

How to Use Your Slow Cooker to Make Easy Meals

General Guidelines:

1. Low: for 7-10 hours or overnight
2. High: for 4-6 hours

Step	
1	<p>Add foods according to your recipe.</p> <p>Always be sure there is liquid in the recipe.</p>
2	<p>Plug in slow cooker to safe outlet. (Attach plug to appliance first, then plug cord into the wall outlet).</p>
3	<p>Cover and turn on the slow cooker.</p> <p>Guideline is: Low: for 8-10 hours or overnight High: for 6 hours</p>
4	<p>For animal proteins, use meat thermometer to check if done.</p>
5	<p>Turn to “keep warm” if waiting to serve.</p>

Why a slow cooker makes cooking easier:

- Make your dinner in the morning-typically in less than 15 minutes prep time
- Dinner is ready and hot at the end of the day (and your home smells wonderful!)
- Make larger quantities and freeze for the future or use leftovers for lunches or next day's meals