

# Slow Cooker Beef Stew



Beef Stew

## Your Key Ingredient:

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

## Grocery Ingredients:

2 lbs beef stew meat or rump roast, cut into 1" cubes  
7 to 9 small onions, peeled [or 2 large onions, quartered]  
4 potatoes, peeled and cut in 1" pieces  
3 stalks celery, cut in 1" pieces  
4 carrots, cut in 1" pieces  
4 oz mushrooms, sliced, drained  
16 oz whole tomatoes  
1/2 cup beef broth, red wine or water  
1 Tbsp sugar  
1 tsp Worcestershire® Sauce

1 tsp salt  
1/2 tsp basil  
1/4 tsp pepper  
1/4 cup flour  
1/2 cup water

**Instructions:**

1. Place all ingredients except flour and 1/2 cup water in **NESCO® Roaster Oven**. Blend well.
2. Cover and cook at 225° F for 7 to 9 hours. Just before serving, blend flour into water. Add to stew and stir well.
3. Increase temperature to 350° F. Cook 15 to 20 minutes or until thickened. Serves 6 to 8.

*Note: time and temperature will vary if using a Slow Cooker.*

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## **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**.*

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## **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**.*

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## Pot Roast



## Pot Roast

### Your Key Ingredient:

[NESCO 18 Qt. Roaster Oven](#) or [NESCO Slow Cooker](#)

### Grocery Ingredients:

2 (5 to 6 lb) pot roast  
6 large onions, cut in half  
20 whole small red potatoes, peeled  
5 Tbsp margarine, melted  
1 tsp browning sauce  
10 medium carrots, cut into chunks

### Instructions:

1. Set Rack in **NESCO® Roaster Oven** cookwell. Preheat Roaster Oven to 350 °F.
2. Lightly wipe cookwell and rack with cooking oil. Arrange meat and vegetables on Rack. Stir together margarine and browning sauce; brush over meat. Cover and roast 10

minutes.

3. Reduce temperature to 300 F. Cover and roast 30 to 40 minutes for medium (145 F on meat thermometer); 45 to 60 minutes for well done (160 F on meat thermometer).

*For slow cooking:* Brown meat then reduce temperature to 250 F and roast 2 to 3 hours or until tender. Serves 10 to 12.

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## Chicken, Broccoli, & Rice



Two words: cheesy and easy. Our Chicken, Broccoli, & Rice is the perfect one-pot weeknight dinner. Featuring juicy chicken, creamy soup, and tender greens, there's a whole lot to love about this classic recipe. Your NESCO Roaster Oven or Slow Cooker does the work for you – simply prep ingredients, layer, and set to cook. Feel free to swap out broccoli for cauliflower

or asparagus to suit your family's preferences.

### **Your Key Ingredient:**

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

### **Ingredients:**

- 1 ½ cups uncooked long-grain white rice
- 1 ¾ lbs skinless, boneless chicken breast halves
- 2 cups shredded cheddar cheese (about 8 oz)
- 16 oz frozen broccoli cuts, thawed
- 5 medium carrots, peeled and thinly sliced (about 2 ½ cups)
- 1 can Campbell's® Condensed Cream of Chicken Soup
- 1 can Campbell's® Condensed Mushroom Soup
- 1 ½ cups Swanson® Chicken Broth or Swanson® Chicken Stock

### **Instructions:**

1. Spray a **NESCO® Roaster Oven** with vegetable cooking spray and add rice. Layer the chicken, 1 cup cheese, broccoli, carrots, soups, and the remaining cheese on top of the rice.
2. Pour the broth around the edges of the Roaster or Slow Cooker. Do not stir. Cover and cook on LOW for 6 hours or until the chicken is cooked through.
3. Stir the rice and vegetables before serving.

*Note: time and temperature will vary if using a Slow Cooker.*

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# Baked Potatoes



At NESCO, we believe baked potatoes aren't just a side dish. Make Baked Potatoes the main entree for dinner tonight with our signature Slow Cooker recipe. These potatoes are perfectly crispy on the outside and fluffy on the inside. Dress them up with bacon bits, chives, or just a dab of butter.

## Your Key Ingredient:

[NESCO Slow Cooker](#)

## Grocery Ingredients:

8 to 10 large baking potatoes

## Instructions:

1. Scrub clean, prick outer skin several times and wrap in foil.

2. Place potatoes into ceramic cooking pot of your **NESCO® Slow Cooker**. Cook on LOW setting for 8 hours.
3. Serve with cheese, butter, sour cream, or your favorite topping.