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# Creamy Chicken & Stuffing

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 box (6 oz) stuffing mix
- 1 can (10.5 oz) cream of chicken soup
- 1/2 cup sour cream
- 1/2 cup chicken broth
- 1 bag (10–12 oz) frozen green beans

## DIRECTIONS

1. Place chicken in slow cooker.
2. Stir soup, sour cream, and broth; spread over chicken.
3. Add frozen green beans and sprinkle dry stuffing over top.
4. Cook LOW 5–7 hours or HIGH 3–4 hours, until chicken reaches 165°F.

### PRESSURE COOKER METHOD

Add chicken, broth, soup, and green beans to the pot. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F. Stir in sour cream after pressure cooking. Prepare the stuffing separately and spoon it over each serving so it stays fluffy.

### LAURA'S TIP

Add Pampered Chef Italian Seasoning and Three Onion Rub for extra flavor. No extra salt is usually needed.

# Chicken & Dumplings

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 cans (10.5 oz each) cream of chicken soup
- 2 cups chicken broth
- 1 bag (about 12 oz) frozen mixed vegetables
- Pampered Chef Garlic & Herb Seasoning, to taste
- Pampered Chef Three Onion Rub, to taste
- 1 can refrigerated homestyle buttermilk biscuits

## DIRECTIONS

1. Add chicken, soup, broth, seasonings, and vegetables to slow cooker.
2. Cook LOW about 5–6 hours, until chicken reaches 165°F.
3. Chop chicken in cooker with Pampered Chef Salad Choppers. Turn cooker to HIGH.
4. Cut biscuits into small pieces; add and gently press into hot mixture.
5. Cook HIGH 30–60 minutes, until the largest dumpling is fluffy in the center and no longer wet or gummy.

### PRESSURE COOKER METHOD

Add chicken, broth, soup, vegetables, and seasonings. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F, then chop or shred. Switch to SEAR, add the biscuit pieces, and simmer uncovered until the dumplings are cooked through and no longer wet or gummy inside.

### LAURA'S TIP

No Salad Choppers? Remove chicken, chop or shred on a cutting board, then return it to the slow cooker.

# Chicken Alfredo

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 jars Alfredo sauce
- 1/2 cup chicken broth
- Pampered Chef Garlic & Herb Seasoning, to taste
- 1 lb uncooked fettuccine or other pasta
- 1/2 cup grated Parmesan
- Chopped parsley and black pepper, optional

## DIRECTIONS

1. Add chicken, Alfredo sauce, broth, and seasoning. Cook LOW 5–6 hours, until chicken reaches 165°F.
2. Chop chicken in cooker with Salad Choppers.
3. Add uncooked pasta, stir to coat, turn to HIGH, and cook 25–30 minutes, stirring occasionally, until tender. Add a little broth if needed.
4. Stir in Parmesan and serve with parsley, extra Parmesan, and black pepper if desired.

### PRESSURE COOKER METHOD

Add chicken, broth, and seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop. Stir in Alfredo sauce. For pasta: cook it separately and stir it in, OR switch to SEAR and simmer uncooked pasta in the sauce, adding broth as needed and stirring often until tender.

### LAURA'S TIP

No Salad Choppers? Remove chicken, cut into bite-size pieces, and return before adding pasta.


LAYER IT RIGHT!
For the best flavor and perfect texture, add your ingredients in the right order:
DELICATE INGREDIENTS – LATER
Add quick-cooking or delicate ingredients near the end, like peas, greens, or dairy.
MEAT – MIDDLE
Place meat in the middle so it cooks evenly and stays tender.
ROOT VEGGIES – BOTTOM
Start with hearty veggies like potatoes, carrots, and onions. They take longer to cook and create a flavorful base.

# Salsa Chicken Tacos

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 cups salsa
- Pampered Chef Everything Taco Seasoning, to taste
- Tortillas
- Shredded cheese

## DIRECTIONS

1. Add chicken, salsa, and Everything Taco Seasoning.
2. Cook LOW 5–6 hours, until chicken reaches 165°F.
3. Chop chicken in cooker with Salad Choppers and stir into the juices.
4. Serve in warm tortillas with cheese and favorite toppings.

### PRESSURE COOKER METHOD

Add chicken, salsa, and seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F, then chop or shred and stir it back into the salsa.

### LAURA'S TIP

Try lettuce, tomatoes, avocado, sour cream, cilantro, jalapeños, extra salsa, or lime.

# Chicken Bacon Ranch Pasta

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 packet ranch seasoning
- 2 cups chicken broth
- 1 jar Alfredo sauce
- 1 lb uncooked short pasta
- 8 slices bacon, cooked and crumbled
- 1/2 cup grated Parmesan
- Black pepper, to taste

## DIRECTIONS

1. Add chicken, ranch seasoning, and broth. Cook LOW 5–6 hours, until chicken reaches 165°F.
2. Add Alfredo sauce and chop chicken in cooker with Salad Choppers.
3. Add uncooked pasta, stir, and turn to HIGH. Cook 25–30 minutes, stirring occasionally; add extra broth if needed.
4. Stir in bacon and Parmesan; finish with black pepper.

### PRESSURE COOKER METHOD

Add chicken, broth, and ranch seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop. Stir in Alfredo sauce. Cook pasta separately and stir it in, OR use SEAR to simmer uncooked pasta in the sauce with extra broth as needed. Finish with bacon and Parmesan.

### LAURA'S TIP

Pampered Chef Garlic Parmesan Seasoning is a great add-on. Sprinkle some in with the Alfredo sauce.

# Creamy Ranch Chicken

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 packet ranch seasoning
- 1 can (10.5 oz) cream of chicken soup
- 8 oz cream cheese, softened and cubed
- 1/2 cup chicken broth
- Black pepper, to taste

## DIRECTIONS

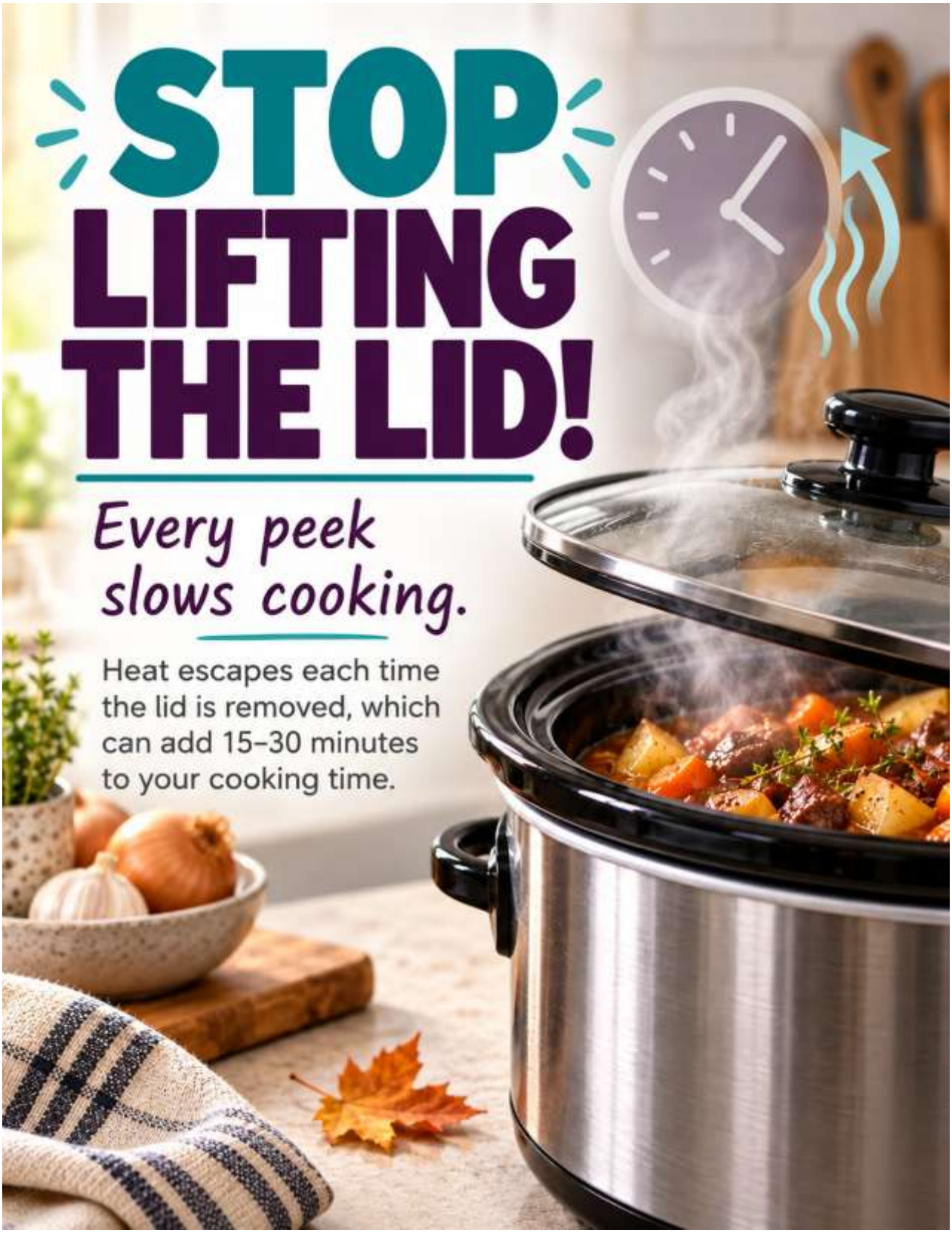
1. Add chicken, ranch seasoning, soup, cream cheese, broth, and pepper.
2. Cook LOW 5–6 hours, until chicken reaches 165°F.
3. Chop chicken in cooker with Salad Choppers and stir into sauce.

### PRESSURE COOKER METHOD

Add chicken, broth, ranch seasoning, and soup. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop or shred. Stir in cream cheese after pressure cooking until smooth.

### LAURA'S TIP

Serve over rice, mashed potatoes, egg noodles, pasta, or steamed vegetables.


STOP
LIFTING
THE LID!
Every peek slows cooking.
Heat escapes each time the lid is removed, which can add 15–30 minutes to your cooking time.

# Honey Garlic Chicken

## INGREDIENTS

- 6 boneless, skinless chicken thighs
- 1/2 cup honey
- 1/3 cup low-sodium soy sauce
- 1/4 cup ketchup
- 4 garlic cloves, minced
- 1 tbsp rice vinegar
- Black pepper, to taste

## DIRECTIONS

1. Place chicken in slow cooker.
2. Whisk remaining ingredients and pour over chicken.
3. Cook LOW 4–5 hours, until chicken reaches at least 165°F and is tender.
4. Serve with sauce spooned over chicken.

### PRESSURE COOKER METHOD

Add chicken and sauce ingredients. Pressure cook on HIGH 8 minutes, then quick release. Confirm chicken reaches 165°F. Remove chicken; if you want a thicker sauce, switch to SEAR and add the cornstarch slurry until thickened.

### LAURA'S TIP

Finish with Pampered Chef Crunchy Garlic Crisp.
For thicker sauce, remove chicken; stir in a slurry of 1 tbsp cornstarch + 1 tbsp cold water and cook HIGH 10–15 minutes.

# Creamy Tuscan Chicken



## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1/2 cup chicken broth
- 3–4 garlic cloves, minced
- 1/2 cup sun-dried tomatoes, drained and chopped
- 1 package Pampered Chef Tuscan-Style Herb Chicken Meal Mix
- 1 cup heavy cream
- 1/2 cup grated Parmesan
- 2 cups baby spinach
- Black pepper, to taste

## DIRECTIONS

1. Add chicken, broth, garlic, tomatoes, meal mix, and pepper.
2. Cook LOW 4–5 hours, until chicken reaches 165°F.
3. During final 30 minutes, stir cream and Parmesan around chicken; add spinach and cook until wilted and sauce is hot and creamy.

### PRESSURE COOKER METHOD

Add chicken, broth, garlic, sun-dried tomatoes, and meal mix. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F. Switch to SEAR on LOW; stir in cream, Parmesan, and spinach and heat gently until the spinach wilts.

### LAURA'S TIP

Add a little Pampered Chef Basil Pesto Seasoning for more basil flavor.

# Slow Cooker Chicken Parmesan

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 jar marinara
- Pampered Chef Italian Seasoning and/or Everything but the Pizza Seasoning, to taste
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1/2 cup Italian-seasoned breadcrumbs
- 1 tbsp butter, melted
- Cooked pasta, for serving

## DIRECTIONS

1. Season chicken and place in slow cooker; pour marinara over it.
2. Cook LOW 4–5 hours, until chicken reaches 165°F.
3. Add mozzarella and Parmesan for final 10–15 minutes.
4. Toast breadcrumbs with melted butter in a skillet until golden.
5. Sprinkle breadcrumbs over chicken just before serving; serve with pasta.

### PRESSURE COOKER METHOD

Add chicken, marinara, and seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F. Top with mozzarella and Parmesan and let melt with the lid resting on top. Add toasted breadcrumbs just before serving; cook pasta separately.

### LAURA'S TIP

Italian Seasoning gives classic flavor; Everything but the Pizza adds pizza-shop flavor. Use either or both.


LOW OR HIGH?
Which setting do you use most?
LOW
Cooks food slowly and more gently.
Great for tougher cuts of meat.
Develops deeper, richer flavor.
Ideal for all-day cooking (6–8 hours).
HIGH
Cooks food faster.
Perfect when you're short on time.
Works well for smaller cuts of meat or already tender ingredients.
Most recipes on HIGH take about 3–4 hours.

# Chicken Pot Pie

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 cans (10.5 oz each) cream of chicken soup
- 1 cup chicken broth
- 1 bag (12–16 oz) frozen mixed vegetables
- Pampered Chef Garlic & Herb Seasoning, to taste
- Pampered Chef Three Onion Rub, to taste
- Black pepper, to taste
- 1 can refrigerated biscuits

## DIRECTIONS

1. Add chicken to slow cooker.
2. Mix soup, broth, seasonings, and pepper; pour over chicken. Add vegetables.
3. Cook LOW 5–6 hours, until chicken reaches 165°F.
4. Chop chicken in cooker with Salad Choppers and stir.
5. Bake biscuits according to package directions and serve over or under the filling.

### PRESSURE COOKER METHOD

Add chicken, broth, soup, vegetables, and seasonings. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop or shred. Bake the biscuits separately and serve them over the filling.

### LAURA'S TIP

Bake the biscuits separately for fluffy, golden biscuits instead of doughy bottoms.

# Slow Cooker Chili

## INGREDIENTS

- 1 1/2 lb ground beef
- 1 medium onion, diced
- 2 cans kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 2 cans diced tomatoes, with juices
- 1 can tomato sauce
- Pampered Chef Southwest Seasoning, to taste

## DIRECTIONS

**1.** Brown beef with onion; drain.

**2.** Add all ingredients to slow cooker.

**3.** Cook LOW 6–8 hours or HIGH 3–4 hours. Taste and adjust seasoning.

### PRESSURE COOKER METHOD

After browning the beef and onion on SEAR, add the remaining ingredients. Pressure cook on HIGH 10 minutes, then quick release. Stir and adjust thickness on SEAR if needed.

### LAURA'S TIP

Add Pampered Chef Smoky Applewood Seasoning with the Southwest Seasoning for extra smoky flavor.

# Slow Cooker Taco Soup

## INGREDIENTS

- 1 lb ground beef
- 1 can corn, drained
- 1 can black beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- 1 can diced tomatoes, with juices
- 1 can Rotel-style tomatoes with green chiles, with juices
- 1 packet ranch seasoning
- Pampered Chef Everything Taco Seasoning, to taste

## DIRECTIONS

**1.** Brown and drain beef.

**2.** Add all ingredients to slow cooker.

**3.** Cook LOW 6 hours or HIGH 3 hours; taste and adjust.

### PRESSURE COOKER METHOD

Brown the beef on SEAR and drain if needed. Add the remaining ingredients. Pressure cook on HIGH 5 minutes, then quick release. Stir and add broth after cooking if you want it soupier.

### LAURA'S TIP

Add Creamy Jalapeño for heat or Southwest for smoky flavor. Prefer it soupier? Add 1–2 cups beef broth.


HOW MUCH LIQUID DOES A SLOW COOKER REALLY NEED?
A little goes a long way!
Start with ½ to 1 cup.
Most slow cooker recipes only need ½ to 1 cup of liquid.
Use enough to create steam.
The liquid helps create steam, which keeps the food tender and prevents drying out.
Add more only if needed.
Watery results can happen if you add too much.
Remember moisture comes from food too.
Ingredients like meat, veggies, tomatoes, and broth all release liquid as they cook.
Good Rule of Thumb:
Start with ½ to 1 cup, and let your slow cooker do the work!

# Creamy Potato Soup



## INGREDIENTS

- 2 lb potatoes, peeled if desired and diced
- 1 medium onion, diced
- 4 cups chicken broth
- Pampered Chef Garlic & Herb Seasoning, to taste
- 8 oz cream cheese, softened and cubed
- 1 cup shredded cheddar
- Black pepper, to taste
- Cooked crumbled bacon, for serving

## DIRECTIONS

**1.** Add potatoes, onion, broth, seasoning, and pepper.

**2.** Cook LOW 6–7 hours until potatoes are very tender.

**3.** Mash in cooker, leaving some chunks.

**4.** Add cream cheese and cheddar; cook 20–30 minutes until melted and creamy.

### PRESSURE COOKER METHOD

Add potatoes, onion, broth, and seasonings. Pressure cook on HIGH 8 minutes, then quick release. Mash to your preferred texture. Switch to SEAR on LOW and stir in cream cheese and cheddar until smooth; do not pressure cook the dairy.

### LAURA'S TIP

Want to lighten it up? Replace half the potatoes with cooked cauliflower and mash it with the potatoes.
Make It Loaded: top with extra cheddar, bacon, sour cream, and green onions.

# Broccoli Cheddar Soup

## INGREDIENTS

- 4 cups fresh broccoli florets
- 1 cup shredded carrots
- 1/2 medium onion, diced
- 2 cups chicken broth
- Pampered Chef Garlic & Herb Seasoning, to taste
- Black pepper, to taste
- 2 cups half-and-half
- 3 cups freshly shredded cheddar

## DIRECTIONS

1. Add broccoli, carrots, onion, broth, seasoning, and pepper.
2. Cook LOW 4–5 hours until vegetables are very tender.
3. Blend smooth with an immersion blender, or carefully blend in batches and return to cooker.
4. Stir in half-and-half, then cheddar a handful at a time. Cook LOW 20–30 minutes, just until hot; do not boil.

### PRESSURE COOKER METHOD

Add broccoli, carrots, onion, broth, and seasonings. Pressure cook on HIGH 3 minutes, then quick release. Blend to your preferred texture. Switch to SEAR on LOW and add half-and-half and cheddar gradually; heat gently without boiling.

### LAURA'S TIP

Freshly shredded cheddar melts more smoothly.
Pampered Chef Garlic Parmesan Seasoning is a good flavor boost.

# Lasagna Soup

## INGREDIENTS

- 1 lb ground beef
- 1 jar marinara or pasta sauce
- 1 can diced tomatoes, with juices
- 4 cups beef broth
- Pampered Chef Italian Seasoning and/or Everything but the Pizza Seasoning, to taste
- 8 oz uncooked lasagna noodles, broken into bite-size pieces
- Ricotta or cottage cheese, for serving
- Shredded mozzarella and grated Parmesan, for serving

## DIRECTIONS

1. Brown and drain beef.
2. Add beef, sauce, tomatoes, broth, and seasonings. Cook LOW 5–6 hours or HIGH 2 1/2–3 hours.
3. About 30 minutes before serving, turn to HIGH and add uncooked noodles. Cook 25–30 minutes, stirring occasionally; add broth if needed.
4. Serve topped with ricotta or cottage cheese, mozzarella, and Parmesan.

### PRESSURE COOKER METHOD

Brown the beef on SEAR. Add marinara, tomatoes, broth, and seasoning. Pressure cook on HIGH 5 minutes, then quick release. Switch to SEAR and add broken uncooked lasagna noodles; simmer, stirring often, until tender, adding broth as needed. Add cheeses when serving.

### LAURA'S TIP

Noodles keep absorbing liquid as the soup sits, so keep extra beef broth handy for leftovers.
Cottage cheese works if ricotta isn't your thing.


WHEN SHOULD DAIRY GO IN?
Timing makes a big difference!
Good Food Brighter Days
Good Meals Brighter Days
MILK & CREAM
Add during the last 30 minutes.
Stir well and let it heat through (gently).
Helps keep sauces creamy without curdling.
CHEESE
Add during the last 15–30 minutes.
Stir gently until melted.
Pre-shredded cheese works, but freshly shredded melts smoother.
SOUR CREAM
Add after cooking or during the last 10–15 minutes.
Stir until combined.
Adds richness and a little tang.
CREAM CHEESE
Soften and cube first.
Add during the last 30 minutes.
Stir until fully melted and smooth.
WHY WAIT?
Adding dairy too early can cause it to curdle, separate, or become grainy. Adding it later keeps it smooth, creamy, and delicious!
BEST TIP
For ultra-smooth results, temper cold dairy with a little hot cooking liquid before adding it to the slow cooker.
Good Food Brings Warmer Days

# White Chicken Chili

## INGREDIENTS

- 1 green bell pepper, diced
- 1 jalapeño, seeded and finely chopped
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 1/2 lb boneless, skinless chicken breasts
- 2 cups low-sodium chicken broth
- 1 cup frozen corn
- 1 tbsp Pampered Chef Southwest Seasoning
- 1 can (15 oz) Great Northern beans, drained and rinsed
- 1 cup milk
- 4 oz cheddar, freshly shredded

## DIRECTIONS

1. Add bell pepper, jalapeño, onion, garlic, chicken, broth, corn, and Southwest Seasoning.
2. Cook LOW 5–6 hours, until chicken reaches 165°F.
3. Chop chicken in cooker with Salad Choppers.
4. Stir in beans and milk, then about 3/4 of the cheddar. Cook LOW 15–20 minutes until hot and creamy. Top with remaining cheese.

### PRESSURE COOKER METHOD

Add chicken, peppers, onion, garlic, broth, corn, and seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop. Stir in beans and milk, then use SEAR on LOW to heat through. Add cheddar gradually at the end.

### LAURA'S TIP

Quick Roasted Garlic: Slice about 1/4 inch off the pointed tops of 3 whole heads of garlic. Place cut-side up in a microwave-safe bowl, lightly salt, drizzle with 2 tbsp oil, cover, and microwave HIGH about 3 minutes until soft. Cool, squeeze out and mash the cloves, then add to the slow cooker.

Optional: add a can of diced green chiles for more green chile flavor.

# Creamy Pumpkin Chicken Chili

## INGREDIENTS

- 1 1/2 lb boneless, skinless chicken breasts
- 1 medium onion, diced
- 2 poblano peppers, diced (very mild; substitute green bell pepper if unavailable)
- 1–2 jalapeños, seeded and diced
- 1 can (15 oz) diced tomatoes, with juices
- 1 can (15 oz) pumpkin puree—not pie filling
- 1 can (4 oz) diced green chiles
- 2 cups chicken broth
- Pampered Chef Southwest Seasoning, to taste
- 8 oz cream cheese, softened and cubed
- 1 can Great Northern beans, drained and rinsed

## DIRECTIONS

**1.** Add chicken, onion, poblanos, jalapeños, tomatoes, pumpkin, green chiles, broth, and seasoning.

**2.** Cook LOW 5–6 hours, until chicken reaches 165°F.

**3.** Chop chicken in cooker with Salad Choppers.

**4.** Stir in beans and cream cheese; cook LOW another 20–30 minutes until creamy.

### PRESSURE COOKER METHOD

Add chicken, onion, peppers, tomatoes, pumpkin, green chiles, broth, and seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop. Stir in beans and cream cheese afterward; use SEAR on LOW until creamy.

### LAURA'S TIP

Don't be afraid of poblano peppers—they're very mild and add great pepper flavor. Substitute a green bell pepper if needed. For more heat, add Pampered Chef Creamy Jalapeño Seasoning.

# Slow Cooker Zuppa Toscana

## INGREDIENTS

- 1 lb Italian sausage, mild or spicy
- 1/2 large yellow onion, diced
- 4 garlic cloves, minced
- 1 1/2 lb Yukon Gold potatoes, cut into 1/2-inch pieces
- 4 cups chicken broth
- 1 cup heavy cream
- 2 cups chopped kale, stems removed
- Crushed red pepper flakes, optional
- Black pepper, to taste
- 6–8 slices bacon, cooked and crumbled
- Freshly grated Parmesan, for serving

## DIRECTIONS

1. Brown sausage, allowing some browned edges; drain if needed.
2. Sauté onion in same skillet until softened; add garlic for about 30 seconds. Transfer to slow cooker.
3. Add potatoes and broth. Cook LOW 5–6 hours until potatoes are fork-tender.
4. Stir in cream and kale; cook 15–20 minutes until kale is tender and soup is hot.
5. Serve with bacon and Parmesan.

### PRESSURE COOKER METHOD

Brown sausage on SEAR; add onion and garlic and cook briefly. Add potatoes and broth. Pressure cook on HIGH 5 minutes, then quick release. Stir in cream and kale afterward and use SEAR on LOW just until the kale wilts. Finish with bacon and Parmesan.

### LAURA'S TIP

Yukon Gold potatoes have a balanced amount of starch and moisture, making them especially good for soups: tender and creamy while still holding up well. Taste before adding salt because sausage, bacon, and Parmesan already bring plenty.

# 3 WAYS TO THICKEN SLOW-COOKER SAUCES

If your sauce is thinner than you'd like, try one of these easy methods!

## 1. ADD A SLURRY
### CORNSTARCH + COLD WATER

- In a small bowl, mix 1–2 Tbsp cornstarch with 2–3 Tbsp cold water until smooth (this is a slurry).
- Stir into the slow cooker during the last 30–60 minutes.
- Let it cook, stirring occasionally, until thickened.



## 2. MASH SOME VEGGIES

- Remove about 1–2 cups of cooked vegetables (like potatoes, carrots, or beans).
- Mash them with a fork or potato masher.
- Stir them back into the slow cooker.
- The mashed veggies naturally thicken the sauce while adding extra flavor!



## 3. FINISH UNCOVERED

- Remove the lid and let the sauce simmer on HIGH for the last 30–60 minutes.
- This allows excess liquid to evaporate and the sauce to naturally thicken.
- Stir occasionally to keep it from sticking.



# Mississippi Pot Roast



## INGREDIENTS

- 3–4 lb chuck roast
- 1 package Pampered Chef Mississippi Pot Roast Meal Mix
- 6–8 pepperoncini peppers
- 1/4 cup pepperoncini juice
- 4 tbsp butter

## DIRECTIONS

1. Place roast in slow cooker.
2. Sprinkle meal mix over roast.
3. Add pepperoncini and juice; place butter on top.
4. Cook LOW 8–9 hours until fork-tender.
5. Shred beef in cooker and stir into juices.

### PRESSURE COOKER METHOD

Cut the roast into 3–4 large chunks. Add the meal mix, pepperoncini, pepperoncini juice, butter, and 1 cup water or beef broth. Pressure cook on HIGH 60 minutes, then natural release 15 minutes. Shred in the cooking liquid.

### LAURA'S TIP

Pepperoncini add more tang than heat. Add extra peppers at serving if you love that tangy flavor.

# Slow Cooker Beef Stew

## INGREDIENTS

- 2 lb beef stew meat
- 4 medium potatoes, chunked
- 4 carrots, chunked
- 1 medium onion, chopped
- 3 cups beef broth
- 2 tbsp Worcestershire sauce
- 1 packet beef gravy mix
- Pampered Chef Crushed Peppercorn & Garlic Rub, to taste

## DIRECTIONS

1. Add potatoes, carrots, and onion to slow cooker, then beef.
2. Whisk broth, Worcestershire, gravy mix, and seasoning; pour over beef and vegetables.
3. Cook LOW 7–8 hours until beef and vegetables are tender.

### PRESSURE COOKER METHOD

Brown the beef on SEAR if desired. Add beef, potatoes, carrots, onion, broth, Worcestershire, gravy mix, and seasoning. Pressure cook on HIGH 25 minutes, then natural release 10 minutes. If thicker gravy is desired, use the cornstarch slurry on SEAR after pressure cooking.

### LAURA'S TIP

For amazing flavor, brown the stew meat first in a hot skillet to develop a crust without cooking it through.
Want it thicker? Stir in a slurry of 2 tbsp cornstarch + 2 tbsp cold water and cook HIGH 10–15 minutes.

# Slow Cooker French Onion Pot Roast

## INGREDIENTS

- 3–4 lb chuck roast
- 2 large onions, sliced
- 2 cups beef broth
- 2 tbsp Worcestershire sauce
- Pampered Chef French Onion Dip Mix, to taste
- Black pepper, to taste

## DIRECTIONS

1. Place onions in bottom of slow cooker and roast on top.
2. Season roast; pour broth and Worcestershire around it.
3. Cook LOW 8–9 hours until fork-tender.
4. Shred or slice and serve with onions and juices.

### PRESSURE COOKER METHOD

Cut roast into 3–4 large chunks and sear if desired. Add onions, broth, Worcestershire, and seasoning. Pressure cook on HIGH 60 minutes, then natural release 15 minutes. Shred or slice in the juices.

### LAURA'S TIP

For deeper flavor, sear the roast in a hot skillet until browned on all sides before slow cooking.


COOK ONCE.
EAT TWICE!
Turn leftovers into a second meal.
Good Food Brighter Days
1.
ROAST → TACOS
Turn leftover pot roast into easy, flavorful tacos.
2.
CHICKEN → POT PIE
Turn leftover chicken into a cozy pot pie.
3.
CHILI → LOADED POTATOES
Turn leftover chili into hearty, loaded potatoes.

# Slow Cooker Beef Tips & Gravy

## INGREDIENTS

- 2 lb beef tips or stew meat
- 1 packet brown gravy mix
- 1 can (10.5 oz) cream of mushroom soup
- 1 1/2 cups beef broth
- Pampered Chef French Onion Dip Mix, to taste
- Pampered Chef Crushed Peppercorn & Garlic Rub, to taste

## DIRECTIONS

1. Place beef in slow cooker.
2. Whisk gravy mix, soup, broth, and seasonings; pour over beef.
3. Cook LOW 7–8 hours until very tender. Stir gravy before serving.

### PRESSURE COOKER METHOD

Brown beef on SEAR if desired. Add beef, broth, gravy mix, soup, and seasonings. Pressure cook on HIGH 25 minutes, then natural release 10 minutes. Stir well and thicken on SEAR if desired.

### LAURA'S TIP

Brown the beef first for deeper flavor. Serve over mashed potatoes, egg noodles, or rice.

# Slow Cooker French Dip Sandwiches

## INGREDIENTS

- 3–4 lb chuck roast
- 2 cups beef broth
- 1 packet au jus gravy mix
- 2 tbsp Worcestershire sauce
- Pampered Chef French Onion Dip Mix, to taste
- Black pepper, to taste
- Hoagie rolls
- Provolone cheese

## DIRECTIONS

1. Add roast to slow cooker; season with au jus mix, French Onion Dip Mix, and pepper.
2. Pour broth and Worcestershire around roast.
3. Cook LOW 8–9 hours until very tender.
4. Shred or thinly slice beef and return to cooking liquid briefly.
5. Pile onto hoagie rolls, top with provolone, and serve with warm cooking liquid for dipping.

### PRESSURE COOKER METHOD

Cut roast into 3–4 large chunks. Add broth, au jus mix, Worcestershire, and seasoning. Pressure cook on HIGH 60 minutes, then natural release 15 minutes. Shred or slice and return the beef to the jus before assembling sandwiches.

### LAURA'S TIP

Sear the roast first for extra flavor. For melty cheese and toasted rolls, broil assembled sandwiches briefly.

# Slow Cooker BBQ Pulled Pork

## INGREDIENTS

- 3–4 lb boneless pork shoulder
- 1 medium onion, sliced
- 1 cup BBQ sauce, plus more for serving
- 1/2 cup chicken broth
- Pampered Chef Smoky BBQ Rub, to taste
- Pampered Chef Garlic & Herb Seasoning, to taste

## DIRECTIONS

1. Place onion in slow cooker.
2. Season pork and place over onions.
3. Pour broth around pork and spread BBQ sauce over top.
4. Cook LOW 8–9 hours until very tender.
5. Remove large pieces of fat, shred pork in cooker, and toss with juices. Add more BBQ sauce to taste.

### PRESSURE COOKER METHOD

Cut pork shoulder into 3–4 large chunks. Add broth and seasonings, keeping thick BBQ sauce mostly on top. Pressure cook on HIGH 60 minutes, then natural release 15 minutes. Shred, drain excess liquid if needed, and stir in BBQ sauce to taste.

### LAURA'S TIP

BBQ sauces vary a lot in sweetness. Taste yours before adding sugar; if you like sweeter pulled pork, add 1–2 tbsp brown sugar.


BATCH-COOK & FREEZE
Good Food Today. Easier Days Tomorrow.
COZY MEALS STRONGER TOMORROWS
SAME MEALS. BRIGHTER DAYS.
1 MAKE EXTRA
Choose soups, stews, chili, pulled meats, and sauces.
2 COOL SAFELY
Divide into shallow containers and refrigerate within 2 hours.
3 PORTION IT
Freeze in meal-size or single-serving amounts.
4 LABEL IT
Write the meal, date, and reheating directions.
5 FREEZE SMART
Leave a little room for expansion. Use within 2–3 months for best quality.
6 REHEAT SAFELY
Thaw in the refrigerator and reheat leftovers to 165°F.
FREEZER NOTE
Dairy sauces, pasta, rice, and potatoes may change texture after freezing.
GOOD FOOD HAPPIER PEOPLE
Good Meals Brighter Days
Beef Stew DATE: Reheat to 165°F
Chili DATE: Reheat to 165°F
Chicken & Veg DATE: Reheat to 165°F
Pulled Chicken DATE: Reheat to 165°F
Tomato Soup DATE: Reheat to 165°F
Good Food Brighter Days
MEAL PREP MORE TIME FOR WHAT MATTERS

# Slow Cooker Sausage, Potatoes & Green Beans

## INGREDIENTS

- 2 lb smoked sausage, sliced
- 1 1/2 lb baby potatoes, halved or quartered if large
- 1 lb fresh green beans, trimmed
- 1/2 cup chicken broth
- Pampered Chef Garlic & Herb Seasoning, to taste
- Pampered Chef Three Onion Rub, to taste
- Black pepper, to taste

## DIRECTIONS

1. Add potatoes, sausage, and green beans to slow cooker.
2. Pour broth over and season.
3. Cook LOW 5–6 hours until potatoes are fork-tender and beans are cooked to your liking.

### PRESSURE COOKER METHOD

Add sausage, potatoes, broth, and seasonings. Pressure cook on HIGH 4 minutes, then quick release. For firmer green beans, stir them in afterward and cook on SEAR until crisp-tender; for softer beans, include them before pressure cooking.

### LAURA'S TIP

For firmer green beans, add them only during the last 1 1/2–2 hours. Don't automatically add salt; smoked sausage can bring plenty.

# Slow Cooker Brown Sugar Garlic Pork Loin

## INGREDIENTS

- 3 lb boneless pork loin roast
- 1/2 cup brown sugar
- 4 garlic cloves, minced
- 1 tsp smoked paprika
- 1/2 cup chicken broth
- Pampered Chef Garlic & Herb Seasoning, to taste
- Black pepper, to taste

## DIRECTIONS

1. Place pork in slow cooker.
2. Combine sugar, garlic, paprika, seasoning, and pepper; rub over pork.
3. Pour broth around pork.
4. Cook LOW about 4–6 hours, checking early, until thickest part reaches 145°F.
5. Rest 5–10 minutes before slicing; spoon juices over pork.

### PRESSURE COOKER METHOD

Add broth to the pot and place the seasoned pork loin on a rack. Pressure cook on HIGH about 20 minutes for a 3-lb loin, then natural release 10 minutes. Check that the center reaches at least 145°F; add a few more minutes only if needed. Rest before slicing.

### LAURA'S TIP

Use your thermometer instead of the clock—pork loin can dry out.
Prefer it less sweet? Reduce the brown sugar to 1/4 cup.

# Slow Cooker Mac & Cheese with BBQ Chicken

## INGREDIENTS

- 2 lb boneless, skinless chicken breasts
- Pampered Chef Smoky BBQ Rub, to taste
- 3 cups chicken broth
- 1 cup BBQ sauce, plus more for serving
- 1 lb uncooked short pasta, such as elbows or rotini
- 4 oz cream cheese, softened and cubed
- 3 cups freshly shredded cheddar, divided
- Black pepper, to taste

## DIRECTIONS

1. Add chicken, Smoky BBQ Rub, broth, and BBQ sauce.
2. Cook LOW 4–5 hours, until chicken reaches 165°F.
3. Chop chicken in cooker with Salad Choppers.
4. Turn to HIGH; add uncooked pasta and cream cheese. Cook about 25–30 minutes, stirring occasionally, until pasta is tender; add broth if needed.
5. Stir in 2 1/2 cups cheddar. Top with remaining cheese and cover 5–10 minutes to melt.

### PRESSURE COOKER METHOD

Add chicken, broth, and seasoning. Pressure cook on HIGH 8 minutes; quick release after 5 minutes. Confirm chicken reaches 165°F and chop. Stir in BBQ sauce. Cook pasta separately and combine, OR switch to SEAR and simmer uncooked pasta in the liquid, stirring often and adding broth as needed. Stir in cream cheese and cheddar after the pasta is tender.

### LAURA'S TIP

Keep an eye on pasta during the last half hour; slow cookers vary and pasta can soften quickly.


USE A FOOD THERMOMETER
Good Food Today. Easier Days Tomorrow.
GOOD FOOD HAPPIER PEOPLE
SAFE MINIMUM INTERNAL TEMPERATURES
145°F + 3-MINUTE REST
Beef, pork, lamb & veal steaks, chops & roasts
145°F
Fish
160°F
Ground beef, lamb & veal
Egg dishes
165°F
Chicken, turkey & other poultry
Casseroles and leftovers
CHECK IT RIGHT
Insert the thermometer into the thickest part of the food.
Avoid touching bone, fat, or the cooker.
Check more than one spot.
TIME AND COLOR CANNOT CONFIRM THAT FOOD IS SAFE.
Good Meals Brighter Days

# Slow Cooker Meatballs & Gravy

## INGREDIENTS

- 2 lb frozen fully cooked meatballs
- 2 cans (10.5 oz each) cream of mushroom soup
- 1 packet brown gravy mix
- 1 cup beef broth
- Pampered Chef Three Onion Rub, to taste
- Pampered Chef Crushed Peppercorn & Garlic Rub, lightly, to taste
- 1/2 cup sour cream

## DIRECTIONS

1. Add meatballs to slow cooker.
2. Whisk soup, gravy mix, broth, and seasonings; pour over meatballs.
3. Cook LOW 4–5 hours until hot.
4. Stir in sour cream just before serving.

### PRESSURE COOKER METHOD

Add frozen fully cooked meatballs, broth, gravy mix, soup, and seasonings. Pressure cook on HIGH 5 minutes, then quick release. Stir in sour cream after pressure cooking.

### LAURA'S TIP

Three Onion adds onion flavor without salt.

Crushed Peppercorn & Garlic adds garlic, pepper, and salt, so use it lightly because the soup, gravy mix, and broth already contain sodium.

# Slow Cooker Loaded Taco Potatoes



## INGREDIENTS

- 6 medium russet potatoes, scrubbed and dried
- Oil, for lightly coating potatoes
- Pampered Chef Seasoning Salt, to taste
- 1 lb ground beef
- Pampered Chef Everything Taco Seasoning, to taste
- Shredded cheddar
- Sour cream
- Salsa

## DIRECTIONS

1. Pierce potatoes with a fork, lightly rub with oil, season skins, and place directly in slow cooker—no foil.
2. Cook LOW 7–8 hours until tender.
3. At dinnertime, brown beef, drain if needed, and season with Everything Taco Seasoning.
4. Split and fluff potatoes; load with beef, cheese, sour cream, and salsa.

### PRESSURE COOKER METHOD

Pressure-cook whole scrubbed potatoes on a rack with 1 cup water: HIGH 12–15 minutes depending on size, then natural release 10 minutes. Meanwhile brown and season the taco meat separately. Split and load the potatoes with the toppings.

### LAURA'S TIP

Skip the foil. Seasoning sticks directly to the skin, and cooking unwrapped gives the skin a different texture instead of steaming it inside foil.

# Easy Cleanup - No Liners Needed



# Slow Cooker Breakfast Casserole

## INGREDIENTS

- 4 cups day-old white bread, cubed
- 8 large eggs
- 1 cup milk
- 1 1/2 cups shredded cheddar, divided
- 1/2 large red bell pepper, diced
- 1/2 large green bell pepper, diced
- 1 small onion, diced
- Pampered Chef Garlic & Herb Seasoning, to taste
- Black pepper, to taste
- 1/4 cup sliced green onions, optional
- Salsa and sour cream, for serving

## DIRECTIONS

1. Lightly grease slow cooker.
2. Whisk eggs, milk, seasoning, and pepper.
3. Add bread, 1 cup cheddar, peppers, and onion; stir to coat.
4. Pour into slow cooker. Cook LOW 5–6 hours or HIGH 3–3 1/2 hours, until center is set and reaches 160°F.
5. Top with remaining cheddar and green onions; cover about 5 minutes to melt.

### PRESSURE COOKER METHOD

This one is best kept as a slow-cooker recipe for the texture and volume of the casserole. For a pressure-cooker breakfast, use an oven-safe pan on a rack with 1 cup water and cook a smaller batch pot-in-pot rather than putting the full casserole directly in the pressure cooker.

### LAURA'S TIP

Day-old bread absorbs the egg mixture without becoming as mushy as very fresh bread.
Make It Meaty: add cooked crumbled breakfast sausage or bacon—or both—before cooking.

# Slow Cooker Apple Cinnamon Oatmeal

## INGREDIENTS

- 1 cup steel-cut oats
- 4 1/2 cups water
- 1 apple, peeled and shredded
- 1/4 cup maple syrup or brown sugar
- 1/2 tsp ground cinnamon
- 1/8 tsp salt

## DIRECTIONS

1. Lightly grease a 2 1/2–4 quart slow cooker.
2. Add all ingredients and stir.
3. Cook LOW 4–6 hours, depending on your cooker and preferred texture.
4. Stir well before serving and add toppings.

### PRESSURE COOKER METHOD

Add steel-cut oats, water, apple, sweetener, cinnamon, and salt. Pressure cook on HIGH 4 minutes, then natural release 15 minutes. Stir well; it will continue to thicken as it stands.

### LAURA'S TIP

One batch, everyone gets what they want: keep the oatmeal simple, then customize individual bowls with Pampered Chef Cinnamon Toast Sprinkle, Sweet Citrus & Spice Blend, Korintje Cinnamon, Cinnamon Plus, or Honey Walnut Blend. Cook once; everyone chooses their own flavor.

# Pressure Cooker Smarts

## Same dinner idea. Very different cooking rules.

1. **Start with enough thin liquid.** The cooker needs steam to come to pressure; thick sauces are safer added on top or after pressure cooking when appropriate.
2. **Release matters.** Quick release stops cooking faster. Natural release is gentler for large cuts, beans, and foods that can foam.
3. **Dairy comes later.** Add milk, cream, sour cream, cream cheese, and most cheeses after pressure cooking.
4. **Use SEAR to finish.** Thicken sauces, reduce liquid, wilt greens, or cook pasta after pressure cooking.
5. **Pasta has options.** Cook it separately for the most control, or simmer it on SEAR after pressure cooking when the recipe directs.
6. **Check doneness.** Pressure cooking is fast, but a thermometer still gets the final vote.

Use enough thin liquid for the cooker to come to pressure. Keep thick sauces from sitting on the bottom when possible. Add dairy, cheese, and most thickeners after pressure cooking. Use SEAR to reduce or thicken sauces and to finish pasta. Follow each recipe's release instructions—quick and natural release are not interchangeable.