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“One Dish Crock Pot Dinners”

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Crock pots are not just for soups and chilies. Make these fast and easy dinners in the morning and have dinner ready when you come home at night. Both of the following ideas work best in a 5 1/2 qt or larger crock pot with heating elements which surround the unit. If smaller crock pot is used, adjust portions according. Each serves approximately 6-8

Meatloaf Dinner:

For easy clean up, line crock pot with a slow cooker cooking bag. Place 2 pounds washed baby carrots in bottom of crock. Prepare your favorite meatloaf recipe using 2 pounds of meat. Shape meat into a round loaf smaller in diameter than the crock pot. Place meatloaf on top carrots (for a tasty meatloaf recipe, see below). Scrub 6-8 medium potatoes and place between meatloaf and crock pot. If desired, top meatloaf with barbecue sauce or 1/3 cup ketchup mixed with 2 tablespoons brown sugar. Cover and cook on high 1 hour, reduce heat to low and cook 8-10 hours.



* Meatloaf recipe: Mix well 1 pound lean ground beef, 1 pound lean sausage, 2 tablespoons dried onion, 2 cloves crushed garlic, 2 teaspoons Worcestershire sauce, 2 teaspoons bouillon granules, 1/4 teaspoon black pepper, 1/2 cup crushed saltine crackers, 2 eggs, and 1/4 cup milk.

Roast Pork Loin and Baked Sweet Potatoes:

Scrub 4-5 evenly shaped yams or sweet potatoes. Wrap in foil. Place sweet potatoes in bottom of crock pot (do not add water to crock pot). Rub a 2-3 pound pork loin (or other roast) with 1 tablespoon crushed garlic. Place in a roasting bag. Sprinkle roast with 1 envelop dry onion soup mix. Tie roasting bag closed, vent top and place on top sweet potatoes. Cover, cook on high 1 hour, reduce heat to low and cook 8-10 hours. NOTE: Pork roast is tasty with gravy the first night; shred leftovers and moisten with barbecue sauce for sandwiches the second day.

Baked Potatoes:

Fill crock pot with scrubbed and foil wrapped potatoes. Do Not Add Water. Cover and cook on low 8-10 hours.