



5050 WCN

# Crock-Pot® Slow Cooker Plus Skillet



## Owner's Guide

**READ AND SAVE THESE INSTRUCTIONS**

## INTRODUCTION

This is our most versatile Crock-Pot® Slow Cooker yet! It can be used as both a Slow Cooker and a Skillet. The Glass Lid fits both the Slow Cooker and Skillet, and features a Steam Vent that must be closed when the Slow Cooker is in use and open when the Skillet is in use.

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions before using. Clean all components before use.
2. Do not touch hot surfaces. Use handles on Base. **CAUTION:** Outside of unit is hot during use.
3. To protect against electrical shock, do not immerse Cord, plug, or Temperature Control Probe in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged Cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the manufacturer (see warranty) for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let Cord hang over edge of table or counter, or touch heated surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Always turn Temperature Control Probe OFF, unplug AC Cord, disconnect Temperature Control Probe from

- unit and use hot pads when moving your heated Skillet/Slow Cooker.
12. Do not use appliance for other than intended use.
13. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot or immersing hot unit into cold water.
14. Always attach Temperature Control Probe to appliance first, then plug cord into the wall outlet. To disconnect, turn Temperature Control Probe to OFF, then remove plug from wall outlet.
15. Place padding under Removable Stoneware before setting on counter or table.

## SAVE THESE INSTRUCTIONS

This appliance is for **HOUSEHOLD USE ONLY**. No user-serviceable parts inside. Power Unit never needs lubrication. Do not attempt to service this product. A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. **AN EXTENSION CORD MAY BE USED WITH CARE; HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE SKILLET/SLOW COOKER.** The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over unintentionally.

**NOTE:** During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.

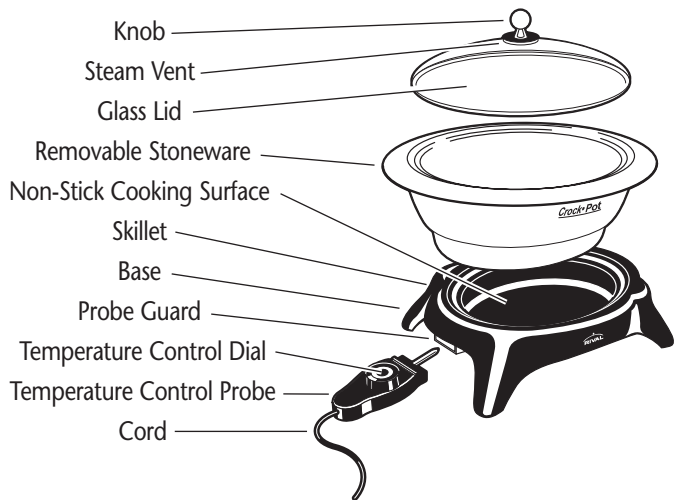
### POLARIZED PLUG



This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician.

Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm do not use that outlet.

## PARTS AND FEATURES



## BEFORE FIRST USE

- Wash the Glass Lid, Removable Stoneware and Skillet in warm soapy water. Rinse and dry thoroughly.

**CAUTION:** Do not wash or immerse Temperature Control Probe.

- Before using the Skillet for the first time, condition the Non-Stick Cooking Surface by lightly brushing the Non-Stick Cooking Surface with vegetable oil. Heat, uncovered, to 300° F. Turn to OFF and cool completely. Wipe away excess oil.

## HOW TO USE YOUR SLOW COOKER

- Make sure the Temperature Control Probe is inserted securely into the Probe Guard.
  - Use the settings in the GREEN section to choose your temperature setting.
  - Turn the Temperature Control Dial to either HIGH or LOW. Make sure the arrow is lined up properly with the setting you have chosen.
  - Be sure to turn the probe to OFF when cook time is finished.
1. There are two temperature settings. **LOW** is recommended for slow "all-day" cooking. 1 hour on **HIGH** equals about 2 to 2½ hours on **LOW**.
  2. Frozen foods such as vegetables and shrimp may be used as part of a recipe. However, do not cook frozen meats (such as roasts or chickens) unless you first add at least 1 cup of warm liquid. The liquid will act as a "cushion" to prevent sudden changes in temperature. Cook recipes containing frozen meats an additional 4 to 6 hours on **LOW**, or an additional 2 hours on **HIGH**.

**IMPORTANT!** Make sure Steam Vent on Glass Lid is CLOSED when using slow cooker.

3. Always cook with the Glass Lid on.

**CAUTION:** Use care when lifting Glass Lid. Hot liquid may build up along the inside of the metal rim and may dribble out when Glass Lid is removed.

4. Follow recommended cooking times.
5. Do not reheat foods in your Slow Cooker.
6. Unplug unit when cooking is done and before cleaning.
7. Removable Stoneware is ovenproof and microwave safe. Do not use Glass Lid in microwave or conventional oven. Do not use Removable Stoneware on gas or electric burners or under broiler.
8. Never overfill the Removable Stoneware. There should be at least a 1" space between the top of the Removable Stoneware and the food. For soups and stews leave at least a 2" space, this will leave sufficient room for the soup to simmer.

## HOW TO USE YOUR ELECTRIC SKILLET

- Make sure the Temperature Control Probe is inserted securely into the Probe Guard.
- Use the settings in the BLACK section to choose your temperature setting.
- Turn the Temperature Control Dial to the desired temperature setting.
- Be sure to turn the Temperature Control Dial to OFF when cook time is finished.

NEVER IMMERSE THE TEMPERATURE CONTROL PROBE IN WATER

### **USING YOUR ELECTRIC SKILLET**

1. Set the Skillet on a flat, dry, heat resistant surface.
2. Set Temperature Control Dial to OFF and plug Temperature Control Probe into Probe Guard on Skillet. Plug Cord into 120 volt AC outlet.
3. Turn Temperature Control Dial to desired temperature. Use the settings in the BLACK section to choose your temperature. **NOTE:** The cooking temperatures listed in this Owner's Guide are estimates. Adjust the cooking temperature slightly up or down to achieve the results you prefer.
4. Place food in Skillet and cook according to Temperature Guide or your favorite recipe. Adjust temperature according to personal preference and type of food prepared.
5. Use the Glass Lid and close the Steam Vent when a moist-heat cooking method is desired, as for roasting, braising or steaming. **CAUTION:** Use care when lifting Glass Lid. Hot liquid may build up along the inside of the metal rim and may dribble out when Glass Lid is removed. When a drier heat is preferred, you may wish to open the Steam Vent during the last 10 to 15 minutes of cooking. **CAUTION:** Escaping steam is hot! To avoid escaping steam, lift Glass Lid away from you. **CAUTION:** Skillet is hot! Use hot pads or oven mitts.

## HOW TO USE YOUR ELECTRIC SKILLET (CONT.)

6. After food is cooked, set the Temperature Control Dial to WARM until ready to serve, or to OFF if food is removed immediately.
7. When finished using, turn Temperature Control Dial to OFF. Unplug Cord from wall outlet. After Skillet has cooled, remove Temperature Control Probe. **CAUTION:** Temperature Control Probe may be hot.

## HOW TO CLEAN YOUR SLOW COOKER

Unplug unit and remove Removable Stoneware.

1. Fill Removable Stoneware with hot or warm soapy water to loosen food remains. Do not use abrasive compounds — a cloth, sponge or rubber spatula will usually remove the residue. If necessary, a plastic cleaning pad may be used. Use a non-abrasive cleaner (such as Bon-Ami® Polishing Cleanser) or vinegar to remove water spots or other stains. Alternatively, the Removable Stoneware can go safely into the dishwasher.
3. The Glass Lid may be washed in the top rack **ONLY** of the dishwasher.

### **CARE OF REMOVABLE STONWARE**

As with any fine ceramic, the Removable Stoneware bowl will not withstand the shock of sudden temperature changes.

- If the Removable Stoneware has been preheated or is hot to the touch, do not put in cold foods. Do not preheat Slow Cooker before using unless specified in the recipe. The Removable Stoneware should be at room temperature before adding hot foods.
- To wash your Removable Stoneware right after cooking, use hot water. Do not pour in cold water if the Removable Stoneware is hot.

## HOW TO CLEAN YOUR ELECTRIC SKILLET

1. Turn Temperature Control Dial to OFF. After Skillet has cooled, remove Temperature Control Probe (make sure that it is unplugged from outlet). **CAUTION:** Do not immerse Temperature Control Probe in water or other liquids. Temperature Control Probe may be cleaned by wiping with a damp cloth. **CAUTION:** Always make sure that Probe Guard and Temperature Control Probe are completely dry prior to use.
2. Wash Glass Lid in hot soapy water or top rack of dishwasher, then rinse thoroughly and dry.
3. Thoroughly wash Skillet in hot soapy water, then rinse thoroughly and dry. **NOTE:** To remove stubborn stains from Skillet or Glass Lid, use a non-abrasive cleaner such as Bon-Ami® polishing cleanser. **CAUTION:** Do not use metal scouring pads or harsh abrasive powders.
4. In time, the Non-Stick Cooking Surface may discolor. This is normal and will not alter its Non-Stick properties. To remove any discoloration, use a commercial cleaner for Non-Stick finishes such as Dip-It® coffeepot destainer. Follow package directions. Recondition the Non-Stick Cooking Surface before using again.

## SLOW COOKER HINTS

- Trim fats and wipe meats well to remove residue. (If meats contain fats, brown in a separate skillet or broiler and drain well before adding to cooker.) Season with salt and pepper. Place meat in cooker on top of vegetables.
- For roasts and stews, pour liquid over meat. Use no more liquid than specified in the recipe. More juices in meats and vegetables are retained in slow cooking than in conventional cooking.
- Most vegetables should be thinly sliced or placed near the sides or bottom of the Removable Stoneware. Meats generally cook faster than most vegetables in a Slow Cooker.
- Use whole leaf herbs and spices for the best and truest flavor for all-day cooking. If ground herbs and spices are used, they should be stirred in during the last hour of cooking.

## SLOW COOKER HINTS (CONT.)

- Because there is direct heat at the bottom, always fill the Removable Stoneware at least half full to conform to recommended times. Small quantities may be prepared, but cooking time will be affected.
- A specific liquid called for in a recipe may be varied if an equal quantity is substituted. (Such as substituting a 10 ¾ ounce can of soup plus 4 ounces of water for a 14 ½ ounce can of tomatoes OR ½ cup beef or chicken broth for ½ cup of wine, etc.)
- Beans must be softened completely before combining with sugar and/or acid foods (**NOTE:** Sugar and acid have a hardening effect on beans and will prevent softening). Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes, reduce heat, cover and allow to simmer 1 ½ hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.

## SKILLET HINTS

- Use only nylon or heat-proof plastic utensils. Metal utensils may scratch the Non-Stick Cooking Surface.
- This Skillet is not designed to deep fry. To pan-fry, do not use more than ½ cup of oil. Select a vegetable oil or peanut oil for frying. Butter and olive oil should only be used to sauté foods on a lower temperature setting.
- When preparing foods not listed in Temperature Guide, start with a low temperature and work up to desired cooking temperature.
- If Non-Stick Cooking Surface has been conditioned (see above), there is no need for additional cooking oils or fats when cooking. A small amount of butter, shortening or oil will however, add flavor and aid in even browning.

## QUESTIONS AND ANSWERS FOR SLOW COOKER

**Q** *“What if the food isn’t done after 8 hours...when the recipe says 8 to 10 hours?”*

**A** This is due to voltage variations which are commonplace everywhere; altitude; or even extreme humidity. The slight fluctuations in power do not have a noticeable effect on most appliances; however, it can slightly alter the cooking times. Allow plenty of time, and remember, it is practically impossible to overcook. You will learn through experience whether to decrease or increase cooking times.

**Q** *“Must the Slow Cooker be covered? Is it necessary to stir?”*

**A** Cook with the Glass Lid on. The Slow Cooker will not recover heat losses quickly when cooking on **LOW** setting. Significant amounts of heat escape whenever the Glass Lid is removed; therefore the cooking time must be extended. Avoid frequent removal of the Glass Lid for checking cooking progress or stirring. Never remove Glass Lid during the first 2 hours when baking breads or cakes. It is not necessary to stir while cooking on **LOW** heat. While using **HIGH** heat for short periods, occasional stirring improves the distribution of flavors.

**Q** *“How about thickening the juices or making gravy?”*

**A** Add some quick-cooking tapioca to any recipe when you want to make a thick gravy. Add the tapioca at the beginning and it will thicken as it cooks! Or you may remove the solid foods, leaving the juices. Prepare a smooth paste of approximately ½ cup flour or cornstarch to ½ cup water or 4 tablespoons melted butter. Pour mixture into liquid in the stoneware and stir well. Turn to **HIGH** and when it comes to a boil (about 15 minutes) it’s ready.

## QUESTIONS AND ANSWERS FOR SLOW COOKER (CONT.)

**Q** *“Can I cook a roast without adding water?”*

**A** Yes – if cooked on **LOW**. We recommend a small amount because the gravies are especially tasty. The more fat or “marbling” the meat has, the less liquid you need. The liquid is needed to properly soften and cook vegetables.

## GUIDE TO ADAPTING RECIPES

This guide is designed to help you adapt recipes to the Slow Cooker — your own favorites and prized recipes collected from friends, food companies, newspapers and magazines. Our aim is to save preparation time with fewer steps and dishes...and to keep cooking simple. In most cases, all ingredients can go into your Slow Cooker in the beginning and can cook all day. Many preparatory steps are unnecessary when using the Slow Cooker. A few hints:

- Allow sufficient cooking time.
- Cook with Glass Lid on.
- Do not add as much water as some recipes indicate.
- Remember — liquids don’t “boil away” as in conventional cooking. Usually you’ll have more liquid at the end of cooking instead of less.
- It’s “one-step” cooking: many steps in recipes may be deleted. Add ingredients to Removable Stoneware at one time and cook 8 to 12 hours (add any liquid last).
- Vegetables do not overcook as they do when boiled in your oven or on your range. Therefore, everything can go into the Slow Cooker at one time. **EXCEPTION:** Milk, sour cream or cream should be added during last hour.

## TIME GUIDE FOR SLOW COOKER

IF RECIPE SAYS:	COOK ON LOW:	OR COOK ON HIGH:
15 to 30 minutes	4 to 6 hours	1 ½ to 2 hours
35 to 45 minutes	6 to 10 hours	3 to 4 hours
50 minutes to 3 hours	8 to 18 hours	4 to 6 hours

Most uncooked meat and vegetable combinations will require at least 8 hours on **LOW**.

### PASTA AND RICE

If recipe calls for cooking noodles, macaroni, etc., cook on rangetop before adding to slow cooker. Don't overcook — just until slightly tender. If cooked rice is called for, stir in with other ingredients; add ¼ cup extra liquid per ¼ cup of raw rice. Use long grain converted rice for best results in all-day cooking.

### LIQUIDS

Use less in slow cooking — usually about half the recommended amount. One cup of liquid is enough for any recipe unless it contains rice or pasta.

### SAUTEING VEGETABLES

Generally not necessary! Stir in chopped or sliced vegetables with other ingredients. **ONLY EXCEPTION:** eggplant should be parboiled or sauteed, due to strong flavor.

Since vegetables develop their full flavor potential with slow cooking, expect delicious results even when you reduce quantities. Because vegetables take longer to cook than meat, slice or chop them when possible.

### HERBS AND SPICES

Leaf or whole herbs and spices are preferred, but their flavor power may increase — use half the recommended amount. If you use ground herbs and spices, add during last hour of cooking.

## GUIDE TO ADAPTING RECIPES (CONTINUED)

### MILK

Milk, cream and sour cream tend to break down during extended cooking. When possible add during last hour of cooking. Condensed soups may be substituted for milk, etc., and can cook for extended times.

### SOUPS

Some soup recipes call for 2 to 3 quarts of water. Add other soup ingredients to slow cooker; then add water only to cover. If thinner soup is desired, add more liquid at serving time. If milk-based recipes have no other liquid for initial cooking, add 1 or 2 cups water. Then during last hour of cooking, stir in milk or cream as called for.

## TEMPERATURE GUIDE (SKILLET)

FOOD	AMOUNT	TIME/DIRECTIONS	TEMP.
BURGERS	1/4 lb.	3 to 9 minutes/per side (medium)	300°F
STEAK	1" thick, boneless	9 to 12 minutes/per side	300°F
CHICKEN	boneless breasts	6 to 7 minutes/per side	300°F
FRENCH TOAST		3 to 5 minutes/per side	325°F
PANCAKES		1 to 3 minutes/per side	300°F
EGGS Fried		2 to 3 minutes/first side 1 to 2 minutes/second side Melt 1 too 2 tsp. butter or margarine in skillet	300°F
Poached	1 to 6 eggs	2 to 3 minutes Pour 2 cups water and 1 tsp. cider vinegar in skillet. Heat to boiling. Break each egg into a bowl; slip into water. LID and cook 2 to 3 minutes.	250°F or 300°F
Scrambled		3 to 4 minutes Melt 1 to 2 tablespoons butter or margarine in skillet. Add eggs, cook, stir gently, until set and cooked.	300°F
BACON		5 minutes/first side 1 to 3 minutes/second side	300°F
SAUSAGE LINKS		8 to 10 minutes	300°F
SAUSAGE PATTIES		6 minutes/first side 5 to 6 minutes/second side	300°F

## CROCK-POT® SLOW COOKER RECIPES

### POT ROAST OF BEEF

2 to 3 potatoes, sliced  
2 to 3 carrots, sliced  
1 to 2 onions, sliced

Salt and pepper to taste  
2 pound beef roast  
½ cup beef broth

Put vegetables in bottom of stoneware. Salt and pepper meat to taste, put in pot. Add liquid. Cover; cook on LOW 10 to 12 hours. (HIGH: 5 to 6 hours.) Remove meat and vegetables with spatula and thicken for gravy if desired (see "HINTS" page 8). Without Vegetables: Season roast with salt and pepper and any other favorite seasonings. Add no liquid. Cook as directed.

### HEARTY BEEF STEW

1½ to 2 pounds stew beef,  
cut in 1-inch cubes  
4 to 5 carrots, sliced  
1 small onion, diced  
Salt and pepper to taste

1 can (28-oz.) tomatoes  
2 to 3 stalks celery, sliced  
¼ cup quick-cooking tapioca  
1 whole clove (optional)  
2 bay leaves

Trim all fat from meat. Put all ingredients in stoneware and mix. Cover and cook on LOW 8 to 10 hours. (HIGH: 4 to 5 hours).

### CHICKEN CACCIATORE

1 medium onion, thinly sliced  
3-lb. chicken, cut up  
2 cans (6-oz. each ) tomato paste  
1 can (4-oz.) sliced mushrooms, drained  
1 teaspoon salt  
½ teaspoon pepper

2 cloves garlic, minced  
2 teaspoon oregano leaves  
½ teaspoon basil leaves  
½ teaspoon celery seed  
1 bay leaf  
½ cup dry white wine

Place sliced onion in bottom of stoneware. Add chicken pieces. In a bowl, stir together tomato paste, mushrooms, salt, pepper, garlic, herbs and white wine. Pour over chicken. Cover; cook on low 8 hours (HIGH 4 hours). Serve chicken pieces over spaghetti or vermicelli.



# RECIPES

## BARBECUE RIBS

2½ to 3 pounds spareribs  
1 bottle (16-oz.) of smoky barbecue sauce  
(or 2 cups homemade sauce)

1 onion, sliced  
Salt and pepper to taste

Sprinkle ribs with salt and pepper. Place ribs in broiler pan under broiler for 15 minutes to brown and remove excess fat. Put sliced onion in stoneware. Slice ribs into serving pieces and put in slow cooker. Pour in barbecue sauce. Cover and cook on LOW 8 to 10 hours. (HIGH: 4 to 5 hours).

## Barbecue Meats

Place uncooked, seasoned and cut-up chicken, ham, pork chops, or beef in stoneware. Pour a little barbecue sauce on each piece. Add no water. Cover and cook on LOW 8 to 10 hours. (HIGH: 4 to 6 hours).

NOTE: For added flavor, put cooked meat in broiler pan; pour remaining sauce and drippings over top. Place under broiler for 5 to 10 minutes.

## SWEET AND SOUR SHRIMP

1 package (6 ounces) frozen  
Chinese pea pods, partially thawed  
1 can (13 ounces) juice-pack pineapple  
chunks or tidbits (drain and reserve juice)  
2 tablespoons cornstarch  
3 tablespoons sugar  
1 chicken bouillon cube  
Fluffy rice

1 cup boiling water  
½ cup reserved pineapple juice  
2 teaspoons soy sauce  
½ teaspoon ground ginger  
2 cans (4½ ounces each) shrimp,  
rinsed and drained  
2 tablespoons cider vinegar

Place pea pods and drained pineapple in stoneware. In a small saucepan, stir together cornstarch and sugar. Dissolve bouillon cube in boiling water and add with juice, soy sauce and ginger to saucepan. Bring to a boil, stirring, and cook sauce for about 1 minute or until thickened and transparent. Gently blend sauce into pea pods and pineapple. Cover and cook on Low for 5 to 6 hours. Before serving, add shrimp and vinegar, stirring carefully to avoid breaking up shrimp. Serve over hot rice.

# RECIPES

## ITALIAN TOMATO AND MEAT SAUCE

1½ pounds ground chuck, browned  
1 cup chopped onion  
2 cloves garlic  
1 can (14½-oz.) tomatoes  
2 cans (6-oz.) tomato paste

1 bay leaf  
2 stalks celery, chopped  
1 teaspoon salt  
2 teaspoons dried oregano leaves  
¼ teaspoon dried thyme leaves

Put all ingredients in stoneware. Stir thoroughly. Cover and cook on LOW 8 to 10 hours.

## BEEF BOURGUIGNON (BEEF STEW WITH WINE)

6 strips bacon, cut in ½-inch pieces  
2 to 3-pound beef rump or chuck,  
cut in 1½-inch cubes  
1 medium carrot, sliced  
1 small onion, sliced  
Salt and pepper to taste  
3 tablespoons flour  
1 can (10¼-oz.) condensed beef broth

1 tablespoon tomato paste  
2 cloves garlic, minced  
¾ teaspoon whole thyme  
1 bay leaf  
½ pound tiny white onions  
½ to 1 pound fresh mushrooms, sliced  
2 tablespoons butter  
½ cup red or Burgundy wine

Cook bacon in large skillet until crisp. Remove and drain. Add beef cubes and brown well. Place browned beef cubes in stoneware. Brown carrot and onion. Season with salt and pepper; stir in flour. Add broth, mix well and add to slow cooker. Add cooked bacon, tomato paste, garlic, thyme, bay leaf and onions. Cover and cook on LOW 8 to 10 hours. Sauté mushrooms in butter, and add with wine to stoneware about 1 hour before serving. To thicken gravy: Turn slow cooker to HIGH. Combine 3 tablespoons flour with 3 tablespoons melted butter or margarine. Stir into stew.

## RECIPES

### FAVORITE CHILI

- ¼ pound dry pinto or kidney beans (see page 6)
- 1 can (14½-oz.) tomatoes
- 1 pound coarsely ground chuck, browned and drained
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tablespoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- ½ green bell pepper, seeded and chopped
- Salt to taste

Completely soften beans as directed on page 4. Put all ingredients in stoneware. Stir to combine. Cover and cook on LOW 8 to 10 hours (HIGH: 3 to 4 hours). NOTE: One 16-ounce can of red kidney beans, drained, may be substituted for dry beans.

### CHICKEN IN A POT

- 1 to 2 carrots, sliced
- 1 to 2 onions, sliced
- 1 to 2 celery stalks, sliced
- 2 to 3 pound whole broiler/fryer chicken
- 1 teaspoon salt
- ½ teaspoon coarse black pepper
- ½ cup water, chicken broth or white wine
- ½ to 1 teaspoon basil

Put vegetables in bottom of stoneware. Add whole chicken. Top with salt, pepper, liquid. Sprinkle basil over top. Cover and cook on LOW 8 to 10 hours. (HIGH: 3½ to 5 hours, using 1 cup water). Remove chicken and vegetables with spatula.

### NEW ENGLAND STYLE BAKED BEANS

- 1 pound dry navy beans
- 1 pound smoked ham or ham hocks or ½-pound cubed salt pork
- ½ cup chopped onion
- 1½ cups water
- ½ cup packed brown sugar
- ½ cup maple syrup
- 1 teaspoon salt
- 1 teaspoon dry mustard

Completely soften beans as directed on page 4. Drain and put beans in stoneware. Add all remaining ingredients along with the water; mix well. Cover; cook on LOW 10 to 12 hours. (HIGH: 4 to 5 hours, stirring occasionally). Cut ham from bone and return to slow cooker.

## RECIPES

### CHICKEN IN MUSHROOM GRAVY

- 2 to 3-pound chicken, cut up (or 3 whole chicken breasts, halved)
- 1 can (10¼-oz.) condensed cream of mushroom soup
- ¼ cup dry white wine or chicken broth
- 1 can (4-oz.) sliced mushrooms, drained
- Salt and pepper

Place chicken pieces in stoneware. Salt and pepper chicken to taste. Mix wine and soup; pour over chicken. Add mushrooms. Cover and cook on LOW 7 to 9 hours. (HIGH: 3 to 4 hours).

**Chicken Parisienne:** Prepare recipe as directed above. Remove cooked chicken pieces to warm serving platter. Stir together 1 cup sour cream and ¼ cup flour. Stir sour cream mixture into mushroom gravy. Heat 30 minutes on LOW. Serve sauce over chicken with rice or noodles.

### FRENCH ONION SOUP

- 1 quart beef bouillon or brown stock
- 3 medium yellow onions, thinly sliced
- 3 tablespoons butter
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons flour
- ½ cup dry vermouth or cognac (optional)
- 1 cup grated Parmesan cheese

Pour bouillon or stock in stoneware. Cook onions slowly in butter (about 15 minutes) in large covered skillet. Stir occasionally. Uncover and add salt, sugar, flour and vermouth. Stir well. Add to stock in slow cooker. Cover and cook on LOW 6 to 8 hours. (HIGH: 3 hours). Before serving, top with grated cheese.

## SKILLET RECIPES

### APPLE NUT PANCAKES

2 tablespoons butter or margarine  
½ cup plus 2 tablespoons all-purpose flour  
¼ teaspoons sugar  
2 teaspoons baking powder  
¼ teaspoon salt  
¼ teaspoon cinnamon

Dash nutmeg  
¼ cup milk  
1 egg  
½ cup peeled and finely chopped apple  
2 tablespoons chopped pecans or walnuts  
Vegetable oil

Melt butter. Set aside to cool slightly. Combine flour, sugar, baking powder, salt and spices in a small bowl. Combine melted butter and milk in mixing bowl. Add egg and beat lightly to combine. Blend in flour mixture, stirring just until combined. Fold in apple and nuts. Preheat skillet to 350°F. Brush lightly with oil. Pour about ¼ cup batter for each pancake. Cook until bubbles come to the surface and the bottom is golden brown, about 2 minutes. Serve 3 warm with maple syrup for breakfast or brunch or top with ice cream, additional nuts and caramel syrup for dessert.

### CLASSIC FRENCH TOAST

1 egg, slightly beaten  
¼ cup milk  
¼ teaspoon vanilla extract  
Dash nutmeg or cinnamon  
½ teaspoon confectioner's sugar

1 tablespoon butter or margarine  
2 slices French bread, sliced 1-inch thick

Confectioner's sugar  
Maple syrup

Combine egg, milk, spice and sugar in shallow pan. Preheat skillet to 350°. Add butter to skillet. Dip both sides of bread quickly into egg mixture then place in skillet. Cook 2 to 3 minutes per side or until bread is golden brown. Dust each piece lightly with confectioner's sugar and serve with maple syrup.

## RECIPES

### DENVER OMELET

½ cup diced, cooked ham  
¼ cup chopped green bell pepper  
¼ cup sliced fresh mushrooms  
1 green onion, sliced  
1 tablespoon butter or margarine

3 eggs  
2 tablespoons water  
¼ teaspoon salt  
Dash cayenne pepper  
½ cup (1-ounce) cheddar cheese, shredded

Set skillet temperature to 300° F. Add ham, green bell pepper, mushrooms, onions and butter. Saute 2 minutes, stirring frequently. Arrange vegetables in an even layer. Lightly beat eggs with water, salt and cayenne pepper; pour egg mixture over ham and vegetables. Cover and cook 4 minutes or until eggs are set. Sprinkle with cheese, cover and cook additional 2 minutes. To serve, slice omelet in half then gently fold each part in half. Lift omelets from skillet with a wide spatula.

### HAM AND EGG FAVORITE

1 tablespoon butter or margarine  
¼ cup chopped onion  
2 tablespoons all-purpose flour  
¼ cup milk

2 eggs  
½ cup chopped cooked ham  
½ cup chopped fresh spinach  
¾ cup (3-ounces) Swiss cheese, shredded

Set skillet temperature to 300° F. Add butter and melt. Add onions and saute until onions are tender, about 2 minutes, remove onion from skillet and set aside. Combine flour, milk and eggs; beat lightly to blend. Pour egg mixture into pan. Cover and cook 2 minutes. Arrange ham, spinach and cooked onions evenly over eggs. Sprinkle cheese evenly over top. Cover and cook additional 2 minutes. Gently cut into four pie-shaped wedges. Lift each wedge onto serving plate.

# RECIPES

## PASTA WITH PEPPERS AND CHICKEN

- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 whole boneless, skinless chicken breast, cut into ½-inch x 2-inch strips
- 1 cup sliced red, green or yellow bell pepper (or combination)
- ½ teaspoon basil
- Pinch ground red pepper
- Salt and ground black pepper to taste
- ½ teaspoons cornstarch
- ¾ cup chicken broth
- 4-ounces linguine or fettuccine, cooked and drained

Set skillet temperature to 350° F. Add garlic and oil and saute 2 minutes. Add chicken; cook and stir for 5 minutes. Stir in bell peppers and allow to cook additional 2 minutes or until vegetables are crisp tender and chicken is done. Reduce temperature to 250° F. Blend seasonings and cornstarch into chicken broth, stirring until well blended. Pour broth mixture into skillet. Heat, stirring gently, 1 minutes or until mixture is hot and thickened. Serve over past. Makes 2 servings.

## EASY BEEF FAJITAS

- juice of 2 limes
- 2 tablespoons olive oil
- ½ teaspoons ground cumin
- ¼ teaspoon salt
- 1 clove garlic, minced
- ½ teaspoon red pepper flakes
- freshly ground black pepper, to taste
- ¾-lb. top round steak, thinly sliced
- 1 small onion, thinly sliced
- ½ green or red bell pepper, thinly sliced
- 4 flour tortillas
- ½ cup (2-ounces) monterey jack or cheddar cheese, shredded
- guacamole, optional
- salsa, optional
- sour cream, optional
- chopped tomatoes, optional

Combine lime juice, 1 tablespoon olive oil, cumin, salt, garlic, red pepper and black pepper in glass bowl. Add beef and allow to stand, at room temperature, 30 minutes. Set skillet temperature to 350° F. Add remaining 1 tablespoon olive oil, onion and green/red bell pepper and stir gently. Cover and cook 1 to 2 minutes or until vegetables are tender. Remove vegetables and keep warm. Drain meat, discard marinade and place meat in skillet. Saute meat 7 to 9 minutes or until done. Meanwhile, wrap tortillas in aluminum foil and heat in 350° F. oven for 5 minutes. To assemble, spoon about ¼ of meat and vegetables into center of each warmed tortilla. Sprinkle with 2 tablespoons cheese. Roll tortilla and place on serving plate. Garnish, as desired, with guacamole, salsa, sour cream and/or chopped tomatoes.

# RECIPES

## SHRIMP AND VEGETABLE STIR-FRY

- ¾-lb. raw, shrimp, shelled and deveined
- 2 tablespoons light soy sauce
- 2 tablespoons dry sherry
- 2 teaspoons cornstarch
- 1 teaspoon grated gingerroot
- 1 tablespoon vegetable oil
- 1 small sweet red bell pepper, in thin strips
- 1 cup broccoli flowerettes
- ½ medium onion, thinly sliced
- 5 large fresh mushrooms, sliced
- ½ package (3-ounces) frozen snow peas, thawed
- 2 stalks celery, sliced

Place cleaned shrimp in bowl. Combine soy sauce, sherry, cornstarch, and gingerroot; pour over shrimp. Preheat skillet to 400° F. Add oil to skillet. Stir-fry celery, red bell pepper, broccoli and onions for 2 minutes. Add shrimp with marinade and stir-fry additional 2 minutes or until shrimp turn pink. Add mushrooms and snow peas. Stir-fry until heated through.

## STIR-FRY BEEF AND BROCCOLI

- ½ to ¾-lb. top round or sirloin
- 1 clove garlic, minced
- dash ground ginger
- 2 tablespoons soy sauce, divided
- 2 tablespoons dry sherry, divided
- ½ cup beef broth
- ½ teaspoons cornstarch
- ¼ teaspoon sugar
- salt to taste
- 2 tablespoons sesame or peanut oil
- ¾ cup broccoli flowerettes
- 1 to 2 medium carrots, bias sliced
- ½ onion, sliced in thin wedges
- Hot cooked rice

Slice beef into very thin slices and place in glass bowl. (Partially freeze beef for 30 to 60 minutes to make beef easier to slice.) Add garlic, ginger, 1 tablespoon soy sauce and 1 tablespoon sherry. Toss to coat. Allow beef to stand, at room temperature for 30 minutes.

Combine remaining soy sauce and sherry with broth, cornstarch, sugar and salt; set aside. Set skillet temperature to 350° F. Add oil and heat 1 minutes. Drain meat, discarding marinade and add meat to skillet. Stir fry 7 to 9 minutes or until beef is done. Remove meat and keep warm. Add vegetables. Cover and cook 3 minutes or until vegetables are crisp tender. Stir mid-way through cooking. Reduce temperature to 250° F. Blend meat into vegetables. Stir broth mixture then pour over meat and vegetables. Heat, stirring, until broth is hot and thickened. Serve over rice.

## RECIPES

### STEAK AU POIVRE

2 teaspoons black peppercorns or mixture of black, green and pink peppercorns  
1/2 to 3/4-lb. boneless steak, (1 strip or sirloin steak)  
3 tablespoons water

1 tablespoon butter or margarine  
1 green onion, sliced  
3 tablespoons bourbon or beef broth

Place peppercorns in plastic bag. Crack peppercorns with rolling pin or mallet. Press cracked peppercorns evenly over both sides of steak. Set aside. Set skillet temperature to 300° F. Add steak and cook, 7 minutes per side for medium-rare, or until desired doneness. Remove steak from skillet and keep warm.

Add butter and green onion. Saute, stirring for 1 minute. Combine bourbon/beef broth and water; pour over green onions. Allow to cook, stirring constantly, about 2 minutes or until sauce has thickened slightly. Cut steak into serving portions. Return steak to skillet and spoon sauce over meat. Heat 1 minutes. Serve steaks with sauce spooned over meat.

### BANANA STUFFED FRENCH TOAST

1 loaf of country style bread un-sliced (16oz)  
5 eggs  
2 TB of pure vanilla extract  
2 TB of Brown sugar

1/2 cup of milk  
4 bananas  
2 TB of butter

Preheat skillet to 300°F and add 1 TB of butter. Slice bread into 2" thick slices; discard the ends of the bread. Carefully cut each slice in half but do not cut completely through middle, this will create a pocket for the bananas. In a bowl beat eggs, milk, vanilla, and 1 TB of sugar. Slice bananas in long vertical slices, add to skillet and sprinkle with remaining brown sugar. Allow bananas to cook for 1 minute and turn to cook for an additional minute. Remove and allow bananas to completely cool. When bananas are cooled fill the bread slices with the bananas. Then allow bread to soak in the egg mixture. Repeat procedure for the remaining slices. Heat skillet to 350°F and add remaining butter. Add the bread cook 1-2 pieces at a time and cook for 5 minutes on each side, being careful not to burn them. Serve with warm maple syrup or fresh banana slices and brown sugar.

## RECIPES

### ORANGE FRENCH TOAST

4 ea. French bread, thick slices  
1/2 c. Silvered Almonds  
2 ea. Eggs  
1/8 tsp. Salt

1 ea. Zest grated from an orange  
1/4 tsp. Vanilla extract  
1/2 c. Fresh orange Juice

### Orange Syrup

1/2 c. Maple syrup  
1/4 c. Fresh orange juice

Preheat skillet to 350°F and add 2 tablespoons of vegetable oil. Whisk together the eggs, salt, orange zest, vanilla, and orange juice. Place each slice of bread in the egg mixture until thoroughly soaked. Transfer to the Skillet and cook 1-2 pieces at a time until each side is golden brown. Combine the syrup and remaining 1/4 cup orange juice in a small bowl and stir until completely mixed. Place toast on serving platter and pour syrup over. Sprinkle with silvered almonds.

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