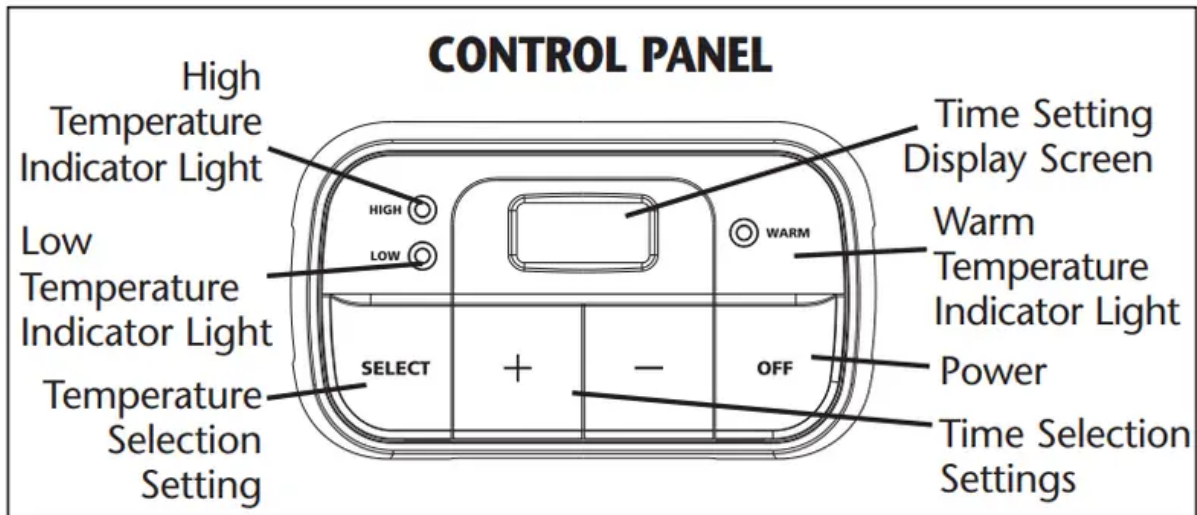
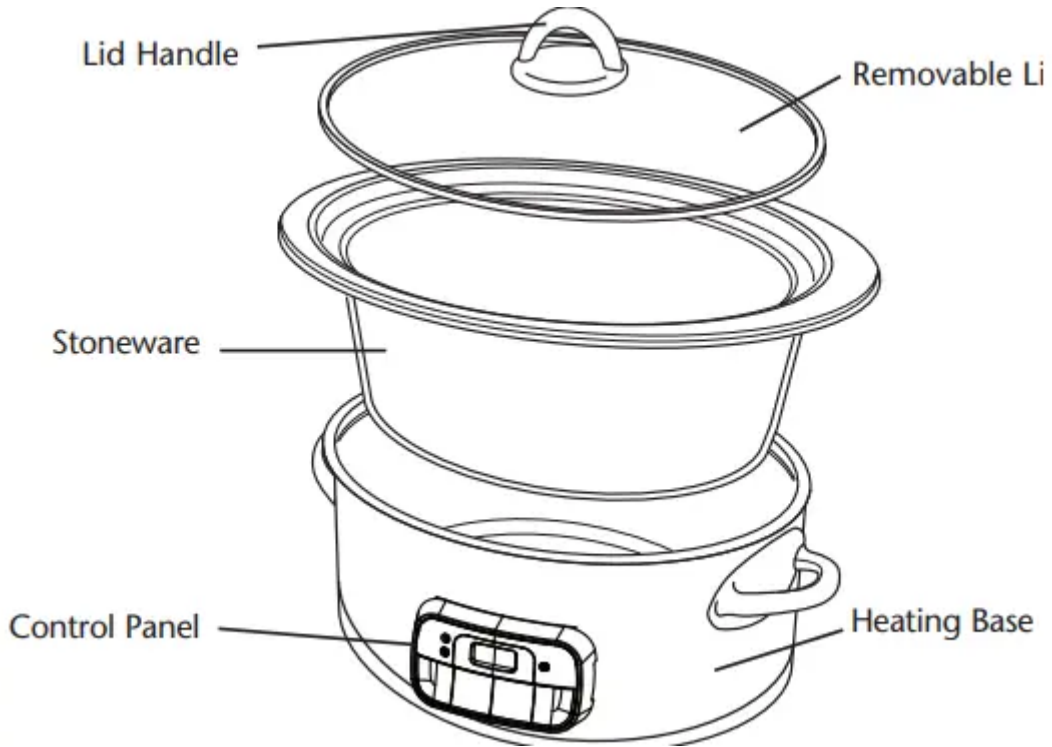


CROCK-POT® SLOW COOKER COMPONENTS



PREPARING YOUR CROCK-POT® SLOW COOKER FOR USE

Before you use your slow cooker, remove all packaging components and wash the lid and stoneware in warm, soapy water and dry thoroughly.

Assembly

1. Place stoneware into the heating base.
2. Lower the lid horizontally down onto the stoneware.



HOW TO USE YOUR CROCK-POT® SLOW COOKER

1. Add your ingredients to the stoneware and cover with the lid.
2. Plug in your Crock-Pot® slow cooker.
3. Select temperature setting (HIGH or LOW). NOTE: WARM is ONLY for keeping already cooked food at the perfect serving temperature. DO NOT cook on the WARM setting.
4. Select the "+" or "-" setting to set the desired cook time. The time can be set in increments of 30 minutes up to 20 hours. Select the time based on the length of time indicated in the recipe. The time will begin to countdown in one minute increments.
5. When the cooking time has completed, the Crock-Pot® slow cooker automatically shifts to the WARM setting and the WARM light illuminates. **NOTE:** We do not recommend using the WARM setting for more than 4 hours.
6. To turn the Crock-Pot® slow cooker off, press the OFF button and unplug the unit from the outlet.

USAGE NOTES:

- If there is a power outage, the display and lights blink when the power is restored. All slow cooker settings have been cleared and must be reset. As a result, 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.
- For recipes that require a range of times, select the time in the middle of the range. For instance, to cook a recipe calling for a cooking time of 7 to 9 hours on LOW, set your Crock-Pot® slow cooker to 8 hours.
- If desired, you can manually switch to WARM when your recipe is done cooking.
- To avoid over or undercooking, always fill the stoneware $\frac{1}{2}$ to $\frac{3}{4}$ full and conform to the recommended cook times (unless guided otherwise in our slow cooker recipes).
- Do not overfill stoneware. To prevent spillover, do not fill stoneware higher than $\frac{3}{4}$ full.
- Always cook with the lid on for the recommended time. Do not remove the lid during the first two hours of cooking to allow the heat to build up efficiently.
- Always wear oven mitts when handling the lid or stoneware.
- Unplug when cooking is done and before cleaning.
- Removable stoneware is ovenproof and microwave safe. Do not use removable stoneware on gas or electric burner or under broiler. Refer to chart below.

Part	Dishwasher Safe	Oven Safe	Microwave Safe	Stovetop Safe
Lid	Yes	No	No	No
Stoneware	Yes	Yes, but not in the broiler	Yes	No

HOW TO CLEAN YOUR SLOW COOKER

- ALWAYS turn your slow cooker off, unplug it from the electrical outlet, and allow it to cool before cleaning.
- The lid and stoneware 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 the residue. To remove water spots and other stains, use a non-abrasive 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 heating base may be cleaned with a soft cloth and warm, soapy water. Wipe dry. Do not use abrasive cleaners.
- CAUTION: Never immerse the heating base 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

ASTA 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.
- 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.

- 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 ½ full and a maximum of ¾ full, and conform to recommended cook times.

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.

RECIPES

BABY BACK RIBS Serves 6-10

<i>2-4 racks of baby back ribs, cut into 3-4 pieces each</i>	<i>2-4 cups barbecue sauce 2-3 onions, chopped</i>
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1. Place ribs in Crock-Pot® slow cooker. Top with onion and barbecue sauce.
2. Cover and cook on Low for 7-9 hours or on High for 4-5 hours, or until meat is tender.
3. To serve, cut ribs between bones and coat with extra sauce as desired.



BBQ PULLED PORK Serves 6-8

<i>2½-5 pound pork loin, trimmed of fat</i> <i>2-4 cups barbecue sauce</i>	<i>2-3 onions, chopped</i> <i>6-8 hamburger buns or hard rolls</i>
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1. Place pork loin in Crock-Pot® slow cooker. Top with onion and barbecue sauce.
2. Cover and cook on Low for 7-9 hours or on High for 4-5 hours, or until meat is tender.
3. Remove pork from Crock-Pot® slow cooker and shred with a fork. Add pork back into Crock-Pot® slow cooker and coat with sauce.
4. Serve BBQ pulled pork on hamburger buns or hard rolls.

BEEF BOURGUIGNON Serves 6-8

<i>3 tablespoons flour</i> <i>Kosher salt and pepper</i> <i>3 pounds beef chuck, cut into 1-inch cubes</i> <i>3 large carrots, peeled and sliced</i> <i>1 medium onion, sliced</i> <i>6 strips cooked bacon, cut into 1-2 inch pieces</i> <i>1 10-ounce can beef broth</i>	<i>2 cups red or Burgundy wine</i> <i>1 tablespoon tomato paste</i> <i>2 cloves garlic, minced</i> <i>3 sprigs fresh thyme, stemmed</i> <i>1 bay leaf</i> <i>1 pound fresh mushrooms, sliced</i> <i>2 large potatoes, cut into 1-inch pieces</i>
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1. Coat beef in flour seasoned with salt and pepper. Sear beef in a skillet on stovetop (optional).
2. Place meat in Crock-Pot® slow cooker and add remaining ingredients.
3. Cover and cook on Low for 8-10 hours or on High for 5-7 hours, or until meat is tender.

LEMON HERB ROASTED CHICKEN Serves 4-6

<i>4-6 pound roasting chicken</i> <i>½ cup onion, chopped</i> <i>1-2 tablespoons butter</i> <i>Juice of one lemon</i>	<i>½ teaspoon Kosher salt</i> <i>2 tablespoons fresh parsley</i> <i>½ teaspoon dried thyme</i> <i>1/3 teaspoon paprika</i>
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1. Place the onion in the cavity of the chicken and rub the skin with butter. Place chicken in Crock-Pot® slow cooker.
2. Squeeze lemon juice over chicken and sprinkle with remaining seasonings. Cover and cook on Low 8-10 hours or on High 4-5 hours.

CHICKEN CACCIATORE Serves 4-8

<p>2-3 onions, thinly sliced</p> <p>2-4 pounds chicken (breasts or thighs), skinned</p> <p>1 28-ounce can plum tomatoes, chopped</p> <p>Kosher salt and pepper</p> <p>5 cloves garlic, minced</p>	<p>½ cup dry white wine or broth</p> <p>2 tablespoons capers</p> <p>20 pitted Kalamata olives, chopped coarsely</p> <p>1 bunch fresh parsley or basil, stemmed and coarsely chopped</p> <p>Cooked pasta</p>
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1. Place sliced onion in Crock-Pot® slow cooker and cover with chicken.
2. In a bowl, stir tomatoes, salt, pepper, garlic and white wine together. Pour over chicken.
3. Cover and cook on Low for 5-6 hours or on High for 3-4 hours or, or until chicken is tender.
4. Stir in capers, olives and herbs just before serving.
5. Serve over cooked pasta.

Note: Cooking chicken on the bone versus boneless will increase cook time about 30 minutes to 1 hour.

CHILI Serves 6-8

<p>2 large onions, chopped</p> <p>5-6 cloves garlic, minced</p> <p>2 green peppers, chopped</p> <p>2-3 pounds ground beef, cooked and drained</p> <p>2 14-ounce cans red, black or white beans, rinsed and drained</p>	<p>1 14-ounce can diced tomatoes</p> <p>2 jalapeños, seeded and minced</p> <p>1 tablespoon cumin</p> <p>1 teaspoon cayenne pepper</p> <p>½ cup beef broth</p>
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1. Add all ingredients to Crock-Pot® slow cooker.
2. Cover and cook on Low for 8-9 hours or on High for 4-5 hours.

POT ROAST Serves 6-10

<p>2-4 pound beef chuck pot roast</p> <p>½ cup flour</p> <p>Kosher salt and pepper</p> <p>3 carrots, sliced</p> <p>3 potatoes, quartered</p>	<p>3 onions, sliced</p> <p>2 stalks celery, sliced</p> <p>1 cup mushrooms, sliced</p> <p>1 cup beef broth or wine</p>
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1. Coat roast with ½ cup flour, salt, and pepper. Sear roast in a skillet on stovetop (optional).

2. Place all vegetables in Crock-Pot® slow cooker, except mushrooms. Add roast and spread mushrooms on top. Pour in liquid.
3. Cover and cook on Low for 10-12 hours or on High for 6-8 hours, or until tender.

SAUSAGE AND MEATBALLS Serves 8-10

<i>3-5 pounds sausage and meatballs, uncooked</i> <i>6 cloves garlic, peeled and chopped</i> <i>1 28-ounce can crushed tomatoes</i>	<i>1-2 28-ounce cans plum tomatoes in juice, chopped coarsely</i> <i>1 bunch fresh basil</i> <i>Cooked pasta</i> <i>Grated cheese</i>
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1. Brown sausage and meatballs in a skillet on stovetop (optional).
2. Add all ingredients to Crock-Pot® slow cooker except pasta and grated cheese.
3. Cover and cook on Low for 7-8 hours or on High for 4-5 hours.
4. Serve with cooked pasta and grated cheese.

BEEF STEW Serves 6-8

<i>2-4 pounds beef chuck stew meat, cut into 1-inch cubes</i> <i>2 bay leaves</i> <i>½ cup flour</i> <i>Kosher salt and pepper</i> <i>3 cups beef broth</i> <i>1 tablespoon Worcestershire sauce</i>	<i>3 cloves garlic, minced</i> <i>6 small potatoes, quartered</i> <i>2-3 onions, chopped</i> <i>3 celery stalks, sliced</i>
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1. Sprinkle flour, salt and pepper over meat. Place meat in CrockPot® slow cooker.
2. Add remaining ingredients and stir well.
3. Cover and cook on Low for 8-10 hours or on High for 5-6 hours, or until meat is tender. Stir thoroughly before serving.

EASY, HEALTHY FISH FILLET Serves 4-6

<i>Kosher salt and pepper</i> <i>2-3 pounds white fish (cod, sea bass, tilapia or catfish), skinned</i> <i>Fresh herbs (flat-leaf parsley, basil, tarragon, savory or a combination of all)</i>	<i>2-3 lemons, thinly sliced</i> <i>Prepared salsa or olive tapenade to garnish</i>
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1. Salt and pepper both sides of the fish and place in Crock-Pot® slow cooker. Cover top of fish with herbs and lemon slices, and tuck some under fish.
2. Cover and cook on High for approximately 30-40 minutes, or until no longer translucent. Cook times vary depending on thickness of fish.
3. Remove lemon slices and top with salsa or tapenade.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.