

Forgotten Slow Cooker Recipes Worth Remembering

Breakfast Casserole

Here is another make-ahead breakfast that you won't regret making. An American household meal, especially in the 60s and 70s, this breakfast casserole is a combo of hash browns, sausage, cheese, and milk.

Serves 6 | Prep. time 20 minutes | Cooking time 8 hours

Ingredients

- 1 large bag frozen hash browns, thawed
- 12 eggs
- 1 cup whole milk
- 1 pound bulk breakfast sausage, cooked and crumbled
- ¼ cup snipped chives
- Black pepper to taste
- 1 cup shredded cheddar cheese

Directions

1. Butter the inside of the slow cooker and add the hash browns.
2. In a mixing bowl, beat the eggs and add the milk, sausage, chives, and pepper.
3. Pour the egg mixture over the hash browns and top with cheese.
4. Then cover the slow cooker and cook it on LOW for 8 hours.

Nutrition per serving

Calories 530, fat 35 g, carbs 17 g, Protein 28 g, sodium 933 mg

Butternut Squash Soup

Called "butternut" because it was described to be as smooth as butter and sweet as a nut, this type of squash was bred by Charles Legett in Massachusetts in the mid-1940s. And later became a popular main ingredient for soup, especially when mixed with coconut milk, apple, and curry powder. This soup will warm you from the inside out as it did with many American families during the 50s onwards.

Serves 8 | Prep. time 15 minutes | Cooking time 4 hours

Ingredients

- 4 pounds butternut squash, peeled and chopped
- 1 onion, chopped
- 2 tart apples, diced
- 1½ tablespoons curry powder
- 3 cloves garlic, minced
- ½ teaspoon smoked paprika
- Salt and black pepper, to taste
- 1 quart vegetable stock
- 1 (14-ounce) can coconut milk

Directions

1. Mix all the ingredients EXCEPT the coconut milk in the crock pot.
2. Cover it and cook it on HIGH for about 4 hours.
3. Use an immersion blender to blend until smooth.
4. Pour in the coconut milk and mix it until fully combined. Serve warm.

Nutrition per serving

Calories 201, fat 11 g, carbs 24 g, Protein 3 g, sodium 431 mg

Alpine Chicken

Also from my Grandma Sue's recipe collection, this recipe came from one of my grandma's friends who loved bringing it whenever they had a potluck party many years ago. It's a unique combination of creamy sauce, almonds, butter, and Swiss cheese.

Serves 4 | Prep. time 10 minutes | Cooking time 6 hours

Ingredients

- 4 boneless skinless chicken breasts
- Salt and pepper to taste
- ½ teaspoon dried thyme
- 1 (10.5-ounce) can cream of chicken soup
- ½ cup milk
- 8 slices Swiss cheese
- ½ cup sliced almonds
- 1 (6-ounce) package chicken flavored stuffing
- ½ cup salted butter, melted
- Mashed potatoes or rice, for serving
- Vegetables for serving

Directions

1. Season the chicken breasts with salt, pepper, and thyme. Arrange them in the slow cooker.
2. Mix the cream of chicken soup and milk in a bowl and spread it over the chicken.
3. Top the with cheese, almonds, dry stuffing mix, and butter.
4. Cover and cook on LOW for 6 hours.
5. Serve warm with rice or mashed potatoes and steamed vegetables.

Nutrition per serving

Calories 896, fat 51 g, carbs 41 g, Protein 64 g, sodium 1472 mg

Sweet and Sour Pork Chops

This sweet and sour pork chops recipe was super popular in the 70s as Hawaiian cuisine became more and more popular.

Serves 6 | Prep. time 10 minutes | Cooking time 4–8 hours

Ingredients

- 6 pork steaks, trimmed of fat
- 2 tablespoons canola oil
- 1 medium onion, sliced
- 1 bell pepper, cored and sliced
- 8 ounces button mushrooms, sliced
- 1 cup tomato sauce
- 3 tablespoons brown sugar
- 1 tablespoon apple cider vinegar
- 1 tablespoon Worcestershire sauce
- Salt and pepper to taste
- Hot white rice, for serving

Directions

1. Begin by browning the pork in the oil and draining it on a paper towel.
2. Add the pork and the rest of the ingredients to the slow cooker.
3. Cover and cook it for 6 hours on LOW or 4 hours on high.
4. Once done, serve with the side of rice.

Nutrition per serving

Calories 273, fat 10 g, carbs 12 g, Protein 32 g, sodium 113 mg

Chuck Wagon Chili

Since the 60s, mixed beans, and ground beef make one classic combination that works a charm on any given day. Loaded with fiber and protein, this chili is just what the doctor ordered for a cold day.

Serves 4–6 | Prep. time 20 minutes | Cooking time 4–8 hours

Ingredients

- 2 pounds ground beef
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 jalapeño pepper, cored and minced
- 3 tablespoons chili powder
- Salt and pepper to taste
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 tablespoon brown sugar
- 2 (14-ounce) cans diced tomatoes with juices
- 2 cups tomato sauce
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 beef bouillon cube, crumbled

Directions

1. In a large skillet or Dutch oven, brown the beef and drain any excess fat.
2. Transfer the meat to the slow cooker and add all the other ingredients.
3. Cover and cook for 8 hours on LOW or 4 hours on HIGH.

Nutrition per serving

Calories 556, fat 32 g, carbs 32 g, Protein 35 g, sodium 969 mg

Loaded Mashed Potatoes

Potatoes have been around since the mid-18th century. By the 19th century, potatoes had become a common ingredient in Europe and the United States, especially where Irish, Scottish, German, and Polish immigrants settled in America. My Grandma Sue used to prepare mashed potatoes this way, so this is the way I prepare it to keep her memory alive on Christmas mornings.

Serves 6 | Prep. time 30 minutes | Cooking time 4 hours

Ingredients

- 3 pounds potatoes, cubed and peeled
- 1 (8-ounce) package cream cheese, softened
- 1 cup sour cream
- ½ cup butter, cubed
- ¼ cup milk
- ½ pound bacon strip, cooked, crumbled, plus more for garnish
- 1 cup cheddar cheese, shredded
- 1 cup pepper jack cheese, shredded
- 4 green onions, sliced thinly
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Salt and pepper, to taste
- Fresh sage leaves for garnish (optional)

Directions

1. Add the potatoes to a Dutch oven and soak them in water.
2. Cover it with a lid and bring the water to a boil, reducing the heat once it begins to boil, and let it simmer until it becomes tender.
3. Then drain it and add it to the pan, mash it with the cream cheese, sour cream, butter, and milk.
4. Mix in the bacon, all the cheeses, onions powder, garlic powder, and salt pepper seasoning.
5. Cover the mixture and place it in the fridge overnight.
6. Once cooled, shift it to the slow cooker and cook with the lid for 2½ to 3 hours on LOW.
7. To serve, transfer to a serving bowl, garnish with extra bacon and fresh sage leaves, if desired.

Nutrition per serving

Calories 519, fat 34 g, carbs 41 g, Protein 12 g, sodium 438 mg

Saucy Pears

When pears are in season, this is our family's go-to dessert! It's so easy, and delicious with a scoop of vanilla ice cream. In my great-aunt's notes, she says this is one of grandpa Joe's favorite desserts growing up.

Serves 2 | Prep. time 25 minutes | Cooking time 2½ hours

Ingredients

- 6 firm pears, sliced in half
- ¼ cup water
- 1½ tablespoons lemon juice
- 1 teaspoon cornstarch
- 1 teaspoon water
- 1 teaspoon vanilla
- 3 tablespoons sultana raisins
- 3 tablespoons apricot jam
- 1 teaspoon grated fresh ginger
- ½ teaspoon cinnamon

Directions

1. Peel and core the pears.
2. Butter the inside of the slow cooker and pour the water and lemon juice in. Arrange the pears, flat side down.
3. Cover and cook on LOW for 2 hours.
4. Combine the remaining ingredients and pour over the pears.
5. Cover and cook on HIGH for 30 minutes.

Nutrition per serving

Calories 259, fat 1 g, carbs 65 g, Protein 1 g, sodium 231 mg

***These recipes and more are found in Louise Davidson's *Slow Cooker Forgotten Recipes: Old-Fashioned Crock Pot Classics That Are Still Amazing Today!* To get your own copy, click on the cover below or click [here](#).

