

SERVICE INSTRUCTIONS

1. Do NOT attempt to repair or adjust any electrical or mechanical functions on this unit. Doing so will void the Warranty.
2. If you need to exchange the unit, please return it in its original carton, with a sales receipt, to the store where you purchased it. If you are returning the unit more than 30 days after the date of purchase, please see the enclosed Warranty.
3. If you have any questions or comments regarding this unit's operation or believe any repair is necessary, please call our Consumer Service Department at 1-800-323-9519 or visit our website at www.crock-pot.ca.

1 YEAR LIMITED WARRANTY

Sunbeam Products, Inc. doing business as Jarden Consumer Solutions or if in Canada, Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions (collectively "JCS") warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. JCS, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. JCS dealers, service centers, or retail stores selling JCS products do not have the right to alter, modify or in any way change the terms and conditions of this warranty.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than JCS or an authorized JCS service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

What are the limits on JCS's Liability?

JCS shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition.

Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty.

JCS disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

JCS shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How to Obtain Warranty Service

In the U.S.A.

If you have any questions regarding this warranty or would like to obtain warranty service, please call 1-800-323-9519 and a convenient service center address will be provided to you.

In Canada

If you have any questions regarding this warranty or would like to obtain warranty service, please call 1-800-323-9519 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions located in Boca Raton, Florida 33431. In Canada, this warranty is offered by Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions, located at 20 B Hereford Street, Brampton, Ontario L6Y 0M1. If you have any other problem or claim in connection with this product, please write our Consumer Service Department. **PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.**

To register your product, please visit us online at www.crock-pot.ca.

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Swing and Serve™
3-in-1 Slow Cooker



Owner's Guide

Read and Keep These Instructions

www.crockpot.com

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons including the following:

1. Read all instructions before using this product.
2. This appliance generates heat during use. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electric shock, do not place or immerse cord, plugs, or appliance in water or other liquid.
4. This appliance is not to be used by children or by persons with reduced physical, sensory or mental capabilities.
5. Close supervision is necessary when any appliance is used near children. Children should not play with the appliance.
6. Unplug from outlet when not in use, before putting on or taking off parts and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning. To disconnect, turn any control to OFF, then unplug power cord from outlet. Do not disconnect by pulling on cord.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Do not attempt to replace or splice a damaged cord. Return appliance to the manufacturer (see warranty) for examination, repair or adjustment.

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8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors or for commercial purposes.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near wet surfaces, or heat sources such as a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. The heating base is subject to residual heat from cooking cycle. Do not touch heating base immediately after removing stoneware. Allow to cool before handling.
14. Use caution when opening the lid during or after a cooking cycle. Escaping steam can cause burns.
15. Do not use appliance for other than intended use. Misuse can cause injuries.
16. Intended for household countertop use only. Keep 6 inches (152 mm) clear from the wall and on all sides. Always use appliance on a dry, stable, level surface.
17. Avoid sudden temperature changes, such as adding refrigerated foods or cold liquids into a heated pot.
18. The slow cooker lid is made of tempered glass. Always inspect the lid for chips, cracks or any other damage. Do not use the glass lid if it is damaged, as it may shatter during use.
19. **CAUTION:** To protect again electrical shock and product damage, do not cook directly in the heating base. Cook only in the stoneware provided.

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20. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.

For appliances with locking lids:

21. Never attempt to lift or carry this appliance by the lid handle. Always use the handles located at each side on the base of the appliance.
22. Do not lock the lid while cooking. Locking the glass lid while cooking may lead to glass breakage, which can cause injuries.

SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

NORTH AMERICAN MODELS WITH POLARIZED PLUGS:



POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm do not use that outlet.

POWER CORD INSTRUCTIONS:

A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

NOTICES:

1. Some countertop and table surfaces are not designed to withstand the prolonged heat generated by certain appliances. Do not set the heated unit on a finished wood table. We recommend placing a hot pad or trivet under your slow cooker to prevent possible damage to the surface.
2. During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.
3. Please use caution when placing your stoneware on a ceramic or smooth glass cook top stove, countertop, table or other surface. Due to the nature of the stoneware, its rough bottom may scratch some surfaces if caution is not used. Always place heat resistant protective padding under the stoneware before setting on a table, countertop or other surface.

CROCK-POT® SWING AND SERVE™ SLOW COOKER COMPONENTS

Fig. 1

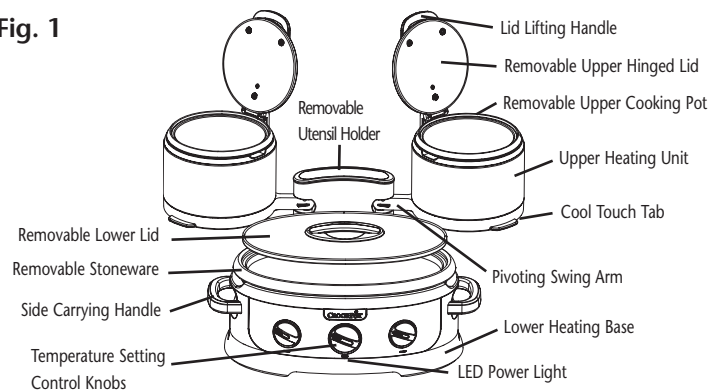


Fig. 2

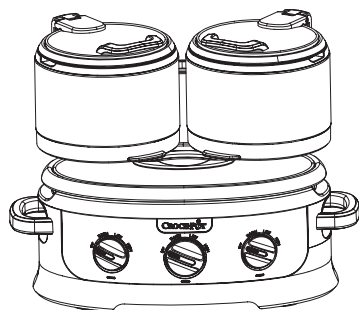
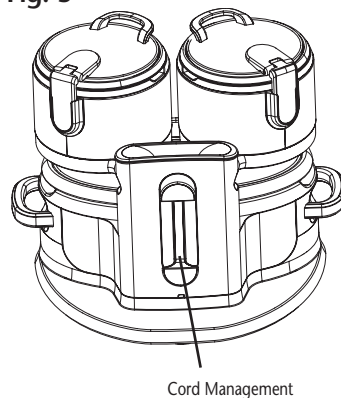


Fig. 3



PREPARING YOUR SWING AND SERVE™ SLOW COOKER FOR USE

Before you use your slow cooker, remove all packaging components and wash the lids and stoneware/cooking pots with warm soapy water and dry thoroughly.

Assembly

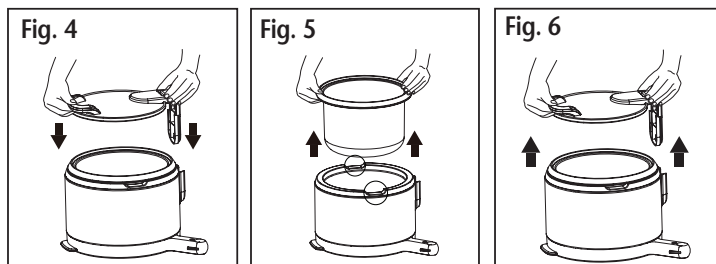
1. Rotate the two Upper Heating Units into the fully open position using the Cool Touch Tabs (see Fig. 1) and remove the upper hinged lids. Then place the two smaller cooking pots into the Upper Heating Units. Replace the hinged lids after the cooking pots have been inserted, and bring the Upper Heating Units back together into the closed position (see Fig. 2). Please see directions on the next page for how to remove/replace the Upper Hinged Lids.
2. Swing the two upper units apart, in order to access the lower slow cooker. Place the larger stoneware into the Lower Heating Base.
3. Lower the glass lid horizontally down onto the stoneware in the lower unit.

HOW TO INSERT / REMOVE THE UPPER HINGED LIDS

- Be sure to align the lid hinge so that it slides down onto the mating heating base hinge. (See Fig. 4)
- When opening and closing the Upper Hinged Lids, use the Lid Lifting Handles.

NOTE: When disassembling, ALWAYS remove the hinged lids first, and then remove the cooking pots. To remove the Upper Cooking Pots, grasp the pot with your fingers inside the cut-outs on the Upper Heating Unit, and gently lift out the Upper Cooking Pot. (See Fig. 5)

- To remove hinged lids, use both hands to gently lift up and remove. (See Fig. 6)



HOW TO USE YOUR SWING AND SERVE™ SLOW COOKER

1. To use the upper slow cooking units, add your ingredients into the cooking pots and close the hinged lids. Make sure your slow cooker is plugged in, and then use the far Left and far Right Temperature Setting Control Knobs to set the cooking temperature for the respective units on the upper level. The LED Power Light below each Temperature Setting Control Knob will light up when you have selected a cooking temperature.

NOTE: The upper units can cook in both the open (units swung apart) and closed (units swung together) position.

2. To use the lower slow cooker, swing the two upper units apart using the Cool Touch Tabs. Add your ingredients into the stoneware in the lower unit, and then replace the lid. Use the middle control knob to set your cooking temperature.

NOTE: LOW heat is recommended for slow “all-day” cooking. One hour on HIGH is equivalent to approximately 1½ to 2 hours on LOW. Refer to

your specific recipe for more precise cook times. The WARM setting is ONLY for keeping already cooked food at the perfect serving temperature until you are ready to eat. DO NOT cook on the WARM setting. We do not recommend using the WARM setting for more than 4 hours.

3. When cooking is done, unplug your slow cooker and allow it to cool before cleaning.
4. When not in use, wrap the cord around the cord management feature on the back of the unit (Fig. 3)

USAGE NOTES:

- If you suspect that the power has gone out during the day, the food may be unsafe to eat. If you are unaware of how long the power was out, we suggest you discard the food inside.
- Use caution when touching the upper slow cooking units during or immediately after cooking. The outside surface will be hot to touch. To move the upper units during cooking, use the Cool Touch Tabs located on the lower front of each unit.
- Each of the three slow cookers in this appliance operate independently of each other. You do not have to fill all three units in order to cook. You can use only the lower or upper units if necessary.
- Do not attempt to carry the unit immediately after it has been cooking, as the outside surface will be very hot. Unplug the unit and wait for the outside surface to cool down before attempting to carry. When carrying this slow cooker, first make sure the upper units are in the closed position (units closed together), and only carry the slow cooker using the side handles on the base of the unit.
- To avoid over or under-cooking, always fill the stoneware/cooking pots ½ to ¾ full to conform to recommended cook times (with the exception of certain cakes and custards, and as guided otherwise in our slow cooker recipes).
- Do not overfill stoneware. To prevent spillover, do not fill stoneware/cooking pots more than ¾ full.
- Always cook with the lid on for the recommended time. Do not remove the lid during the first two hours of cooking.
- Always wear oven mitts when handling the lids, stoneware/cooking pots, or touching the outside surface of the heating unit when hot.

- Removable stoneware is ovenproof and microwave safe. Do not use removable stoneware/cooking pots on gas or electric burner or under broiler. Refer to chart below.

Part	Dishwasher Safe	Oven Safe	Microwave Safe	Stovetop Safe
Upper Hinged Lids	Yes	No	No	No
Lower Glass Lid	Yes	No	No	No
Upper Cooking Inserts	Yes	No	No	No
Lower Stoneware	Yes	Yes, but not in the broiler	Yes	No
Utensil Holder	Yes	No	No	No

HOW TO CLEAN YOUR SLOW COOKER

- CAUTION:** Turn your slow cooker off, switch all Temperature Control Knobs to the OFF position, unplug it from the electrical outlet, and allow it to cool before cleaning.
- All of the lids and removable stoneware/cooking pots can be washed in the dishwasher or with hot, soapy water. Do not use abrasive cleaning compounds or scouring pads. A cloth, sponge, or rubber spatula will usually remove residue. To remove water spots and other stains, use a nonabrasive cleaner or vinegar.
- As with any fine ceramic, the stoneware and lid will not withstand sudden temperature changes. Do not wash the stoneware or lid with cold water when they are hot.
- The outside of the slow cooker may be cleaned with a soft cloth and warm, soapy water. Wipe dry. Do not use abrasive cleaners.
- CAUTION:** Never immerse the complete slow cooker in water or other liquid.
- No other servicing should be performed.
- This appliance has no user serviceable parts. Any servicing beyond that described in the Cleaning Section should be performed by an Authorized Service Representative only. See Warranty Section.

HINTS AND TIPS

PASTA AND RICE

- For best rice results, use long grain converted rice or a specialty rice as the recipe suggests. If the rice is not cooked completely after the suggested time, add an extra 1 to 1½ cups of liquid per cup of cooked rice and continue cooking for 20 to 30 minutes.
- For best pasta results, first partially cook the pasta in a pot of boiling water until just tender. Add the pasta to the Crock-Pot® slow cooker during the last 30 minutes of cook time.

BEANS

- Beans must be softened completely before combining with sugar and/or acidic foods. Sugar and acid have a hardening effect on beans and will prevent softening.
- Dried beans, especially red kidney beans, should be boiled before adding to a recipe.
- Fully cooked canned beans may be used as a substitute for dried beans.

VEGETABLES

- Many vegetables benefit from slow cooking and are able to develop their full flavor. They tend not to overcook in your slow cooker as they might in your oven or on your stovetop.
- When cooking recipes with vegetables and meat, place vegetables in slow cooker before meat. Vegetables usually cook slower than meat in the slow cooker.
- Place vegetables near the sides or bottom of the stoneware to facilitate cooking.

HERBS AND SPICES

- Fresh herbs add flavor and color, but should be added at the end of the cooking cycle as the flavor will dissipate over long cook times.

HINTS AND TIPS (CONT.)

- Ground and/or dried herbs and spices work well in slow cooking and may be added at the beginning.
- The flavor power of all herbs and spices can vary greatly depending on their particular strength and shelf life. Use herbs sparingly, taste at end of cook cycle and adjust seasonings just before serving.

MILK

- Milk, cream, and sour cream break down during extended cooking. When possible, add during the last 15 to 30 minutes of cooking.
- Condensed soups may be substituted for milk and can cook for extended times.

SOUPS

- Some soup recipes call for large amounts of water. Add other soup ingredients to the slow cooker first then add water only to cover. If thinner soup is desired, add more liquid at serving time.

MEATS

- Trim fat, rinse well, and pat meat dry with paper towels.
- Browning meat in a separate skillet or broiler allows fat to be drained off before slow cooking and also adds greater depth of flavor.
- Meat should be positioned so that it rests in the stoneware without touching the lid.
- For smaller or larger cuts of meat, alter the amount of vegetables or potatoes so that the stoneware is always $\frac{1}{2}$ to $\frac{3}{4}$ full.
- The size of the meat and the recommended cook times are just estimates and can vary depending upon the specific cut, type, and bone structure. Lean meats such as chicken or pork tenderloin tend to cook faster than meats with more connective tissue and fat such as beef chuck or pork shoulder. Cooking meat on the bone versus boneless will increase required cook times.

HINTS AND TIPS (CONT.)

- Cut meat into smaller pieces when cooking with precooked foods such as beans or fruit, or light vegetables such as mushrooms, diced onion, eggplant, or finely minced vegetables. This enables all food to cook at the same rate.
- When cooking frozen meats, at least 1 cup of warm liquid must first be added. The liquid will act as a "cushion" to prevent sudden temperature changes. An additional 4 hours on LOW or 2 hours on HIGH is typically required. For larger cuts of frozen meat, it may take much longer to defrost and tenderize.

FISH

- Fish cooks quickly and should be added at the end of the cooking cycle during last fifteen minutes to hour of cooking.

LIQUID

- For best results and to prevent food from drying or burning, always ensure an adequate amount of liquid is used in the recipe.
- Ensure the stoneware is always filled a minimum of $\frac{1}{2}$ full and a maximum of $\frac{3}{4}$ full, and conform to recommended cook times.

1.5-QUART RECIPES FOR UPPER UNITS

Cheese Fondue With Apple Cider

Ingredients

- ¾ cup apple cider
- 1 tbsp cornstarch
- 1 cup grated Emmental cheese (4 oz)
- 1 cup grated Gruyere cheese (4oz)
- 2 oz Brie, rind removed
- 1 large clove garlic
- 1/8 tsp coarsely ground black pepper
- 1 tbsp fresh lemon juice
- Cubed sour dough or French bread or buttery crackers

Directions

1. In a small saucepan on the stove, heat ½ cup apple cider to boil. Blend cornstarch into remaining ¼ cup cider. Add to saucepan and cook, stirring, until thickened and smooth.
2. Pour mixture into one of the removable cooking pots on the upper level and stir in the cheeses, garlic, pepper and lemon juice. Close the hinged lid.
3. Cook on Low for 2 ½ hours, until cheese is melted and mixture is smooth. Remove garlic.
4. Change temperature setting to Warm for serving. Serve with bread cubes or buttery crackers, such as, Ritz or Pepperidge Farm.

1.5-QUART RECIPES FOR UPPER UNITS (CONT.)

Sausage and Cheese Dip

Ingredients

- 6 ounces pork sausage, crumbled
- ¼ cup sliced green onion
- 1 large garlic clove, minced
- 1 cup shredded Cheddar and Monterey Jack cheese
- 1 package (3 oz) cream cheese, softened
- 1 can (10 oz) diced tomatoes with green chilies
- Tortilla chips

Directions

1. In a small skillet on the stove, sauté sausage over medium heat, stirring to break into bits. Add green onions and garlic; cook several minutes to soften onions. For those who like a really spicy dip, add 1 to 2 diced jalapeños with the onions in the skillet.
2. In medium bowl, blend cheeses and stir in tomatoes and sausage mixture. Spoon mixture into one of the removable cooking pots on the upper level and close the hinged lid. Cook on Low for 3 hours.
3. Serve with tortilla chips.

1.5-QUART RECIPES FOR UPPER UNITS (CONT.)

Artichoke and Spinach Dip

Ingredients

- ¾ cup sour cream
- ½ cup mayonnaise
- 1 tsp Worcestershire sauce
- ½ tsp hot sauce
- 1 cup coarsely chopped artichoke hearts
- 1 cup chopped fresh spinach leaves
- 1 cup shredded Parmesan cheese
- ¼ cup finely chopped green onions

Directions

1. In a medium bowl, blend sour cream, mayonnaise, Worcestershire sauce and hot sauce until smooth. Stir in remaining ingredients.
2. Spoon mixture into one of the removable cooking pots on the upper level and close the hinged lid. Cook on High for 1 ½ hours. Change to Warm setting when serving.
3. Serve with chips or fresh cut vegetables.

1.5-QUART RECIPES FOR UPPER UNITS (CONT.)

Refried Bean Dip

Ingredients

- 1/3 lb chorizo, casing removed and cut into small pieces
- 1/3 cup chopped onion
- 1 large garlic clove, minced
- 1 jalapeño, chopped (seeds and filament removed)
- 1 tsp olive oil
- 1 can (16 oz) refried beans
- ¾ cup shredded Cheddar and Monterey Jack cheese mixture
- 2 tbsp chopped cilantro
- 2 tbsp picante sauce
- 1 tbsp chili pepper paste

Directions

1. In a small skillet on the stove, sauté chorizo with onion, garlic and jalapeño in oil until onion is tender; stir often.
2. In a medium bowl, blend sour cream, mayonnaise, Worcestershire sauce and hot sauce until smooth. Stir in chorizo mixture and remaining ingredients.
3. Spoon mixture into one of the removable cooking pots on the upper level and close the hinged lid. Cook on High for 1 ½ hours.
4. Serve with potato or tortilla chips.

1.5-QUART RECIPES FOR UPPER UNITS (CONT.)

Peppered Crab Dip

Ingredients

- 1 cup mayonnaise
- ½ cup sour cream
- 1 tbsp dry sherry
- ½ lb lump crab meat
- ¼ cup diced green pepper
- ¼ cup diced pimento
- 2 tbsp chopped green onion
- 1 hot red pepper, diced
- 2 tsp fresh lemon juice
- Garlic bread crisps or buttery crackers

Directions

1. In one of the removable cooking pots on the upper level, combine mayonnaise, sour cream and sherry; close the hinged lid. Cook on Low for 2 hours.
2. Add remaining ingredients. Cook on Low for 30 minutes.
3. Serve with Garlic bread crisps or buttery crackers.

3.5-QUART RECIPES FOR LOWER UNIT

Curried Chicken

Ingredients

- 1½ lbs boneless chicken breast, cut into 1-inch pieces
- 2 leeks, sliced
- 1 large apple, cored and cut in 1-inch pieces
- 2 large cloves garlic, minced
- 1 cup chicken stock or broth
- 2 tbsp tomato paste
- 2 tsp curry powder
- ½ tsp ground ginger
- 1 cup frozen peas
- ½ cup raisins
- Hot cooked rice
- Chopped parsley

Directions

1. Combine chicken, leeks, apple and garlic into stoneware in lower unit. In a large measuring cup, combine chicken broth, tomato paste, curry and ginger. Pour mixture over chicken in stoneware; toss to blend well. Place glass lid on stoneware and cook on High for 3½ hours.
2. Add peas and raisins and cook 10 minutes longer. Lower heat to Warm until ready to serve. To serve, spoon chicken mixture over rice blended with parsley.

For added flavor try this variation of cooking: In large skillet, brown chicken in 1 tbsp each butter and oil over medium high heat on the stovetop, turning to brown chicken on all sides. Remove from skillet and add chicken to stoneware in lower unit. Add leeks and garlic to skillet and cook on the stove for several minutes to soften leeks. Add leeks to chicken in stoneware and proceed cooking as directed in step one as above.

3.5-QUART RECIPES FOR LOWER UNIT (CONT.)

Pulled Pork Sandwich

Ingredients

3 lbs pork boneless butt or shoulder cut in 3 equal pieces
1 tsp salt
1/3 tsp coarsely ground pepper
1 cup root beer
1 bottle (18 oz) barbecue sauce
1 cup reserved cooking liquid, fat removed
2 tbsp fresh lemon juice
2 tbsp molasses
Hamburger rolls
Coleslaw

Directions

1. Season pork with salt and pepper. Place pork in stoneware in lower unit. Pour root beer over meat. Place glass lid on stoneware and cook on Low for 8 hours or High for 4 hours until pork shreds easily when touched with a fork.
2. Remove meat to bowl and tent with foil. Pour off liquid and reserve enough to make 1 cup of cooking liquid with fat removed. Let pork rest until easy to handle. Shred, using 2 forks. In stoneware, combine remaining ingredients with 1 cup cooking liquid; stir to blend. Return meat to stoneware. Place lid on lower unit and cook on Low for 2 hours until mixture is hot. To serve, spoon meat mixture onto split hamburger rolls and top with coleslaw.

Note: Pork may be cooked ahead and, after shredding, refrigerated up to 4 days. Reserve enough of the cooking liquid to have 1 cup of stock with fat removed.

To serve, combine meat and sauce ingredients in stoneware in lower unit. Place glass lid on stoneware and reheat on Low for 2 hours until mixture is hot.

3.5-QUART RECIPES FOR LOWER UNIT (CONT.)

Spicy Chicken Wings

Ingredients

4 lbs chicken wings, tip removed and cut at the joints
1 tsp salt
¼ tsp coarsely ground black pepper
½ cup ketchup
1/3 cup honey
¼ cup balsamic vinegar
3 tbsp soy sauce
¼ cup minced onion

Directions

1. Season chicken wings with salt and pepper. Place in stoneware in lower unit. In a large measuring cup or bowl, combine remaining ingredients. Pour over chicken. Place glass lid on stoneware and cook on Low for 4 hours.

3.5-QUART RECIPES FOR LOWER UNIT (CONT.)

Beef Stew with Winter Vegetables

Ingredients

- 1½ lbs boneless chuck, cut into 1-inch pieces
- 1 tsp salt
- ¼ tsp pepper
- 6 Brussel sprouts
- 6 small boiling onions, peeled
- 6 small golden potatoes
- 2 small turnips, peeled and cut in 6 equal pieces
- 2 large cloves garlic, minced
- 1 bay leaf
- 1 tsp dried thyme
- 1½ cups beef stock
- 2 tbsp tomato paste

Directions

1. In stoneware in lower unit, combine all ingredients; place glass lid on stoneware and cook on High for 4 hours or Low for 8 hours.
2. Remove bay leaf before serving. Lower heat to Warm until ready to serve.

NOTE: To thicken the sauce, remove meat and vegetables to serving bowl and keep warm. Change cook temperature to High. Blend 3 tbsp unsifted all-purpose flour into ½ cup water. Stir into liquid in stoneware and cook on High, stirring until thickened and smooth. Spoon over meat mixture.

For added flavor this step takes a little more time but certainly bumps up the flavor of the sauce: Beef may be combined with ¼ cup unsifted all-purpose flour in a plastic bag. Seal and toss to coat meat with flour mixture. In large skillet, brown beef in 1 tbsp oil over medium high heat on the stove, turning to brown all sides. Add beef to stoneware in the lower unit, and proceed with cooking directions noted in step one above.

3.5-QUART RECIPES FOR LOWER UNIT (CONT.)

White Bean Chicken Chili

Ingredients

- 2 lbs boneless chicken, cut into ¾-inch pieces (Use boneless breasts, thighs or a mixture of both)
- 1 tbsp oil
- 1 cup chopped green pepper
- 3 large cloves garlic, minced
- 1 can (16 oz) tomato sauce
- 1 can (10 oz) diced tomatoes with green chilies
- 2 tsp chili powder
- ½ tsp ground cumin
- 1 bay leaf
- 1 medium onion, chopped
- 1 cup chopped red pepper
- 1 can (15.5 oz) white kidney beans
- 1 tsp salt
- ½ tsp dried oregano leaves
- ¼ tsp ground cinnamon

Directions

1. In large skillet, brown chicken in oil over medium high heat on the stove, turning to brown all sides. Remove to large bowl. Add peppers, onion and garlic to skillet and Sauté on the stove, stirring often, until softened. Add mixture to chicken, along with all remaining ingredients. Toss to blend well.
2. Spoon all mixed ingredients into stoneware in lower unit. Place glass lid on stoneware and cook on High for 3 to 4 hours or on Low 6 to 8 hours.
3. Remove bay leaf before serving. Lower heat to Warm until ready to serve. Serve this chili Cincinnati style over hot cooked pasta or traditionally, topped with crumbled corn chips and spooned over hot cooked rice.

Visit the Crock-Pot® slow cooker website at
www.crockpot.com for additional hints, tips and recipes
or call 1-800-323-9519.