

10 EASY-PEASY CROCKPOT RECIPES

Minimal ingredients, maximum taste, and the set-it and forget-it system Crockpots and Instapots provide for us..

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VEGGIE & LENTIL STEW

INGREDIENTS

- 2 tablespoons olive oil
- 2 bay leaves
- 2 teaspoons salt (optional)
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 cup carrot, chopped
- 2 cups kale, chopped
- 2 cups chard, chopped
- 2 cups dried lentils
- 8 cups vegetable broth (or stock)
- 1 can chopped tomatoes (16 ounces)



DIRECTIONS

Combine ingredients in a Crockpot and cook on low for 8 hours or on high for 4 hours. For best results, saute onion and garlic with olive oil first.

*Cookin
While ya
Workin*

CHEESY SWISS STEAK

INGREDIENTS

- 2 pounds beef round roast (1-inch thick)
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 carrot (chopped)
- 1/4 cup onion (chopped)
- 1/2 teaspoon Worcestershire sauce
- 1 can tomato sauce (8 ounces)
- 1/2 cup American cheese, shredded



DIRECTIONS

Mix flour and salt. Cut beef roast into 4 pieces, dip each into flour & salt mixture. Combine the rest of the ingredients in a Crockpot and cook on low for 8+ hours or on high for 4+ hours.

Sprinkle on cheese just before serving.

*Extra!
Store for
later*

ROUND STEAK CASSEROLE

INGREDIENTS

- 2 pounds round steak (cut 1/2 inch thick)
- teaspoon garlic salt, salt, pepper
- 1 onion (thinly sliced)
- 3 potatoes (peeled and quartered)
- 1 can French-style green beans (drained)
- 1 can tomato soup (10 ounce)
- 1 can tomatoes (peeled and whole)



DIRECTIONS

*Hearty
Savory &
Delicious*

Add ingredients to the crockpot in the order listed above. Cook on low for 8+ hours. Remove cover during the last 1/2 hours if there's too much liquid.

CHUCK STEAK BBQ

INGREDIENTS

- 1 1/2 pounds chuck steak
(boneless, 1 1/2 inches thick)
- 1 garlic clove (peeled and minced)
- 1/4 cup wine vinegar
- 1 teaspoon brown sugar
(1 Tablespoon)
- 2 tablespoons Worcestershire
sauce
- 1/2 cup ketchup
- 1 salt (1 teaspoon, optional)
- 1 teaspoon dry or prepared
mustard
- 1/4 teaspoon black pepper



*Sweet
& Tangy*

DIRECTIONS

Cut beef at diagonal 1 inch wide. Combine remaining ingredients and pour over beef. Cover and cook on low for 3-5 hours.

PORK STEW & BROWN RICE

INGREDIENTS

- 2 pounds lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 1/2 teaspoons dried thyme leaves
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1 1/2 cups complete bran and wheat flakes ready-to-eat cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice or apple cider
- Microwave brown rice packets



DIRECTIONS

Brown Pork. Layer carrots, onion, thyme, pepper, salt & garlic. Sprinkle with cereal and cherries. Top with pork & pour apple juice or cider over contents in the cooker.

*Cook for
8 Hours on
High*

HAMBURGER STEW

INGREDIENTS

- 1 pound ground beef, 90% lean
- 1/2 cup onion (chopped)
- 1 cup carrot (chopped)
- 2 cups potatoes (chopped)
- 1 cup celery (chopped)
- 1 can tomatoes (14.5 ounce)
- 4 cups water
- 1/2 oregano, basil or other herb (optional)



*Extra
Kick?
Add Black
Pepper*



DIRECTIONS

Brown ground beef, drain fat. Place beef, veggies, tomatoes, and water into crockpot. Cook on Low 8-10 hours or on high for 4-6 hours.

BBQ CHILI BEANS

INGREDIENTS

- 1 pound pinto beans (16 ounce dried, rinsed)
- 4 cups hot water
- 2 onions (chopped)
- 1 tablespoon chili powder
- 3/4 cup barbecue sauce
- 1/2 cup ketchup
- 1 1/2 teaspoons mustard (1 1/2 Tablespoons)
- 2 hot sauce (2 dashes or to taste)



*MMMM
mmm*

DIRECTIONS

Mix beans, water, onion, & chili powder. Cook on low for 7 hours. Drain. Stir in remaining ingredients. Cook on high for 15 more minutes.

BEEF STEW

INGREDIENTS

- 2 pounds stew meat (cut into 1 inch cubes)
- 1/4 cup flour (all purpose)
- salt and pepper (optional, to taste)
- 2 cups water
- 2 teaspoons beef bouillon (2 cubes)
- 1 garlic clove (finely chopped)
- 3 carrot (sliced)
- 3 potatoes (diced)
- 1 onion (chopped)
- 1 celery stalk (sliced)
- Add herbs as desired: bay leaf, basil, oregano, etc



DIRECTIONS

Mix flour, salt, & pepper - coat meat. Stir in remaining ingredients. Cover and cook on low 8-10 hours or 4-6 hours on high.

*Let it
Cook all
day*

PULLED PORK SANDWICH WITH SLAW

INGREDIENTS

- 1 half pork shoulder (bone-in)
- 1 1/2 cups cider or white vinegar (or a combination of both)
- 1 teaspoon black pepper
- 1 teaspoon Crushed red pepper flakes
- 1/2 teaspoon salt
- 8 100% whole wheat dinner rolls or slider buns

For the Carrot Slaw:

- 1 head red cabbage (shredded)
- 2 carrots (scrubbed and shredded)
- 1/4 cup canola oil
- 1/4 cup vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



*Don't forget
your bun*



DIRECTIONS

Combine pork, vinegar, peppers, & salt in a Crockpot. Cook for 8 hrs on medium. Shred pork with a fork. Mix Carrot slaw in a separate bowl.

CLAM CHOWDER

INGREDIENTS

- 3 celery (stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (low sodium)
- 1 1/2 cups potatoes (sliced)
- 1 1/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 dashes black peppercorns
- 1 1/2 cups water
- 2 cups tomato juice (low sodium)
- 1 tablespoon parsley flakes (dried)



DIRECTIONS

*Remove
before
serving*



Combine all ingredients and stir. Cook for 8-10 hours on low.

OUR DRIVERS' HEALTH AND WELLNESS IS IMPORTANT.

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You can also access our Employee Assistance Program through Unum at [unum.com/lifebalance](https://www.unum.com/lifebalance) for more resources on physical and mental health.

Stay Safe, Stay Healthy
#DeckerStrong #DrivenToBeTheBest

