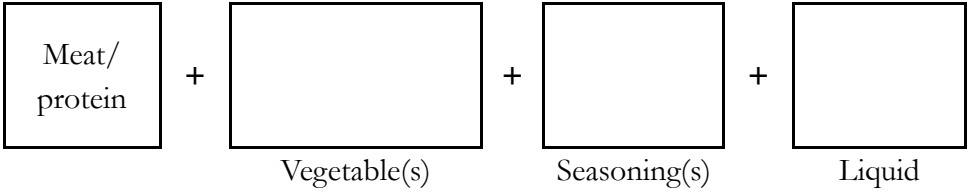


Slow Cooker Recipe Framework



Ideas

- | | | | |
|----------|-----------------|-----------|--------------|
| turkey, | carrots | garlic | water, broth |
| chicken, | parsnips | olive oil | |
| beef, | leeks | broth | |
| beans | onions | salt | |
| | canned tomatoes | pepper | |
| | fresh tomatoes | ginger | |
| | green onions | cumin | |
| | frozen/canned | curry | |
| | corn | | |
| | frozen peas | | |
| | frozen broccoli | | |
| | frozen spinach | | |

Directions: Cook on LOW for 8-10 hours (or approximately 6 hours on HIGH); check temperature of meat prior to serving.