



Slow Cooker

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10 Must-Have Recipes for Your Slow Cooker

Slow cookers are small kitchen appliances that take time to cook the food. They are the complete opposite of pressure cookers which cook the food in an instant. Depending on the type of food, a slow cooker work from one to ten hours. Save your time - simply put all the ingredients inside before going to work and come back home to a healthy hot meal.

Such an extended cooking time allows better distribution of flavors in your meals, turning them into real masterpieces. Besides, it is portable so you can take it with you to the office party.

Our slow cookers allow you to cook various meat-based dishes, such as chicken, lamb, pork, salmon, and many others. You can also prepare all sorts of vegetable dishes, ranging from beans and curries to soups and stews.

Slow cookers are energy-efficient and easy to maintain. They don't heat the kitchen, which is a great plus for those living in a hot climate.

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Cauliflower Soup

Ingredients:

1 pound potatoes
1 medium head cauliflower
1 onion
3 cloves garlic
1 bay leaf
3 tsp dried celery
½ tsp salt
½ tsp adobo seasoning
¾ tsp ground mustard
¼ tsp cayenne pepper
6 cups water
¾ cup nonfat dry milk powder

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Directions:

1. In a slow cooker, place potatoes (cut in cubes), cauliflower (cut into pieces), chopped onion, minced garlic, bay leaf, dried celery, salt, adobo seasoning, mustard, and cayenne pepper. Add water and milk powder over the top.
2. Cook, covered, on low for 6-8 hours. Remove bay leaf. Puree soup using a blender. Heat through. If you wish, you can serve the soup with cheddar cheese and green onions on top.

Slow Cooker

recipe 1



Beef & Broccoli

Ingredients:

1 ½ lb. sliced sirloin steak
1 cup low-sodium beef broth
½ cup low-sodium soy sauce
½ cup brown sugar
3 tbsp sesame oil
1 tbsp sriracha
3 cloves minced garlic
3 sliced green onions
2 tbsp cornstarch
2 cups broccoli florets
Sesame seeds
Cooked white rice

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Directions:

1. Place steak in slow-cooker. Pour broth and soy sauce. Add brown sugar, sesame oil, Sriracha, garlic, and green onions.
2. Cook on low for 4 hours.
3. When the steak becomes tender, pour a few tablespoons broth from the slow cooker into a bowl and mix with cornstarch. Pour the mixture into the slow cooker and add the broccoli. Cook for 20 minutes.
4. Serve with sesame seeds and green onions over the rice.

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recipe 2



Spaghetti with Meatballs

Ingredients:

Meatballs:

1 lb. ground beef
¼ cup bread crumbs
¼ cup grated parmesan
¼ cup chopped parsley
1 beaten egg
2 cloves minced garlic
1 tsp kosher salt
½ tsp crushed red pepper flakes

Sauce:

2 cans crushed tomatoes
2 tbsp tomato paste
½ chopped yellow onion
2 tsp dried oregano
1 clove minced garlic
Kosher salt & black pepper
Red pepper flakes
1 ½ cup chicken broth
¾ lb. spaghetti
grated Parmesan
chopped parsley

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Directions:

1. Cook meatballs: In a bowl, combine ground beef with bread crumbs, Parmesan, parsley, egg, salt, and crushed red pepper flakes. Form meatballs and put them in a slow cooker.
2. In a separate bowl, combine crushed tomatoes, tomato paste, onion, oregano, and garlic. Add some salt, pepper and a pinch of red pepper flakes. Pour sauce over meatballs.
3. Cook on high for 3 hours (on low for 5 hours).
4. Place broth spaghetti in a slow cooker (if needed break the noodles in half for a better fit). Cook on low for 1 ½ hour. Stir every 30 minutes.
5. Serve with Parmesan and parsley.

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recipe 3



Chicken with Parmesan & Garlic

Ingredients:

2 lb. chicken thighs
3 tbsp extra-virgin olive oil
Kosher salt & ground black pepper
1 lb. quartered baby red potatoes
2 tbsp butter,
5 chopped cloves garlic
2 tbsp fresh thyme
chopped parsley
grated Parmesan

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Directions:

1. In a skillet (medium-high heat), in a heated olive oil place the chicken, add some salt and pepper, and stir-fry for 3 minutes per side.
2. Place potatoes in a slow cooker, add 2 tbsp oil, butter, garlic, thyme, parsley, and Parmesan and season with salt and pepper. Place the chicken and cook on high for 4 hours or low for 8 hours.
3. Serve with Parmesan.

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recipe 4



Chicken Noodle Soup

Ingredients:

1 ½ lb chicken breasts
1 chopped onion
3 sliced carrots
2 sliced stalks celery
4 tsp fresh thyme
4 tsp fresh rosemary
3 minced cloves garlic
1 bay leaf
Kosher salt & black pepper
10 cups low-sodium chicken broth
8 oz egg noodles

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Directions:

1. In a slow cooker, place chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf. Add some salt, pepper, and broth.
2. Cook on low for 6- 8 hours.
3. Remove chicken from the slow cooker and cut in small bites.
4. Place the chicken back in the slow cooker and add egg noodles.
5. Cook on low for 20-30 minutes.

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recipe 5



Salmon with Lemon Slices

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Ingredients:

1 -2 lb. salmon fillet
Kosher salt & black pepper
1 cut lemon,
1 ½ cup vegetable broth
Lemon juice
2 tbsp chopped dill

Directions:

1. Place a piece of parchment paper in a slow cooker. Transfer lemon slices on the bottom of the slow cooker with salmon on top.
2. Add salt and pepper. Pour in the broth and lemon juice. Top salmon with lemon slices and cook on low for 2 hours.

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recipe 6



Chocolate Brownie

Ingredients:

1 cup melted butter
1 ¼ cup sugar
¼ cup packed brown sugar
¼ cup cocoa powder
¼ cup flour
3 eggs
1 tsp pure vanilla extract
½ tsp kosher salt
1 cup chocolate chips
Vanilla ice cream
½ cup chopped strawberries

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Directions:

Place parchment paper on the bottom of a slow cooker and spray with cooking spray. In a bowl, whisk butter, 2 types of sugar, cocoa powder, flour, eggs, vanilla, and salt until smooth. Pour the batter in a slow cooker and add chocolate chips. Cook on low for 5 hours. Serve the brownies with a scoop of ice cream and strawberries.

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recipe 7



Butter Chicken

Ingredients:

2 lb. cut chicken breast
1 chopped onion
3 minced cloves garlic
2 minced jalapeños
1 tbsp grated ginger
1 tsp turmeric
1 tsp cumin
1 tsp garam masala
kosher salt
1 cup Greek yogurt

1 can diced tomatoes
4 tbsp butter
¼ cup heavy cream
2 tbsp Chopped cilantro
Cooked basmati rice

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Directions:

1. Place chicken, onion, garlic, jalapeños, ginger, turmeric, cumin, garam masala and kosher salt in a slow cooker. Stir in Greek yogurt. Pour tomatoes and stir well. Dot the top with butter.
2. Cook on low for 6- 7 hours.
3. Add heavy cream and some salt if necessary.
4. Serve warm rice & cilantro.

Slow Cooker

recipe 8



Pork Chops

Ingredients:

4 boneless pork chops
extra-virgin olive oil
Kosher salt & black pepper
2 sliced peaches
1 sliced red onion
¼ tsp crushed red pepper flakes
3 sprigs fresh thyme
½ cup chicken broth
2 tbsp apple cider vinegar
1 tbsp brown sugar
Cooked white rice

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Directions:

1. In a skillet, stir-fry pork chops with salt and pepper for 2 minutes per side.
2. Place the pork chops in a slow cooker. Add peaches, onions, more salt and pepper, and red pepper flakes.
3. Spread with thyme, chicken broth, apple cider vinegar, and brown sugar. Cook on low for 2 hours.
4. Serve over rice.



Orange Chicken

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Ingredients:

1 ¼ lbs cut chicken breasts
¼ cup cornstarch
salt and pepper
¼ cup vegetable oil
¾ cup orange marmalade
¼ cup low sodium soy sauce
1 tbsp rice vinegar
1 tsp sesame oil
½ tsp minced garlic
1 tbsp sesame seeds
2 tbsp sliced green onions

Directions:

1. Marinate the chicken pieces with cornstarch salt and pepper.
2. Saute the meat for 3-4 minutes on each side.
3. Place the chicken in the slow cooker.
4. In a bowl, mix the orange marmalade, soy sauce, rice vinegar, sesame oil and garlic.
5. Add the sauce and stir well.
6. Cook on Low for 2-3 hours.
7. Serve with sesame seeds and green onions.

Slow Cooker

recipe 10



The slow cooker is a perfect kitchen tool for those who enjoy hands-off cooking and nutritious, high-quality meals.

This cookbook includes one of the most delicious and easy-to-follow recipes that you can prepare with your slow cooker, ranging from wholesome meals for a big family to mouthwatering desserts.

If you're a busy mom or a professional, you'll find these recipes both time-saving and capable of satisfying even the most capricious tastes.