the top to release the pressure. When the pressure is released the lid will unlock and you can open the lid.
5. Shred the meat in the pot with 2 forks. Stir in the barbecue sauce.
6. Serve warm on buns, over rice or over noodles.



NUTMEG NANNY
a journey through a sweet and savory life

"This pressure cooker cranberry sauce pulled pork is the perfect way to use up any leftover holiday cranberry sauce. It's the perfect combination of spicy ginger beer, sweet cranberry sauce, tart fresh cranberries, fresh herbs, and fresh pork!"

NutmegNanny.com	@NutmegNanny	@NutmegNanny







Beer Chicken Jambalaya

Prep: 15 mins
Cook: 18 mins

6-8 servings

vegetarian

gluten-free

INGREDIENTS

- 1 tbsp olive oil
- 2 bell peppers, diced
- 1 sweet white onion, diced
- 1 rib celery, diced
- 1 lb andouille sausage, sliced
- 1 lb chicken thighs, cut into cubes
- 2 cups low sodium chicken broth
- 12 oz beer (pale ale, pilsner, pale lager, or wheat beer)
- 1 can tomatoes, diced
- 1 tbsp cajun seasoning blend
- ¼ - ½ tsp cayenne pepper
- 2 tsp paprika
- 1 tsp garlic powder
- ½ tsp salt (a full tsp if your Cajun spice mix is low or sodium free)
- 1 tsp black pepper
- 1 ½ cups uncooked long grain white rice
- ¼ cup parsley, chopped

1. Press **BROWN/SAUTÉ** on the Crock-Pot® Express Crock Multi-Cooker and set pressure to HIGH. Add the oil, allowing the pot to get hot before adding the bell peppers, onions and celery. Cook until the vegetables have softened.
2. Stir in the sausage and chicken, cooking until the chicken has turned white on the outside. Stir in the remaining ingredients, reserving the parsley for garnish.
3. Put on the lid, turning to the locked position. Make sure the steam release valve is in the "Seal" position.
4. Press the **RICE/RISOTTO** setting and set pressure to HIGH for 8 minutes. The Express Crock will take about 10 minutes to heat up and build pressure. Once the 8 minutes have finished, turn the steam release valve to open. Allow the steam to release before opening the Express Crock.
5. Ladle into bowls, top with parsley.



"A perfectly delicious mixture of chicken, sausage, rice and spice that will be sure to please any crowd. This southern inspired dish is perfect for dinner parties, tailgates, and pot lucks!"

TheBeeroness.com	@TheBeeroness	@TheBeeroness







Entrées

Thai Peanut Chicken Noodles

Prep: 15 mins
Cook: 40 mins

4 servings

vegetarian

gluten-free

INGREDIENTS

- 1 ½ lbs boneless, skinless chicken breasts
- 1 cup Thai peanut sauce
- ½ cup chicken broth
- 8 oz rice noodles

FOR SERVING

- ½ cup carrots, shredded
- ⅓ cup green onions, diced
- ¼ cup peanuts, chopped

1. Add the chicken, Thai peanut sauce and chicken broth to the Crock-Pot® Express Crock Multi-Cooker.
2. Place the lid on the multi-cooker and make sure the steam release valve is set to "Seal".
3. Press **POULTRY** and then press **START/STOP**.
4. Open the lid, remove the chicken from the Express Crock and add the rice noodles. Place the lid back on the multi-cooker and set a timer for 10 minutes.
5. Shred the chicken with two forks.
6. After the noodles have been in the multi-cooker for 10 minutes with the sauce, remove the lid and add the chicken back to the pot.
7. Toss everything together and serve immediately topped with shredded carrots, diced green onions and chopped peanuts.



WHITNEYBOND.com

"Pressure Cooker Chicken Noodles are made with just 4 ingredients, chicken breasts, chicken broth, Thai peanut sauce and rice noodles. It's an easy recipe, made in under an hour!"

WhitneyBond.com	@WhitneyBondBlog	@WhitneyBond







Lemon Dill Chicken and Potatoes

Prep: 15 mins
Cook: 15 mins

4 servings

vegetarian

gluten-free

INGREDIENTS

- 4 boneless skinless chicken breasts
- 2 lbs Yukon gold potatoes, sliced ¾ inch thick
- ¼ cup butter, melted
- 1 cup chicken broth
- ¼ cup freshly squeezed lemon juice
- 2 tbsp cornstarch
- 2 garlic cloves, minced
- 2 tbsp fresh dill weed, chopped
- 1 tsp salt
- ¼ tsp pepper

1. In a small bowl add the melted butter, chicken broth, lemon juice, cornstarch, garlic, dill, salt and pepper. Stir until combined. Set aside.
2. Add the potatoes to the Crock-Pot Express® Crock Multi-Cooker. Add the chicken breasts over the potatoes.
3. Pour the lemon dill sauce over the potatoes and chicken.
4. Secure the lid. Press **POULTRY**, set the pressure to HIGH and set the time for 15 minutes. Be sure the steam release valve is in the "Seal" position. Press **START/STOP.**
5. When the cooking time is complete, and the pressure has been released serve the chicken and potatoes with the sauce drizzled over.



"The light sauce is made out of butter, broth, lemon juice, garlic, dill, salt, pepper and also cornstarch to give a little weight to it. Yukon Gold potatoes are beautiful in this recipe along with the lemon sauce, but any potatoes will do. This is a perfect one pot meal!"

TheMagicalSlowCooker.com | @TheMagicalSlowCooker | @TheMagicalSlowCooker







Sticky Barbecue Spareribs

Prep: 2 hrs
Cook: 20 mins

4-6 servings

vegetarian

gluten-free

INGREDIENTS

- 2 lbs pork spareribs, pat dry
- ⅓ cup light brown sugar
- 2 tsp paprika
- 2 tsp chili powder
- 2 tsp garlic & onion powder
- 2 tsp kosher salt
- 2 tsp black pepper
- 1 cup barbecue sauce

1. In a small bowl, mix brown sugar and spices. Cut ribs into 2-3 sections and place in a large bowl. Pat spice mixture all over ribs, coating evenly. Cover and refrigerate for at least 4 hours, or up to 2 days.
2. When ready to cook, place ribs inside the Crock-Pot® Express Crock Multi-Cooker.
3. Adjust pressure to HIGH and lock. Set time for 20 minutes. Turn cooker off after time is up.
4. Preheat oven broiler to high. Using tongs, transfer cooked ribs bone side up, to a baking sheet lined with foil. Brush with barbecue sauce and broil for 3-5 minutes, until sauce is bubbling.
4. Remove from oven and place on a large cutting board. Slice ribs along the bone and serve.



"Melt-in-your-mouth, tender BBQ spare ribs made in under 30 minutes! Perfect for a fun weeknight meal, family gatherings and football Sundays. Serve with warm cornbread and enjoy the easy cleanup!"

TheComfortofCooking.com | @HelloComfortKitchen | @HelloComfortKitchen







Chicken Coconut Korma

Prep: 10 mins
Cook: 10 mins

6-8 servings

vegetarian

gluten-free

INGREDIENTS

- 2 tbsp olive oil
- 3 lbs boneless skinless chicken thighs, trimmed and cut into 2-inch cubes
- 1 medium sweet potato, peeled and cut into 2-inch cubes
- 1 red pepper, cut into 1-2 inch pieces
- 1 onion, thinly sliced
- 4 cloves garlic, mined
- 1 tbsp freshly grated ginger
- 1 14-oz can coconut milk
- 1 cup chicken broth or stock
- 2 tbsp tomato paste
- 1 tbsp garam masala
- 1 tsp ground turmeric
- 1 tsp salt
- 1 cup plain Greek yogurt
- 1 cup frozen peas
- Fresh cilantro, for garnish

FOR SERVING

- Long grain rice

1. Set the Crock-Pot® Express Crock Multi-Cooker to the **BROWN/SAUTÉ** function and add olive oil. Sprinkle chicken thighs with salt and cook until browned, 2-3 minutes. Do not overcrowd the pot, you will need to cook in two or more batches.
2. Add sweet potatoes, red pepper, onion, garlic, ginger, coconut milk, chicken broth/stock, tomato paste, garam masala, turmeric and salt to pot.
3. Secure lid, making sure steam vent is in the "Seal" position.
4. Select the **BEANS/CHILI** function and adjust time to 10 minutes. Once time is up, manually release pressure and open lid.
5. Stir in Greek yogurt and peas.



completely DELICIOUS

"A classic Indian chicken coconut korma curry recipe made easier in the pressure cooker!"

CompletelyDelicious.com	@CompletelyDelicious	@CompletelyDelicious



DESSERTS







Dessert

Nutella Cheesecake

Prep: 30 mins
Cook: 45 mins

6 servings

vegetarian

gluten-free

INGREDIENTS

CRUST

- 16 whole chocolate sandwich cookies crushed
- 3 tbsp unsalted butter melted

FILLING

- 12 oz cream cheese, softened
- ⅔ cup heavy whipping cream
- ⅔ cup granulated sugar
- 1 cup Nutella
- 2 large eggs
- 1 tsp pure vanilla extract
- ½ tsp kosher salt

CHOCOLATE GANACHE

- 1 cup Nutella
- ½ cup heavy whipping cream, warmed

CRUST

1. Preheat oven to 350° F.
2. In a medium bowl, mix together chocolate cookie crumbs and melted butter.
3. Place cookie crumb mixture into a 7-inch springform pan that has been wrapped on the outside with aluminum foil.
4. Press cookie crumb mixture with the back of a spoon until tightly packed, working up the sides of the pan about 1 inch.
5. Bake at 350° for 10 minutes.

FILLING

1. In a large mixing bowl, whip together the softened cream cheese, heavy whipping cream and sugar until light and fluffy.
2. Add in the Nutella, eggs, vanilla and salt and continue to mix until well combined.
3. Pour cheesecake mixture over the crust in the springform pan.
4. Place cheesecake in the bottom of the Crock-Pot® Express Crock Multi-Cooker and cook on the **DESSERT** setting for 45 minutes with the steam valve closed.
5. Carefully remove the cooked cheesecake from the Express Crock and allow to chill completely in the refrigerator for several hours.

CHOCOLATE GANACHE

1. Place heavy whipping cream in a microwave safe bowl and heat for 45-60 seconds until warm.
2. Add the Nutella to the warmed whipping cream and stir to allow the warmed cream to melt the Nutella and create the glaze.
3. Pour glaze evenly over the top of the chilled cheesecake and allow to drip down the sides.
4. Place cheesecake back into refrigerator and chill for 30-45 minutes to allow the ganache to set before serving.



"A creamy chocolate-hazelnut flavored cheesecake with a chocolate cookie crust cooked in the pressure cooker and topped with a glossy chocolate ganache. Serve with fresh berries!"

CrockPotLadies.com	@CrockPotLadies	@CrockPotLadies







Dessert

Mexican Chocolate Lava Cake

Prep: 10 mins
Cook: 11 mins

4 servings

vegetarian

gluten-free

INGREDIENTS

- 1 cup bittersweet chocolate, chopped
- ½ cup butter, unsalted
- ½ tsp instant coffee powder
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- ¼ tsp kosher salt
- ⅛ tsp cayenne pepper
- ½ cup white granulated sugar
- 3 tbsp all-purpose flour
- 1 tsp cocoa powder
- 3 large eggs
- Powdered sugar

1. Place the chocolate and butter in a microwave safe bowl. Microwave chocolate and butter in 30 second increments until completely melted.
2. Add the instant coffee powder, vanilla extract, cinnamon, salt, and cayenne to the melted chocolate and stir until the dry ingredients are absorbed completely.
3. Add the sugar, flour and cocoa powder. Add the eggs into a large bowl and whisk together until there are no more dry pockets. Pour the chocolate into the mixture and stir in with a spatula.
4. Spray 4 6-ounce oven proof ramekins with cooking oil. Divide the chocolate batter inside the ramekins. The batter should only fill up the ramekins ¾ capacity.
5. Place the steaming rack inside the Crock-Pot® Express Crock Multi-Cooker. Pour 1 ½ cups of water inside the pot. Place the ramekins on the steaming rack.
6. Cover and seal the lid, making sure the pressure valve on top is in the closed position. Press the **DESSERT** button and adjust the pressure to HIGH. Make sure the button is set on 10 minutes and press the **START/STOP** button. Once the cooking is complete, carefully flick the pressure valve to the "Open" position.
7. Remove each ramekin from the pot. Let sit on a cooling rack for 1 minute, then place a small dessert plate upside down on the top of the ramekin. Then invert the plate and remove the ramekin. Repeat with the remaining cakes, dust with powdered sugar, and serve immediately.



Eat the Love
treats for the mind and mouth

"This Mexican Chocolate Lava Cake is a twist on the classic with a touch of cinnamon & cayenne. It comes out perfectly because it's made in a pressure cooker!"

EatTheLove.com	@EatTheLove	@EatTheLove







Dessert

Baked Apples with Cinnamon and Brown Sugar

Prep: 5 mins
Cook: 10 mins

3 servings

vegetarian

gluten-free

INGREDIENTS

- 4 large red honey crisp apples, cored
- 1 cup unfiltered apple juice
- 1 cinnamon stick
- ½ cup brown sugar
- 1 pinch of nutmeg
- 1 tsp ground cinnamon
- 1 pinch of ground cloves
- ¼ cup pecans, chopped
- 2 tbsp butter, cut into 4 cubes
- ¼ cup granola

FOR SERVING

- Vanilla ice cream

1. Add the apple juice to the Crock-Pot® Express Crock Multi-Cooker with the cinnamon stick.
2. In a bowl, combine the brown sugar, nutmeg, cinnamon, cloves and chopped pecans. Mix well.
3. Fill each apple with the sugar mixture and put one cube of butter on top.
4. Sprinkle some granola on top of each apple.
5. Place the apples into the Express Crock making sure the apples are sitting on the steaming rack.
6. Place the lid onto the Express Crock. Set the steam valve to the "Seal" position.
7. Press the **DESSERT** setting and cook on LOW for 10 minutes. Release the steam and open the lid.
8. Transfer the apples to your serving dish and top with vanilla ice cream. Dust with powdered sugar and serve.



FOODNESSGRACIOUS
a stay-at-home dad with a serious passion for food

"There's nothing more like fall than the smell of cinnamon and baked apples. Baked apples with brown sugar and cinnamon filling is the perfect way to go!"

Foodnessgracious.com	@FoodnessGracious	@FoodnessGracious







Dessert

Eggless Cake

Prep: 5 Minutes
Cook: 30 Minutes

6 servings

vegetarian

gluten-free

INGREDIENTS

- 1 cup all-purpose flour
- ½ cup granulated sugar
- 2 tbsp vanilla custard powder
- ½ tsp baking soda
- 1 tsp baking powder
- 1 pinch of salt
- ½ cup whipping cream
- ½ cup milk
- ½ tsp cardamom powder
- ¼ cup chopped nuts (almonds or walnuts)
- ¼ cup raisins
- 2 ½ cups water
- Oil spray, butter or canola oil to grease the cake pan

FOR SERVING

- Vanilla ice cream
- Orange whipped cream

1. Combine wet ingredients in a mixing bowl. Add sugar. Using a whisk or an electric mixer, beat liquid until sugar dissolves.
2. Sift the remaining dry ingredients and add to the bowl. Whisk together well.
3. Grease a 9-inch springform pan and transfer cake batter into the springform pan.
4. Add 2 ½ cups of water to the Crock-Pot® Express Crock Multi-Cooker. Place steaming rack into the pan. Transfer springform pan into the multi-cooker and place it on top of the steaming rack. Put the multi-cooker lid in place and make sure it's locked. Turn the steam vent to open. Select **DESSERT** setting and increase the time to 25 minutes. Press **START/STOP**.
5. Once the steam stops escaping from the vent, press **START/STOP**. Place the vent to the "Seal" position. Leave for 5-8 minutes to finish the cooking process.
6. Open the lid to release pressure. Pull the springform pan out and let the cake cool down completely. Run a butter knife around the edges and take the cake out of the pan.
7. Serve with a side of orange whipped cream or a vanilla ice cream.



indian simmer

"A play on a traditional Indian recipe called Malai Cake, this eggless cake is a vegetarian version of a sponge cake. Other than being completely vegetarian this recipe also uses a pressure cooker to make the cake instead of the traditional use of an oven."

IndianSimmer.com	@IndianSimmer	@IndianSimmer







Dessert

Pumpkin Cheesecake

Prep: 15 mins
Cook: 35 mins

6-8 servings

vegetarian

gluten-free

INGREDIENTS

CRUST

- 1 ½ cups gingersnap cookies, approximately 30 cookies
- 3 tbsp butter, melted

FILLING

- 2 8-oz packages cream cheese, softened
- 1 cup granulated sugar
- ¾ cup canned pumpkin
- 1 tbsp pumpkin pie spice
- 2 tbsp all-purpose flour
- 2 tbsp whipping cream
- 2 eggs, lightly beaten
- 1 tsp vanilla extract
- Whipped cream

CRUST

1. Spray a 7-inch springform pan with non-stick cooking spray, set aside.

2. Add gingersnaps to a food processor and pulse until fine crumbs are formed. Add butter, a little at a time, pulsing after each addition until butter is evenly mixed into the crumbs. Spread evenly into the springform pan. Firmly press the crumbs into the pan to form a crust, starting in the center, working toward the edges and bringing a little up the sides of the pan.

FILLING

1. Using an electric mixer, beat the cream cheese and sugar until smooth. Add the canned pumpkin, pumpkin pie spice, flour and whipping cream, beat until well blended. Add the vanilla and eggs, beat until combined. Pour into the crust.

2. Add 2 cups water to the Crock-Pot® Express Crock Multi-Cooker. Place the steaming rack into the pressure cooker.

3. Fold a 2-foot-long piece of foil over about 3 times lengthwise to create a sling. Set the pan onto the center of the sling, lift and set into the pressure cooker. Fold down the edges of the foil to allow room for the lid.

4. Put on the lid making sure it is in the lock position. Set the valve to the "Seal" position.` Press the **DESSERT** button, adjust the pressure to HIGH, and set the time to 20 minutes. Press **START/STOP.**

5. After 20 minutes, allow the pot to naturally release for an additional 15 minutes and then release any remaining pressure with the steam release valve. Remove the lid

NOTE: you may see some water pooled on the top of your cheesecake. Use the edge of a paper towel to gently remove any moisture from the top of the cheesecake. Carfully remove the cheesecake from the pressure cooker. Allow to cool for at least an hour. Refrigerate 4-6 hours or overnight. Top with whipped cream.



DEAR • CRISSY

"A delicious pressure cooker cheesecake recipe that is so creamy and smooth, full of spice flavor! This cheesecake has crispy gingersnap crust with the perfect amount of pure pumpkin bliss."

DearCrissy.com	@DearCrissy	@DearCrissy

The End