

10 EASY-PEASY CROCKPOT RECIPES

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

DECKER TRUCK LINE

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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.



CHESY 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

Extra? Storefor Later

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.

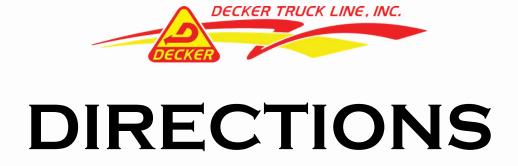
Sprinkle on cheese just before serving.

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)





Herrty Savory Belicious

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.

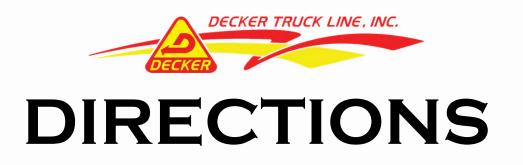
CHUCK STEAK BBQ

INGREDIENTS

- 11/2 pounds chuck steak
 (boneless, 11/2 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





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
- 11/2 teaspoons dried thyme leaves
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 11/2 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.

7

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)





Ald 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.

8

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
- 11/2 teaspoons mustard (11/2 Tablespoons)
- 2 hot sauce (2 dashes or to taste)





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)





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.

PULLED PORK SANDWICH WITH SLAW

INGREDIENTS

- 1 half pork shoulder (bone-in)
- 11/2 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

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)
- 11/2 cups potatoes (sliced)
- 11/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 11/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 dashes black peppercorns
- 11/2 cups water
- 2 cups tomato juice (low sodium)
- 1 tablespoon parsley flakes (dried)





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

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Facebook.com/groups/driven.truckerslife

You can also access our Employee Assistance
Program through Unum at
unum.com/lifebalance for more resources on
physical and mental health.

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