



Simmering with a Slow Cooker

A slow cooker, also called a crock pot, can save time and money. You can put all the ingredients into one pot, plug it in and walk away. Your food will cook at a low temperature for hours without burning.

Since slow cooking does not involve a flame, this technique is a safe way to involve kids in the kitchen. They can help prepare and add ingredients to the pot.

Long, slow cooking is a perfect way to cook inexpensive, tough cuts of meat such as brisket and chuck roast. They turn out terrific when slow cooked. Soups, beans and stews are perfect for slow cooking, and stirring isn't required—so keep the lid on.

There are usually two temperature settings on slow cookers—low is 200 degrees and high is 300 degrees. Most books tell you that one hour on high equals two hours on low, but cooking on low makes meat juicy and more tender.

Cut vegetables into bite-sized pieces for even cooking and easier eating!



Simmering with a Slow Cooker

A slow cooker, also called a crock pot, can save time and money. You can put all the ingredients into one pot, plug it in and walk away. Your food will cook at a low temperature for hours without burning.

Since slow cooking does not involve a flame, this technique is a safe way to involve kids in the kitchen. They can help prepare and add ingredients to the pot.

Long, slow cooking is a perfect way to cook inexpensive, tough cuts of meat such as brisket and chuck roast. They turn out terrific when slow cooked. Soups, beans and stews are perfect for slow cooking, and stirring isn't required—so keep the lid on.

There are usually two temperature settings on slow cookers—low is 200 degrees and high is 300 degrees. Most books tell you that one hour on high equals two hours on low, but cooking on low makes meat juicy and more tender.

Cut vegetables into bite-sized pieces for even cooking and easier eating!

Slow cookers are great to use in the summer to keep the house cool while cooking. In wintertime, you can have a hot meal ready when you come home from work or school.

Dust off the slow cooker if it's been awhile since you used it, and try a new recipe today!

Slow cookers are great to use in the summer to keep the house cool while cooking. In wintertime, you can have a hot meal ready when you come home from work or school.

Dust off the slow cooker if it's been awhile since you used it, and try a new recipe today!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.