

Freezer-Ready Italian Turkey & Vegetable Soup



This freezer-ready Italian turkey and vegetable soup is easy to prep and perfectly preserved using the NESCO VS-22 Liquid Vacuum Sealer Featuring Liquidlock. locks in freshness and flavor, making slow-cooker dinners simple on busy days.

Your Key Ingredient:

[NESCO Premium Vacuum Sealer Featuring Liquidlock](#)

Ingredients:

- 1 lb Italian ground turkey
(If unavailable, substitute regular ground turkey or Italian ground sausage)
- 1 (15 oz) can red kidney beans, drained and rinsed

- 1 small yellow onion, diced (about 1 cup)
- 1 lb carrots (about 8 large), peeled and diced (about 3 cups)
- 5 oz baby spinach (about 3 handfuls)
- 1 (24 oz) jar marinara sauce (Prego Traditional recommended)
- 32 oz chicken broth (4 cups) – added day of cooking

Instructions:

To Cook

1. Thaw overnight in the refrigerator or place the sealed bag in cold water until thawed.
2. Transfer contents to a crockpot and add **4 cups chicken broth** (or water if using bouillon).
3. Cook on **LOW** for:
 - **6 hours** in a 6-quart slow cooker
 - **8–10 hours** in a 4-quart slow cooker
4. Break apart the turkey, stir well, and continue cooking until heated through.

To Vacuum Seal & Freeze

1. Label your Nesco vacuum sealer bag with the recipe name and date.
2. Add all ingredients **except** the chicken broth.

3. Place the open end of the bag into the Nesco VS-22 and use the **gentle or liquid-friendly setting** to safely vacuum seal without crushing ingredients.
 4. Lay flat and freeze for up to **3 months**.
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Creamy Tomato Tortellini Soup



Creamy Tomato Tortellini Soup, made easy on the NESCO Double Burner! Perfectly savory, with tender tortellini and a hint of basil, this cozy soup is ready to enjoy now—and thanks to our NESCO Premium Vacuum Sealer with Liquid Lock, it's easy to save the leftovers for later!

Your Key Ingredient:

[NESCO Premium Vacuum Sealer featuring LiquidLock](#)

[NESCO Double Burner](#)

Ingredients

- 1 tbs. olive oil
- 1 tbs. butter
- 1 onion, diced
- 2 cloves garlic, minced
- Pinch of crushed red pepper flakes, to taste
- 1/4 cup all-purpose flour
- 3 cups vegetable broth
- 1 (14.5-ounce) can diced tomatoes
- 1 cup (8 ounces) tomato sauce
- 1/2 tsp. dried basil
- 1 tsp. Italian seasoning
- Salt and freshly ground black pepper, to taste
- 10 ounces refrigerated cheese tortellini
- 1/2 cup freshly grated Parmesan cheese
- 1 1/2 cups fresh spinach leaves, packed
- 1/2 cup heavy cream or half-and-half
- 1/4 cup fresh basil leaves, chopped

Instructions

1. Add oil and butter to a large saucepan on the **NESCO Double Burner** over medium heat. Once melted, add the onion and cook, stirring occasionally, for about 5 minutes.
2. Add the garlic, stirring until fragrant. Sprinkle in the flour and cook for another minute.
3. Gradually pour in the vegetable broth, diced tomatoes, and tomato sauce. Stir in Italian seasoning and dried basil. Season with salt and pepper, tasting the broth and adjusting seasonings if necessary.
4. Bring the mixture to a gentle boil, then add the

tortellini. Cook for a few minutes, just until the tortellini are tender.

5. Remove from heat and stir in the spinach, parmesan cheese, and cream until everything is combined and creamy.
6. Garnish with fresh chopped basil, and enjoy this cozy, flavorful soup!

When you're ready to store leftovers, use our **NESCO Premium Vacuum Sealer featuring LiquidLock** to keep your soup fresh for later. This way, you can enjoy delicious homemade soup whenever you need a warm, comforting meal.

Slow Cooker Chili



Slow Cooker Chili is one of our all time most popular recipes, come fall and winter thousands of people make it every day! The

Chili is incredibly flavorful, it's packed with protein and perfectly hearty, plus it's a dinner everyone can agree on.

Your Key Ingredient:

[NESCO Slow Cooker](#)

Grocery Ingredients:

- 1 lb. lean ground beef (at least 80%)
- 1 large onion (chopped)
- 2 cloves garlic (chopped)
- 1 can (28 oz.) diced tomatoes
- 1 can (16 oz.) chili beans in sauce (undrained)
- 1 can (15oz.) tomato sauce
- 2 tbs. chili powder
- 1 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. pepper

Directions:

1. In our [12 inch NESCO Electric Skillet](#), cook beef and onion at 325 degrees for 8-10 minutes or until beef is brown; drain.
 2. In your slow cooker, mix beef mixture and remaining ingredients.
 3. Cover and cook on high for 4 hours.
 4. Serve the soup hot with bread or crackers for dipping!
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Slow Cooker White Bean Soup



Your Key Ingredient:

[NESCO Slow Cooker](#)

Grocery Ingredients:

- 2 tbsp. olive oil
- 4 cloves garlic
- 1 onion
- 4 ribs celery
- 1 lb. dry navy beans
- 1 bay leaf
- 1 tsp. dried rosemary
- 1/2 tsp. dried thyme
- 1/2 tsp. smoked paprika
- 6 cups water
- Salt and pepper to taste

Directions:

1. Mince garlic, dice onion, slice celery, and peel and slice carrots.
 2. Add olive oil, garlic, onion, celery, and carrots to slow cooker.
 3. Give the beans a quick rinse and add them to the slow cooker, along with bay leaf, rosemary, thyme, paprika, and some cracked pepper.
 4. Add 6 cups of water to the slow cooker and cook on high for 4 hours.
 5. After 4 hours, stir the soup and begin to mash the beans against the side of the slow cooker to thicken up the soup. Once the soup is thickened, start adding salt to taste.
 6. Serve the soup hot with bread or crackers for dipping!
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Corn Chowder



When the leaves start falling, there's nothing better than warming up with a bowl of hot soup. Our Corn Chowder recipe is no exception. Rich, creamy, and loaded with your choice of toppings (bacon anyone?), you can count on this recipe to get you through the winter months. While you take the kids to soccer practice, your NESCO Slow Cooker gets the job done fast. We recommend serving with a side of fresh bread.

Your Key Ingredient:

[NESCO Slow Cooker](#)

Grocery Ingredients:

- 4 cups vegetable broth
- 2 cups corn fresh off the cob
- 3 large potatoes peeled and cubed
- 2 large carrots peeled and diced
- 1 sweet onion diced
- 1 tsp salt

1/2 tsp dried thyme
1 cup sour cream
8 slices bacon
4 small zucchini halved and sliced
3 tomatoes diced
1/2 cup fresh basil thinly sliced

Instructions:

1. Set your **NESCO® Slow Cooker** on low and add the vegetable stock, corn, potatoes, carrot, onion, salt, and thyme. Cook on low setting for 6-8 hours or high for 3-4 hours. Once cooked, add in sour cream and blend the soup with an immersion blender.
2. Then, heat a large non-stick skillet over medium heat. Chop the bacon and cook until crispy. Drain bacon on paper towels.
3. Pour off bacon fat save one tablespoon. Bring the pan to medium heat and add the zucchini to the one tablespoon of bacon fat. Cook, stirring occasionally for 7-8 minutes until beginning to soften. Stir the zucchini into the soup in the slow cooker.
4. Serve the soup topped with fresh chopped tomato, basil, and bacon.





White Chicken Chili



This evening, cozy up with a bowl of White Chicken Chili. Our recipe is filled with hearty chicken, flavorful beans, and delicious sweet corn stirred together in a creamy broth. Your NESCO Pressure Cooker gets this dinner on the table in just minutes. Similar to traditional beef chili, White Chicken Chili is paired perfectly with a dollop of sour cream.

Your Key Ingredient:

[NESCO Pressure Cooker](#)

Grocery Ingredients:

1 lb cooked chicken
1 packet of McCormick White Chicken Chili Seasoning Mix
1 cup of water
1 cup fresh chopped tomatoes
1 can of corn drained
1 can white beans un-drained
Sour cream and chives

Instructions:

1. Put chicken, water, beans, corn, tomatoes, and seasoning in **NESCO® Pressure Cooker** and cook for three minutes on HIGH pressure. Set regulator knob to SEAL.
2. When complete, gently stir and serve with a dollop of sour cream and sprinkle of fresh chives.

Backpacking/Camping Goulash



Stay full and satisfied on the trail with our Backpacking/Camping Goulash. This recipe is portable, nutritious, and easy to cook right at the campsite. Simply dry ingredients in your NESCO Dehydrator beforehand and rehydrate with water whenever you want. It doesn't matter if you're far from home: even by the light of the campfire, you'll find comfort in this hearty meal.

Country Chicken Soup



Nourish the body and soul with our Country Chicken Soup. Made with wholesome, natural ingredients like celery, carrots, and thyme, this recipe is pure comfort food. Both the NESCO Roaster Oven or NESCO Slow Cooker simmer broth to perfection. Cold weather calls for a second serving.

Your Key Ingredient:

[NESCO Roaster Oven](#) OR [NESCO Slow Cooker](#)

Grocery Ingredients:

- 3 lb whole broiler/fryer chicken
- 2 onions, chopped
- 3 stalks celery, sliced
- 3 carrots, sliced
- 1 Tbsp dry parsley flakes
- 1 tsp basil
- 1 bay leaf
- 1/2 tsp thyme

1 $\frac{1}{2}$ tsp salt
1/2 tsp pepper
7 cups water
1/2 cup instant rice
3 cups frozen mixed vegetables

Instructions:

1. Place all ingredients, except rice and frozen vegetables, in **NESCO® Roaster Oven**. Cover and cook at 225°F for 7 to 8 hours.
2. Remove chicken and allow to cool slightly. Remove skin and bone; return meat to soup. Stir in rice and vegetables.
3. Add 2 cups water, or as need for desired consistency. Cover and continue cooking at 225°F for 30 minutes to 1 hour, or until vegetables and rice are done. Soup freezes well. Serves 8.

*Cook time and temperature will vary if using a **NESCO® Slow Cooker**.*

Hearty Bean Soup



When the snow starts falling, you'll want nothing more than a bowl of our Hearty Bean Soup. Healthy and satisfying, this recipe is the perfect quick fix in between the holiday festivities. Use your NESCO Roaster Oven or Slow Cooker to simmer broth to perfection. Don't forget a side of bread for dipping.

Your Key Ingredient:

[NESCO Roaster Oven](#) or [NESCO Slow Cooker](#)

Grocery Ingredients:

- 1 lb dry navy beans
- 8 to 9 cups water, divided
- 2 meaty ham bones (about 1 to 1½ lbs)
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 stalks celery, chopped

1 tsp salt
8 whole peppercorns
1 bay leaf
1 Tbsp dry sherry
2 to 3 drops liquid hot pepper sauce

Instructions:

1. Rinse and sort beans. Combine beans and 7 cups water. Allow beans to soak 8 hours. Do not drain.
2. Transfer beans and water to **NESCO® Roaster Oven**. Add all remaining ingredients. Cover and cook at 225° F for 6 to 9 hours.
3. Remove ham bones and allow to cool slightly. Remove meat from bones and return meat to soup. Remove about 1/3 of the beans and place in blender container. (Remove center cup from lid of blender and follow manufacturer's direction for blending hot foods.) Puree beans, then return to soup.
4. Add 1 to 2 cups water as needed for desired consistency. Cover and continue to cook at 225° F for 30 minutes or until hot. Serves 8 to 10.

*Note: Time and Temp will vary if using a **NESCO® Slow Cooker**.*

All-Purpose Tomato Sauce

It says it in the name. Our All-Purpose Tomato Sauce is perfect for almost any tomato-based dish. Pizza, pasta, and even fish taste amazing with this recipe. Skip the canned sauce and reach for your NESCO Dehydrator and Fruit Roll Sheets to make your most memorable sauce yet. Tip: use farmer's market vegetables

for the freshest flavor.

Your Key Ingredients:

[NESCO Dehydrator](#)

[NESCO Fruit Roll Sheets](#)

Grocery Ingredients:

Chop or grind

4 large green peppers

3 large onions

3 large carrots

2 garlic cloves

1 jar pimentos

Instructions:

1. Wash and core 15 lbs. of ripe tomatoes and chop in a blender.
2. Mix all ingredients together, then blend in portions until smooth. Press through a strainer to remove any pulp.
3. In a very large pot bring mixture to a boil over medium heat. Boil gently, uncovered for about 5 hours. Stir often to prevent scorching. Mixture should be thick enough to mound on a spoon.
4. Ladle onto **NESCO® Fruit Roll Sheets**. Place in your **NESCO® Dehydrator** on dehydrator trays. Dry at 140°F until crisp. Powder in blender to use as instant soup, sauces, and paste.

Add different amounts of water to make:

Tomato Paste = 1 tsp. powder, 1 tsp. water

Tomato Sauce = 1 tsp. powder, 3 tsp. water

Tomato Soup = 1 tsp. powder, 1 tsp. water, 2 tsp. cream

Tomato Juice = 1 tsp. powder, 1/2 cup water

Chicken And Vegetable Soup



Chicken and Vegetable Soup

Your Key Ingredient:

[NESCO 18 Qt. Roaster Oven](#)

Grocery Ingredients:

- 2 qt chicken broth
- 2 bay leaves
- 2 medium onions, chopped

1 tsp salt
2 stalks celery, thinly sliced
2-3 tsp Italian herb seasoning
6 carrots, thinly sliced
1 tsp celery seed
2 cans (15 oz each) stewed tomatoes
1 tsp ground black pepper
20 oz frozen mixed vegetables
2 lb cooked chicken, cut up
2 cans (10 oz each) whole kernel corn

Instructions:

1. Preheat **NESCO® Roaster Oven** to 400 °F. Lightly wipe cookwell with cooking oil.
2. Add half of chicken broth and fresh vegetables. Cover and cook 15 to 20 minutes or until broth is hot and vegetables soften. Add remaining ingredients. Stir to mix
3. . Reduce temperature to 325° F. Cover and cook 45 to 60 minutes or until vegetables are tender and soup is hot. Serves 10 to 12.