

# Quick Guide for Slow Cookers

## What is a slow cooker?

A large electric pot that is used for cooking foods very slowly.

## Why would you use one?

Slow cookers are a good way to do hands-off cooking; prep the food before work and the meal is ready when you get home. They are great for tenderizing meat and good for preparing stews, soups, rice, and casseroles. It is easy to use and easy to clean, as well.



## Quick Tips

- Order of ingredients matter; harder root vegetables and meat should go on the bottom, grains on top of this, more delicate veggies such as broccoli on top, and liquid or sauces poured on top and around the ingredients.
- Some ingredients should be added at the end of the cooking process such as hot sauce, cheese, parsley, basil, olive oil, and lemon juice.
- Slow cookers can be set on high heat or low heat. High heat will speed up the cooking process while low heat will take longer. The low heat option is good for keeping food warm until mealtime.

## Crock-Pot Cooking Times

### Beef Roast - Whole Chuck, Brisket, Round (3-4 lbs)

- Low Heat - 8 hours
- High Heat - 6 hours

### Beef Stew Meat - 3 lbs

- Low Heat - 6 hours
- High Heat - 5 hours

### Large Pork Roast - 6-7 lbs

- Low Heat - 9.5 hours
- High Heat - 7.5 hours

### Pork Loin - 3-4 lbs

- Low Heat - 6 hours
- High Heat - 5 hours

### Chicken - 6 lbs

- Low Heat - 7.5 hours
- High Heat - 6.5 hours

### Fish - 3 lbs

- Low Heat - 3.5 hours
- High Heat - 1.5 hours

### Beans

- Low Heat - 6-8 hours
  - Soaking beans overnight will decrease cooking time