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IMPORTANT SAFEGUARDS (CONT.)

14. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.

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. Do not immerse base in water or other liquid. 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 CROCK-POT® 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.

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.

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HOW TO CLEAN YOUR CROCK-POT® SLOW COOKER

Unplug unit. CAUTION: Never submerge heating unit in water or other liquid.

REMOVABLE STONEWARE

- The removable stoneware goes safely into the dishwasher, or may be washed in hot soapy water. Do not use abrasive cleaning compounds – a cloth, a sponge or rubber spatula will usually remove the residue. To remove water spots and other stains, use a non-abrasive cleaner (such as Bon-Ami® Polishing Cleanser) or vinegar.
- The outside case may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners.

CARE OF STONEWARE

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

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

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QUESTIONS AND ANSWERS

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 Crock-Pot® slow cooker be covered? Is it necessary to stir?”***

A Cook with the cover on. The slow cooker will not recover heat losses quickly when cooking on **LOW** setting. Significant amounts of heat escape whenever the lid is removed; therefore the cooking time must be extended. Avoid frequent removal of the cover for checking cooking progress or stirring. Never remove cover 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 stoneware and stir well. Turn to **HIGH** and when it comes to a boil (about 15 minutes) it's ready.

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GUIDE TO ADAPTING YOUR OWN RECIPES (CONT.)

IF RECIPE FOR OVEN SAYS:	COOK ON LOW/ IN SLOW COOKER:	OR COOK ON HIGH IN SLOW COOKER:
15 to 30 minutes	4 to 6 hours	1½ 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

TIME GUIDE
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.



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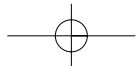
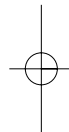
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GUIDE TO ADAPTING YOUR OWN RECIPES (CONT.)

- If you prefer to select a smaller roast, ranging from 2 to 4 pounds, you can surround it with plenty of vegetables. Surround pot roast with potatoes and carrots or cook plenty of cabbage with corned beef.
- Specialty dishes such as stuffed chops or steak rolls, stuffed cabbage leaves, stuffed peppers, or baked apples can be arranged singled layer so they cook easily and serve attractively.

Always remember, the size of the meat is just an estimate. The exact weight of a roast that can be cooked in the oval Crock-Pot® slow cooker will depend on the specific cut, meat configuration and bone structure. Do not overfill the bowl. Meat should be positioned so that it rests in the stoneware and does not hold the lid up.



THE RECIPES

CORNER BEEF AND CABBAGE

3 carrots, cut into thick slices
1 (3-lb.) corner beef brisket
2 medium onions, quartered

1 cup water
½ to 1 small head cabbage, cut
into wedges

Put all ingredients, except cabbage wedges in stoneware in order listed. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 5 to 6 hours). Add cabbage wedges to liquid, pushing down to moisten. Turn to **HIGH** and cook and additional 2 to 3 hours. **5 ½ - 6 ½ QUART UNITS**: You may cook 2 (3 lbs. each) corner beef briskets if desired. Add listed amounts of vegetables and cook as directed.

FAJITA STEAK ROLLS

2 beef top round or flank steaks, about
1 to 1 ½-lbs. each, cut ¼-inch thick
1 tablespoon olive oil
1 medium onion, chopped
½ cup chopped green bell pepper
½ cup chopped red bell pepper

2 tablespoons fresh cilantro, minced
2 cloves garlic, minced
2 tablespoons lime juice
1 jalapeño pepper, seeded and minced
1 can (2-oz.) chopped green chilies
1 cup salsa or picante sauce, divided

Rub both sides of meat with olive oil. Combine remaining ingredients except salsa in mixing bowl and blend well. Measure out about half of vegetable mixture and set aside for later use. Spoon remaining vegetable mixture evenly over each steak. Roll steaks, beginning at narrow end, jelly-roll fashion. Tie with kitchen string. Place beef rolls in stoneware. Spoon ¼ cup salsa evenly over beef rolls. Cover and cook on **LOW** for 8 to 10 hours (**HIGH**: 4 to 5 hours). Meanwhile, stir ½ cup salsa into reserved vegetable mixture. Cover and refrigerate. Spoon remaining ¼ cup salsa over beef rolls during last 15 minutes of cooking. Slice steaks into serving portions and accompany with vegetable-salsa mixture.

THE RECIPES

POT ROASTED PORK

1 (4 to 5-lb.) boneless pork loin roast	2 bay leaves
½ teaspoon salt	1 whole clove
¼ teaspoon ground black pepper	½ cup water
1 clove garlic, slivered	1 tablespoon soy sauce
2 medium onions, sliced	

Rub pork roast with salt and pepper. Make tiny slits in meat and insert slivers of garlic. Put 1 sliced onion in bottom of stoneware. Add pork roast, remaining onion, and other ingredients. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 5 to 6 hours).

5½ - 6½ QUART: You may cook a 5 to 6 pound roast if desired. Add listed amounts of vegetables and cook as directed.

NOTE: For additional browning, broil pork loin before slow cooking. Place roast in broiler pan; broil 15 to 20 minutes or until lightly browned; drain, place in stoneware and continue as recipe directs.

PORK CHOPS ON RICE

½ cup brown rice	¼ teaspoon ground black pepper
¾ cup converted white rice	4 to 6 boneless pork chops, ¾- to 1-inch thick
¼ cup butter or margarine	1 can (10.5-oz.) beef consomme
½ cup chopped onion	2 tablespoons Worcestershire sauce
1 can (4-oz.) sliced mushrooms, drained	½ teaspoon paprika
1 teaspoon dried thyme, divided	¼ teaspoon ground nutmeg
½ teaspoon rubbed sage	
½ teaspoon salt	

Spray inside of stoneware with non-stick vegetable coating. Combine white and brown rice with butter in skillet. Saute over medium-high heat, stirring occasionally, until rice is golden brown. Remove from heat and stir in onion, mushrooms, ½ teaspoon thyme, sage, salt and pepper. Pour rice mixture into slow cooker. Arrange chops over rice. Combine consomme and Worcestershire sauce and pour over chops. Combine remaining thyme, paprika and nutmeg; sprinkle over chops. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 4 to 5 hours).

THE RECIPES

CAROLINA BARBEQUED PORK

2 onions, quartered	4 teaspoons Worcestershire sauce
2 tablespoons brown sugar	1 1/2
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Place onions in stoneware. Combine brown sugar, paprika, salt and pepper; rub over roast. Place roast over onion.

Combine vinegar, Worcestershire sauce, red pepper flakes, sugar, mustard, garlic salt and cayenne; stir to mix well. Drizzle about one third vinegar mixture over roast; cover and refrigerate remaining vinegar mixture. Cover stoneware and cook on **LOW 10 to 12 hours** (HIGH 4 to 6 hours). Drizzle about one third reserved vinegar mixture over roast during last half hour of cooking. Remove meat and onions, drain. Chop or shred meat and chop onions. Serve meat and onions on buns. If desired, top sandwiches with coleslaw. Pass remaining vinegar mixture to drizzle over sandwiches.

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THE RECIPES

TURKEY POT PIE WITH CORNBREAD CRUST

2-lb. boneless turkey breast, cut into ½-inch cubes	2 potatoes, peeled and chopped
¾ cup all-purpose flour, divided	2 medium onions, chopped
1 teaspoon salt	2 cups frozen peas and carrots, or frozen mixed vegetables
½ teaspoon ground black pepper	2 cloves garlic, minced
¼ teaspoon cayenne pepper	1 can (4-oz.) sliced mushrooms, drained
2 carrots, sliced	2 cups chicken broth
2 stalks celery, sliced	¼ cup sherry

CORNBREAD

1 cup all-purpose flour	2 tablespoons sugar
1 cup yellow cornmeal	1 egg, lightly beaten
1 tablespoon baking powder	1 cup milk
1 teaspoon salt	¼ cup vegetable oil

Combine ½ cup flour, salt, black pepper and cayenne pepper in a bowl. Toss turkey cubes with flour/spice mixture and place in stoneware. Add carrots, celery, potatoes, onions, frozen peas and carrots (or frozen mixed vegetables), garlic and mushrooms. Pour broth and sherry over all. Stir to blend. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 4 to 5 hours).

Turn slow cooker to **HIGH** while preparing cornbread. Preheat oven to 400° F. Blend remaining ½ cup flour with ½ cup cold water; stir until smooth, then blend into stew in Crock-Pot® slow cooker. Cook, stirring occasionally, 15 minutes or until stew is thickened.

For cornbread, combine flour, cornmeal, baking powder, salt and sugar in mixing bowl. Blend in egg, milk and oil. Pour over stew. Lift removable stoneware from slow cooker base and place in preheated oven. Bake 15 to 20 minutes or until cornbread is golden brown. Allow to stand 15 minutes before serving.



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THE RECIPES

ROASTED LEMON ALMOND CORNISH HENS

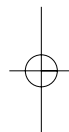
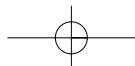
3 lemons	4 teaspoons minced fresh thyme, divided
3 Cornish hens (22-oz. each), thawed	½ teaspoon salt
2 tablespoons butter, melted	½ teaspoon ground black pepper
4 cloves garlic, minced and divided	½ cup sliced almonds, toasted and divided

Slice 1 lemon; place 2 to 3 lemon slices in each hen cavity. Place 1 teaspoon minced thyme and 1 clove garlic (minced) in each cavity. Place hens in stoneware. Juice 1 lemon; mix lemon juice with butter, remaining minced garlic, thyme, salt and pepper; drizzle over hens. Sprinkle with ¼ cup sliced almonds. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 4 to 6 hours). Arrange cooked hens on serving platter. Serve with remaining lemon. Garnish hens with remaining lemon slices and remaining almonds.

EASY-DOES-IT SPAGHETTI

2-lbs. ground chuck, browned and drained	2 to 3 teaspoons Italian seasoning
1 cup chopped onion	2 cans (4-oz. each)
2 cloves garlic, minced	sliced mushrooms, drained
2 cans (15-oz. each) tomato sauce	6 cups tomato juice
1 package (16-oz.) dry spaghetti, broken into 4 to 5-inch pieces	

Combine all ingredients (except dry spaghetti) in stoneware; stir well. Cover and cook on **LOW** 6 to 8 hours (**HIGH**: 3 to 5 hours). Turn on **HIGH** during last hour and stir in dry spaghetti.



THE RECIPES

STUFFED GREEN BELL PEPPERS

1 package (10-oz.) frozen corn
 1 can (15-oz.) red kidney beans,
 drained and rinsed
 1 can (14 ½-oz.) diced tomatoes
 ¼ cup salsa
 6 green bell peppers, tops removed and seeded
 2 cups reduced-fat shredded cheddar cheese, divided

1 ½ cups cooked rice
 1 teaspoon Worcestershire sauce
 ¼ teaspoon salt
 ½ teaspoon ground black pepper
 ¼ cup chopped onion

Combine all ingredients, except ½ cup cheese and green peppers. Stuff peppers with this mixture. Arrange peppers in stoneware. Cover and cook on **LOW** 6 to 8 hours (**HIGH**: 3 to 4 hours). Sprinkle with remaining cheese during last 30 minutes of cooking.

ZUCCHINI-TOMATO STRATA

4 medium zucchini, sliced ¼-inch thick
 1 onion, chopped
 4 cloves garlic, chopped
 8-oz. fresh mushrooms, sliced or 1 can (4-oz.)
 sliced mushrooms, drained
 4 Roma tomatoes, sliced
 1 cup shredded cheddar cheese

¾ cup spicy vegetable tomato-juice cocktail
 1 teaspoon dried basil
 1 teaspoon dried oregano leaves
 ½ teaspoon seasoned salt
 ¼ teaspoon ground black pepper
 1 cup stuffing croutons

Arrange half of zucchini slices in stoneware. Top zucchini slices with half the onion, half the garlic and all of the mushrooms. Repeat with remaining zucchini, onions and garlic. Arrange sliced tomatoes over top. Combine juice, basil, oregano, salt and pepper; pour over casserole. Cover and cook on **LOW** 6 to 8 hours (**HIGH**: 2 ½ to 3 ½ hours). Top with stuffing croutons and cheese during last 10 to 15 minutes.

