

Bravetti™
PLATINUM PRO

8 QT Slow Cooker

OWNER'S MANUAL

Model KC281H

120V., 60Hz., 340 Watts



CAUTION:

Before using this slow cooker, read this manual and follow all its Safety Rules and Operating Instructions.

- Safety
- Operation
- Cleaning

EURO-PRO Operating LLC
94 Main Mill Street, Door 16
Plattsburgh, NY 12901
Tel.: 1 (800) 798-7398

IMPORTANT SAFETY INSTRUCTIONS

When using your Slow Cooker, basic safety precautions should always be followed, including the following:

1. Read all instructions carefully.
2. Use slow cooker only for its intended use.
3. To protect against risk of electrical shock, do not immerse the power cord, plug or main unit in water or other liquids.
4. Do not touch hot surfaces. Always use handles or knobs.
5. Close supervision is necessary for any appliance being used by or near children.
6. Always disconnect appliance from electrical outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
7. Do not operate appliance with a damaged cord or plug or after the appliance malfunctions or has been dropped or damaged in any manner. Return the appliance to **EURO-PRO Operating LLC** for examination and repair.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner.
10. **This appliance is for household use only.**
11. The use of accessory attachments not recommended by the appliance manufacturer may cause hazard or injury.
12. Do not use outdoors.
13. Never place the removable ceramic pot directly on a heated surface as this may cause the ceramic pot to crack.
14. To disconnect the appliance, turn appliance "Off" first and then remove the plug from the electrical outlet. Always hold the plug and never pull the power cord.
15. **CAUTION: Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Always use pot holders when moving your heated slow cooker.**
16. The glass lid and removable ceramic pot are fragile. Handle them with care.

17. **WARNING! TO PREVENT ELECTRIC SHOCK, never immerse the main unit in water or other liquids.**
18. Avoid sudden temperature changes, such as adding cold or frozen ingredients into a heated pot.
19. Never cook directly in metal housing. Use the removable ceramic pot.
20. Never turn the appliance "On" when the ceramic pot is empty as this could cause a malfunction.
21. Do **NOT** immerse main housing in water or any other liquids. Only the removable ceramic insert and glass lid may be immersed for cleaning.
22. When using this appliance, provide adequate air space above and on all sides for air circulation. On surfaces where heat may cause a problem, an insulated heat pad is recommended.
23. Do **NOT** use slow cooker to boil water.
24. **CAUTION: When removing the glass lid, always lift and tilt the lid away from you carefully to avoid scalding and allow water to drip back into the unit.**

WARNING: To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not modify the plug in any way.

SPECIAL INSTRUCTIONS

This appliance has a short power cord to reduce the risk resulting from becoming entangled in or tripping over a long cord. An extension cord may be used if you are careful in its use:

1. The electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
2. An extension cord with the power cord must be arranged so that it will not drape over the countertop or tabletop where they can be pulled on by children or tripped accidentally.

KC281H

EURO-PRO 

ONE (1) YEAR LIMITED WARRANTY

EURO-PRO OPERATING LLC warrants this product to be free from defects in material and workmanship for a period of one (1) year from the date of purchase when utilized for normal household use.

If your appliance fails to operate properly while in use under normal household conditions within the warranty period, return the complete appliance and accessories, freight prepaid to **EURO-PRO Operating LLC**, 94 Main Mill Street, Door 16, Plattsburgh, NY 12901. If the appliance is found to be defective in material or workmanship, **EURO-PRO Operating LLC** will repair or replace it free of charge. Proof of purchase date and \$16.95 to cover the cost of return shipping and handling must be included.*

The liability of **EURO-PRO Operating LLC** is limited solely to the cost of the repair or replacement of the unit at our option. This warranty does not cover normal wear of parts and does not apply to any unit that has been tampered with or used for commercial purposes. This limited warranty does not cover damage caused by misuse, abuse, negligent handling or damage due to faulty packaging or mishandling in transit.

This warranty is extended to the original purchaser of the unit and excludes all other legal and/or conventional warranties. The responsibility of **EURO-PRO Operating LLC** if any, is limited to the specific obligations expressly assumed by it under the terms of the limited warranty. **In no event is EURO-PRO Operating LLC** liable for incidental or consequential damages of any nature whatsoever. Some states do not permit the exclusion or limitation of incidental or consequential damages, so the above may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

***Important: Carefully pack item to avoid damage in shipping. Be sure to include proof of purchase date and to attach tag to item before packing with your name, complete address and phone number with a note giving purchase information, model number and what you believe is the problem with item. We recommend you insure the package (as damage in shipping is not covered by your warranty). Mark the outside of your package "ATTENTION CUSTOMER SERVICE". We are constantly striving to improve our products, therefore the specifications contained herein are subject to change without notice.**



OWNERSHIP REGISTRATION CARD

Please fill out and mail the product registration card within ten (10) days of purchase. The registration will enable us to contact you in the unlikely event of a product safety notification. By returning this card you acknowledge to have read and understood the instructions for use, and warnings set forth in the accompanying instructions.

RETURN TO EURO-PRO OPERATING LLC, 94 Main Mill Street, Door 16, Plattsburgh, NY 12901

KC281H

Appliance model

Date purchased

Name of store

Owner's name

Address

City

State

Zip Code

FOR HOUSEHOLD USE ONLY SAVE THESE INSTRUCTIONS

WARNING: To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not modify the plug in any way.

French Onion Beef

Ingredients:

- 1 1/4 lb. boneless beef round steak (1/2 to 3/4-inch thick)
- 8 oz. sliced fresh mushrooms
- 1 large white onion, sliced into rings
- 1 10 3/4-oz can condensed French onion soup
- 1 6-oz pkg. instant herb stuffing mix
- 1/4 cup melted butter or margarine
- 4-oz shredded mozzarella cheese

Directions:

Cut the beef into 6 serving size pieces. Layer half of the beef, mushrooms and onion rings in the slow cooker; repeat layers. Pour soup over ingredients in slow cooker. Cover and cook on Low setting for 8 to 10 hours or until beef is tender and no longer pink.

Before serving, in medium bowl, combine stuffing mix, contents of seasoning packet, melted butter or margarine and 1/2 cup of the liquid from the slow cooker; toss to mix. Place stuffing on top of contents in slow cooker. Increase heat setting to High. Cover and cook an additional 20 minutes or until stuffing is fluffy. Sprinkle with cheese. Cover and cook until cheese is melted.

Warm Apple Crisp

Ingredients:

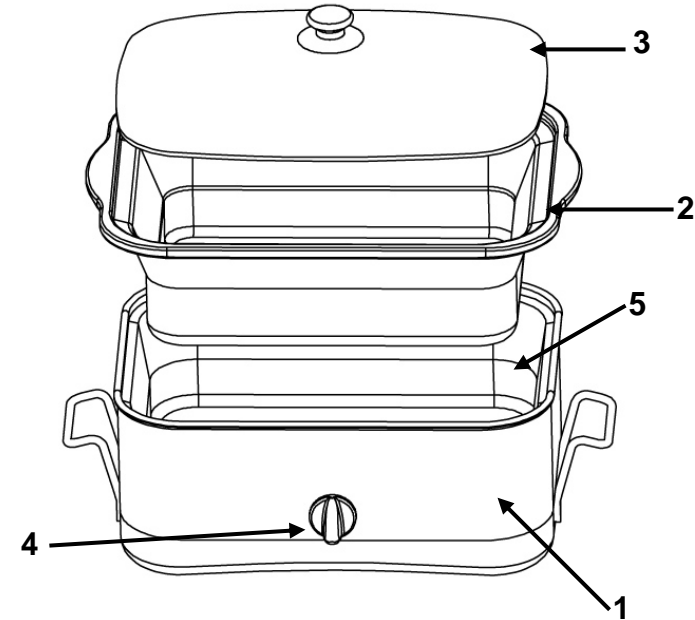
- 6-8 cups apples, peeled, cored and cut into slices
- 2 cups bread crumbs
- 1 cup brown sugar
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1/8 tsp. salt
- 1/2 cup butter or margarine melted
- 1/4 cup walnuts, finely chopped (optional)

Directions:

Place the apples in the bottom of the ceramic pot. In a mixing bowl, combine the bread crumbs, brown sugar, cinnamon, nutmeg, salt, melted butter or margarine and walnuts. Spread mixture over apples in the ceramic pot. Cover and cook on Low setting for 3 hours 30 minutes or on High for 2 hours 45 minutes.

Before using your 8 Quart Slow Cooker, remove any labels, stickers or tags that may be attached to the appliance.

When turned on for the first time, your new slow cooker may emit an odor for up to 10 minutes. This is due to the initial heating of the materials used in making the slow cooker. The odor is safe and should not reoccur after initial heating.



1. Metal Housing
2. Ceramic Pot
3. Glass Lid
4. Control Knob
5. Inner metal lining (attached to metal housing – not removable)

Technical Specifications

- Voltage: 120V., 60Hz.
- Power: 340 Watts

* Illustrations may differ from actual product.

Before Using Your Slow Cooker

Prior To First Use, Clean The Unit Thoroughly

- Before using for the first time, wash the cover and the ceramic pot in hot, soapy water.
- Do not immerse metal housing in water or any other liquid.
- Rinse and dry thoroughly.
- Plug cord into a 120 volt AC outlet.
- Always cook with the cover on and the ceramic pot in position. Remember that frequent lifting of the cover delays the cooking time.
- When cooking a meat and vegetable combination, place the meat in the bottom of the ceramic pot.
- Unplug the slow cooker when cooking is complete. Before cleaning, allow to cool completely.
- **The ceramic pot cannot withstand the shock of sudden temperature changes.**
- Do not use frozen meat or poultry in a slow cooker. Thaw any meat or poultry before slow cooking.

CAUTION: Be careful when adding additional liquids to ceramic pot - **Never** add cold liquids as this might cause the ceramic pot to crack. Always warm the liquids before adding.

Setting the Temperature

The slow cooker has been developed with a wrap-around side element concealed in the unit. This element provides the low, even temperature that makes lengthy cooking times possible. As a result of the wrap-around element, food will not stick to the base of the ceramic pot despite the long cooking time and the need to stir food is almost unnecessary. As food cooks just below boiling point, very little steam is given off and there is next to no evaporation, all of which provides flavorful, tender and moist results, even with budget cuts of meat.

LOW: The low heat setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting. Ideal for vegetable dishes and re-heating.

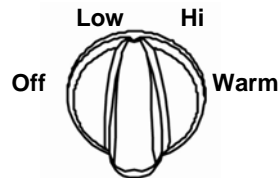
HI: The high heat setting is used when baking or cooking dried beans and will cook food in half the time required for the low setting. As food will boil when cooked on the high setting, occasional stirring of stews and casseroles will improve the flavor distribution. Food should be monitored when using the high setting, just like cooking in a pot with the lid on.

WARM:

The warm setting is for holding the prepared recipe at a perfect serving temperature. This setting should only be used after a recipe has been thoroughly cooked.

If food has been refrigerated, it must be heated on low or high and then switched to warm.

WARNING: Do Not Cook on Warm Setting.



COOKING RECIPES

Spicy Shrimp & Sausage Jambalaya

Ingredients:

- 2 cups sausage, diced
- 1 lb frozen, cooked shrimp, shelled and cleaned (thawed)
- 2 medium onions, coarsely chopped
- 2 stalks celery, sliced
- 1/2 green pepper, seeded and diced
- 1/2 red pepper, seeded and diced
- 1 28-oz can whole tomatoes
- 1/4 cup tomato paste
- 3 cloves garlic, minced
- 1 tsp. dried parsley
- 1/2 tsp. thyme
- 1 tsp. Tabasco® sauce
- 2 whole cloves
- 2 Tbs. olive oil
- 1 cup raw white rice

Directions:

Brown sausage in large skillet over medium heat, stirring until it has browned evenly. Add sausage to ceramic pot. Add the rest of the ingredients except the shrimp to the ceramic pot and mix thoroughly. Cover and cook on Low setting for 8 hours or on High for 4 hours. One hour before serving, turn to High setting and stir in the shrimp.

Beef Fajitas

Ingredients:

- 1 1/2 lbs. flank steak
- 1 onion sliced
- 1 green bell pepper cut in strips
- 1 red bell pepper
- 1 jalapeno pepper chopped
- 1 Tbs. cilantro
- 2 cloves fresh garlic minced
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1/4 tsp. salt
- 8 oz can (28 ounces) diced tomatoes, drained
- 12 flour tortillas
- Toppings: sour cream, guacamole, cheddar cheese-shredded, salsa

Directions:

Cut steak into medium size pieces. In slow cooker, combine meat, onion, bell peppers, jalapeno pepper, cilantro, garlic, chili powder, cumin, coriander, and salt. Add tomatoes. Cover and cook on Low for 8-10 hours or on High 4-5 hours. Remove meat from slow cooker and shred. Return to slow cooker and stir. To serve fajitas, spread meat mixture into flour tortillas, add toppings and roll up.

Teriyaki Chicken Wings

Ingredients:

- 3 lbs. chicken wings
- 1 large onion, chopped
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1 tsp. ground ginger
- 2 cloves garlic, minced
- 1/3 cup dry cooking sherry

Directions:

Rinse the chicken and pat dry. Cut off and discard wing tips. Cut each wing at the joint to make two sections. Place the wing parts on a broiler pan. Broil 4 to 5 inches from the heat for 20 minutes, 10 minutes on each side or until chicken is brown. Transfer to the slow cooker.

Mix together the onion, soy sauce, brown sugar, ginger, garlic, and cooking sherry in a bowl. Pour over the chicken wings. Cover and cook on Low for 5 to 6 hours or on High for 2 to 3 hours. Stir chicken wings. Be sure wings are evenly coated with sauce.

French Onion Soup

Ingredients:

- 2 lbs. onions sliced
- 4 Tbs. beef broth concentrate
- 1 Tbs. salt
- 1 tsp. fresh ground pepper
- 6 cups water
- 1 Tbs. olive oil
- 10 oz. beer
- 1 pkg. provolone or mozzarella cheese
- 6 Slices toasted white bread

Directions:

Sauté onions in pan with olive oil until clear in color. Place onions in slow cooker with water, salt, pepper, beef concentrate and beer. Simmer soup on Low for 6-8 hours. Slice toast into cubes and place in oven proof soup bowls. Pour soup over toast and top with a slice of cheese. Bake for 25 min at 325°F or until cheese browns slightly. **Caution:** soup is very hot when removed from oven.

This appliance is for HOUSEHOLD USE ONLY and may be plugged into any 120V AC polarized electrical outlet. Do not use any other type of outlet.

Using Your 8 Qt Slow Cooker for the First Time

Prior to first use, clean the appliance thoroughly.

1. Wash the glass lid and the ceramic pot in hot, soapy water.
2. Rinse and dry thoroughly.
3. Do not immerse metal housing in water.
4. Plug the power cord into a 120 volt AC outlet.
5. Always cook with the glass lid in place and the ceramic pot in position. Remember that frequent lifting of the glass lid will delay the cooking time.
6. When cooking a meat and vegetable combination, place the meat in the bottom of the ceramic pot.

CAUTION: Be careful when adding additional liquids to ceramic pot - Never add cold liquids as this might cause the ceramic pot to crack. Always warm the liquids before adding.

7. Unplug the slow cooker when the cooking process is complete. Allow to cool completely before cleaning. **The ceramic pot cannot withstand the shock of sudden temperature changes.**
8. Do not use frozen meat or poultry in a slow cooker. Thaw any meat or poultry before slow cooking.
9. Follow recommended cooking times.
10. Do not use the ceramic pot for storage of foods.
11. Do not reheat foods in the slow cooker. Do not set heated unit with food on a finished wood table. Always use protective padding under ceramic pot before setting on table or countertop.
12. Do not use slow cooker to boil water.

GUIDE TO SLOW COOKING

Always allow sufficient time for the food to cook. It is almost impossible to overcook food in a slow cooker, particularly when using the low or warm settings. Most recipes contained within this book can be cooked on any one of the temperature settings, however cooking times will vary accordingly. Each recipe in this book will give specific instructions indicating the appropriate temperature setting as well as the suggested cooking times.

GUIDE TO SLOW COOKING

Your favorite traditional recipes can be adapted easily by **halving** the amount of liquid and increasing the cooking time considerably. See the guide below for suggested cooking times and settings when adjusting your favorite recipes.

Traditional Recipe Time	Slow Cooker Recipe Time
15-30 minutes	4-6 hours on LOW
60 minutes	6-8 hours on LOW
1-3 hours	8-12 hours on LOW

Note: These times are approximate. Times can vary depending on ingredients and quantities in recipes. All food should be cooked with the glass lid in place. Each time the lid is lifted, both the heat and moisture in the food are lost. Cooking times should thus be extended by approximately 30 minutes.

LIQUID AMOUNTS

When food is cooking in your slow cooker, very little moisture boils away. To compensate this, it is advisable to halve the liquid content of traditional recipes. However, if after cooking, the liquid content is excessive, remove the lid and operate the slow cooker on the high setting for 30-45 minutes or until the liquid reduces by the desired amount.

STIRRING FOOD

Little or no stirring is required when using the low or warm setting. When using the high setting, stirring ensures even flavor distribution.

BASIC COOKING TIME GUIDE

Heat Setting	Low	High
4-5 Lb. Chicken	6-8 Hours	3-4 Hours
4-5 Lb. Pot Roast	6-8 Hours	4-5 Hours
Beef Stew	8-10 Hours	4-5 Hours
Chili	8-10 Hours	4-5 Hours
Vegetable Soup	6-8 Hours	3-4 Hours

*The cooking times given above should be used **ONLY** as a guide. It is recommended that a thermometer be used to check the temperature to ensure the food is completely cooked.

TIPS FOR SLOW COOKING

- The cover of the slow cooker does not form a tight fit on the ceramic pot but should be centered on the ceramic pot for best results. **Do not remove the glass cover unnecessarily** - this will result in major heat loss. Do not cook without the glass cover in place.
- Stirring is not normally needed when using a slow cooker. However, if cooking on high, you may want to stir occasionally.
- Slow cooking retains most of the moisture in foods. If a recipe results in too much liquid at the end of the cooking time, remove glass cover, set the cooking mode to "High", and reduce the liquid by simmering. This will take 30-45 minutes.
- The slow cooker should be at least half-filled for best results.
- If cooking soups or stews, leave a 2-inch space between the top of the ceramic pot and the food so that the food may be allowed to simmer.
- Many recipes call for cooking all day. You can also prepare the recipe the night before by placing all ingredients in the ceramic pot, cover and refrigerate overnight. In the morning, simply place the ceramic pot in the slow cooker and select the temperature setting.

Cheesy Broccoli Quiche

Ingredients:

2 Tbs. corn oil
 2 lbs. boneless skinless chicken breasts
 10 oz. frozen chopped broccoli, thawed
 3/4 cup flour
 3/4 tsp. baking powder
 1/2 tsp salt
 1 cup evaporated milk
 2 eggs beaten
 1 cup shredded cheddar cheese
 2 Tbs. chopped onion
 2 tsp. dried parsley flakes

Directions:

Coat slow cooker with oil. Add chicken and broccoli and cook on low 6-8 hours or on high 3-4 hours until fork tender. Stir together flour, baking powder, salt, milk, and eggs; fold in the cheese, onion, and parsley. Pour the mixture over the chicken and broccoli; cook 1 hour on high.

Beef Bourguignon

Ingredients:

6 strips of bacon, cut into 1-2" pieces
 3 lbs. beef rump roast, cut into 1" cubes
 3 large carrots peeled and sliced
 1 medium onion chopped
 1 tsp. salt
 1/2 tsp. fresh ground pepper
 3 Tbs. white all purpose flour
 3 Tbs. beef broth concentrate
 2 cups red or Burgundy wine
 1/2 cup brandy
 1 Tbs. tomato paste
 2 cloves fresh garlic or 1 tsp minced garlic from jar
 1/2 tsp. whole thyme
 1 Whole bay leaf
 1/2 lb. pearl onions
 1 lb. fresh mushrooms, sliced

Directions:

Cook bacon in large skillet until crisp. Remove from pan and drain. Add cubed beef to bacon fat and brown well. Place browned beef cubes in slow cooker. Lightly brown carrot and chopped onion then add to slow cooker. Season with salt and pepper. Stir in flour. Add beef broth concentrate, cooked bacon, wine and brandy, tomato paste, garlic, bay leaf, pearl onions, and mushrooms, mix well. Cover cook on Low 10-12 hours or on High for 5-6 hours.

Cooking Tip

Place unused portion of tomato paste in ice-cube tray. Wait till frozen then store in a freezer bag for future use. Each ice-cube is equivalent to 1 Tbs. of tomato paste.

COOKING RECIPES

Champion Chili

Ingredients:

3 1/2-4 lbs. coarsely ground beef
1 14 1/2 oz. can beef broth
3 Tbs. medium onion, finely chopped
3 tsp. instant beef bouillon
1 6oz. can tomato paste
2 Tbs. paprika
1/2 tsp. black pepper
1/2 tsp. cayenne pepper
4 Tbs. chili powder
1 Tbs. cumin
1/4 tsp. onion powder
1/4 tsp. salt
1 clove fresh garlic
1/4 tsp. garlic salt
1/4 tsp. sugar
1 Tbs. lime juice
1/4 tsp instant chicken bouillon powder
1 small package frozen corn, thawed (optional)
sour cream, for topping
chopped green onion, for topping
shredded cheese, for topping
1/2 cup grated bitter sweet chocolate, for topping

Directions:

Cook beef in a large skillet over medium heat, stirring to crumble the beef until it is browned. Drain. Place cooked beef, chopped onion, 1/2 of beef broth, tomato sauce, chili powder, paprika, cumin, two teaspoons of the beef bouillon, garlic powder and black pepper in ceramic pot. Mix ingredients and cover with glass lid. Cook for 7 hours 15 minutes on Low setting or 3 hours 15 minutes on High setting. Stir in remaining beef bouillon, onion powder, salt, sugar and lime juice. Cover and cook for one more hour. Top with sour cream, green onions and cheese if desired. Bittersweet chocolate gives chili a rich flavor with or without cheese topping.

Classic Rice Pudding

Ingredients:

4 cups cooked white rice
3/4 cup raisins
1 1/4 tsp. vanilla
11/4 can (14 ounces) sweetened condensed milk
11/4 can (12 ounces) evaporated milk
11/2 Tbs. sugar
1tsp. ground cinnamon (or to taste)

Directions:

Spray inside of slow cooker with cooking spray. Mix all ingredients except sugar and cinnamon in cooker. Cover and cook on low heat setting 3 to 4 hours or until liquid is absorbed. Stir pudding. Sprinkle pudding with sugar and cinnamon. Serve warm

OPERATING INSTRUCTIONS

- Meat & Poultry require at least 7 to 8 hours on LOW. Do not use frozen meat in the slow cooker. Thaw any meat or poultry before slow cooking.
 - Trim all visible fat from meat or poultry.
 - Cook dried beans 1-2 hours on high setting, then add remaining ingredients, cook on low for the remaining time.
 - When cooking curries and casseroles, richer, more intensive flavors will develop when the first stage is prepared by traditional methods, i.e. brown the onions, meat and spices first in a non-stick pan.
 - When using the ceramic pot to reheat food in the oven, never preheat the oven first. The ceramic pot cannot withstand sudden temperature changes.
 - Never place the glass cover in the oven.
- DO**
- Handle the ceramic pot and glass lid with care.
 - Use oven mitts when lifting the ceramic pot containing hot foods.
 - Avoid extreme temperature changes in the ceramic pot or glass lid. For example, do not place into or under cold water while still hot.
- When using the ceramic pot to serve, place it on a heat resistant pad so as not to damage the table or counter surface.

DO NOT

- Use the ceramic pot if chipped or cracked.
- Operate the slow cooker without the ceramic pot in place.
- Place the hot ceramic pot onto a wet surface.
- Use frozen meats or foods in slow cooker. Always defrost them first.
- Place the glass lid in oven or microwave.

NEVER

- Use abrasive cleansers or metal scouring pads when cleaning the ceramic pot.
- Place water or other liquids into the base of the slow cooker.
- Immerse the base, cord or plug of the slow cooker into water or any other liquid.
- Touch hot surfaces with bare hands.

CLEANING & MAINTENANCE

CAUTION: Make sure that the unit is unplugged from the power source and the control button is on "Off" before cleaning.

- Always allow unit to cool before cleaning.
- Remove the ceramic pot and glass lid and wash in hot, soapy water using mild dishwashing detergent. Rinse and dry thoroughly.
- Never use abrasive cleansers or metal scouring pads to clean the ceramic pot or glass lid.
- To soften stubborn, cooked on foods, fill the ceramic pot with warm, soapy water and allow to soak. Remove by lightly scrubbing with a nylon kitchen brush.
- The ceramic pot and glass lid can be washed in the dishwasher. However care should be taken not to chip or crack the ceramic pot or glass lid.
- Never immerse the metal housing, cord or plug in water or any other liquid.
- Clean the metal housing only with a damp cloth. Do **NOT** immerse in water.
- When storing your slow cooker, loosely coil the power cord, don't wrap the cord around the unit.

Slow Cooker Cabbage Rolls

Ingredients:

- 24 large cabbage leaves
- 2 lbs. ground beef
- 2 cups cooked white rice
- 1 16 oz. can crushed tomatoes
- 1 6 oz. can tomato soup
- 1/2 cup finely chopped onion
- 2 tsps. salt
- 1/2 tsp. pepper

Directions:

Core cabbage head. Immerse cabbage head in large pot of boiling water for about 3 minutes or until cabbage is limp. Separate leaves from head of cabbage. Combine ground beef, rice, salt and pepper. Sauté onions till clear color, mix into meat and rice mixture.

Place 1/4 cup meat mixture in the center of each leaf; fold in sides and roll ends over meat.

Place in slow cooker. Combine tomato soup and tomatoes. Pour over cabbage rolls. Cover and cook on low 7-9 hours.

Barbecued Ribs

Ingredients:

- 1 1/2 lbs pork loin back ribs
- 1/4 cup packed brown sugar
- 1/2 tsp. pepper
- 1 Tbs. liquid smoke
- 2 garlic cloves, chopped
- 1/2 tsp. salt
- 1 small onion, sliced
- 1/4 cup cola
- 3/4 cups barbecue sauce

Directions:

Spray inside of slow cooker with cooking spray. Remove inner skin from ribs. Mix brown sugar, pepper, liquid smoke, garlic and salt; rub mixture into ribs. Cut ribs into 4-inch pieces. Layer ribs and onion in slow cooker. Pour cola over ribs. Cover and cook on low heat setting 8 to 9 hours or until tender. Remove ribs from slow cooker. Drain and discard liquid. Pour barbecue sauce into shallow bowl. Dip ribs into sauce. Place ribs in slow cooker. Pour any remaining sauce over ribs. Cover and cook on Low heat setting 1 hour.

Carolina Barbecued Pork

Ingredients:

- 2 onions quartered
- 2 Tbs. brown sugar
- 1 Tbs. paprika
- 2 tsp. salt
- 1/2 tsp. pepper
- 1 4-6lb boneless pork butt or shoulder roast
- 2/3 cup cider vinegar
- 4 tsp. Worcestershire sauce
- 1 tsp. crushed chili peppers
- 1 1/2 tsp. sugar
- 1/2 tsp. dry mustard
- 1/2 tsp. garlic salt
- 1/4 tsp. cayenne pepper
- French bread baguettes cut in half lengthwise.

Directions:

Place onions in stoneware. Combine brown sugar, paprika, salt and pepper. Rub seasonings over roast, and place in slow cooker. Combine vinegar, Worcestershire sauce, crushed chili peppers, sugar, mustard, garlic salt and cayenne. Stir to mix well. Drizzle 1/4 of vinegar mixture over roast. Cover and refrigerate remaining vinegar mixture. Cover slow cooker and set on Low for 10 to 12 hours or 5 to 6 hours on High. Remove meat and onion and drain. Chop or shred meat and chop onions. Place shredded pork in baguettes. Drizzle remaining vinegar mixture over sandwiches.

Herb Roasted Lamb

Ingredients:

- 4 large potatoes, cut into cubes
- 1 tsp. salt
- 6 cloves fresh garlic, peeled and crushed
- zest of 1 lemon.
- 4 sprigs fresh rosemary
- 1 boneless leg of lamb, trimmed and tied
- 2 Tbs. olive oil
- 1/2 cup dry white wine

Directions:

Place the potatoes in the bottom of the slow cooker. In a bowl, mix the salt, garlic, lemon zest and rosemary together. Rub all over the lamb. Heat the olive oil in a large frying pan and brown lamb evenly on all sides to lock in juices. Place the browned lamb in the slow cooker. Pour in the wine. Cook on Low for 10-12 hours.

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