

20 KID FRIENDLY CROCK POT

Recipes



CARRIE LOPER

The slow cooker is the lazy day cook's best friend. It is your new favorite kitchen appliance if it isn't yet. From Summer to Winter you can make a delicious dinner with just a few minutes in the kitchen in the morning. It is that simple. Plus my recipes are the perfect recipes for flavorful food without all the work. No fuss recipes is my target because busy Moms don't have time for extra fuss in the kitchen.

From crock pot soups to chicken tacos, your family is going to think you are a master chef when you serve up one of these crock pot recipes!

Enjoy!

Carrie Loper

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crock pot
CREAMY TACO
SOUP



CROCKPOT CREAMY CHICKEN TACO SOUP RECIPE

INGREDIENTS

- 2 boneless, skinless chicken breasts (mine were frozen)
- 1 can of black beans, 14 oz
- 1 cup of frozen corn
- ½ onion chopped
- 1 can of diced tomatoes with green chilies, 8 oz
- 2 cups of chicken broth
- 2 Tablespoons of taco seasoning (How to Make Homemade Taco Seasoning)
- 1 teaspoon of garlic salt
- 1 package of cream cheese
- shredded cheese to top (any kind will do)

INSTRUCTIONS

1. Toss everything in the 6 quart crock pot except the cream cheese.
2. Cook on low for 6 to 8 hours.
3. Shred the chicken with 2 forks.
4. About one hour to 30 minutes before you are ready to eat add the cream cheese. Allow to melt and stir in.
5. Top with shredded cheese, green onion, sour cream, green onions, or even crushed tortilla chips.

the best
**CROCK POT
POT ROAST**



THE BEST CROCK POT ROAST RECIPE

INGREDIENTS

- 2 to 3 lbs roast
- 1.5 lbs of any potatoes of your choice, cut into chunks (I used small baby yellow potatoes so there was not cutting)
- 4 carrots peeled and cut into chunks
- ½ onion cut into chunks
- 4 cups of beef stock or broth (one carton)
- 1 teaspoon of minced Garlic
- ½ teaspoon of Italian Seasoning
- ½ teaspoon of salt
- ½ teaspoon of pepper
- ¼ cup of water (for the gravy)
- 2 tablespoons of cornstarch

INSTRUCTIONS

1. First cut all your vegetables into large chunks. You want them to be bigger so they will not turn into mush.
2. Add your roast to the crock pot and then place the vegetables around the roast.
3. Add all your seasonings.
4. Next add in the beef stock.
5. Cover and cook on low for 8 hours or on high for 5 hours.
6. Shred the beef.
7. Now, time to make the gravy. In a small bowl whisk together the ¼ cup of water and the cornstarch.
8. Remove 2 cups of the liquid from the crock pot and place in a saucepan.
9. Whisk in the water and cornstarch mixture in with the beef juice.
10. Bring to a boil, stirring frequently for 3-5 minutes until it begins to thicken. It will thicken as it cools as well.
11. Drizzle the gravy over the roast, potatoes, and carrots and enjoy!

crock pot
LASAGNA SOUP



Crock Pot Lasagna Soup

INGREDIENTS

- 1 pound of ground beef
- ½ onion, diced
- 1 whole red bell pepper, diced
- 1 14.5 oz petite diced tomatoes
- 1 28 oz can of crushed tomatoes
- 1 teaspoon of minced garlic
- 1 tablespoon of Italian Seasoning
- 4 cups of beef broth (1 carton)
- 12 oz of lasagna noodles
- 15 oz of ricotta cheese (You won't need it all)
- 1 cup of mozzarella cheese
- 1 cup of parmesan cheese
- fresh basil (optional)

INSTRUCTIONS

1. **First brown the ground beef.**
2. **Second place the ground beef in a 6 quart crock pot.**
3. **Add in diced onion and red bell pepper. Pour in the crushed tomatoes and the diced tomatoes.**
4. **Add in seasonings.**
5. **Third, pour in the beef broth.**
6. **Then Cover and cook on low for 5-6 hours.**
7. **Remove the lid. Break the lasagna into bite size pieces and stir in.**
8. **Cover and cook on high for about 30 minutes until the noodles are soft.**
9. **Spoon into bowls. Top with a tablespoon of ricotta cheese, and a handful of mozzarella and parmesan cheese. I also like to sprinkle with fresh basil.**

crock pot
**BALSAMIC
POT ROAST**



EASY BALSAMIC CROCK POT POT ROAST RECIPE

INGREDIENTS

- 3 pounds of pot roast
- 1 large onion, chopped
- 2 cups beef broth
- ½ cup balsamic vinegar
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 pound baby carrots
- 1 pound mini potatoes or diced potatoes
- 1 teaspoon of minced garlic
- 1 teaspoon of Italian seasoning
- ½ teaspoon of salt
- ½ teaspoon of pepper

INSTRUCTIONS

1. Place the roast, potatoes, carrots and onions in a crock pot.
2. Pour the beef broth, balsamic vinegar, brown sugar, and Worcestershire sauce on top.
3. Add the seasonings.
4. Cover and cook on low for 8 hours or on high for 5 hours.
5. Shred the beef (it should fall apart). Spoon the sauce on top.
6. Enjoy!

croch pot
**BALSAMIC
PORK TENDERLOIN**



BALSAMIC PORK TENDERLOIN CROCK POT RECIPE

INGREDIENTS

- Pork tenderloin (3-4 lbs)
- 1 teaspoon of salt
- 1 teaspoon of pepper
- ½ cup of water
- For the Glaze:
- ½ cup brown sugar
- 1 tablespoon cornstarch
- ¼ cup balsamic vinegar
- ½ cup of water
- 2 tablespoons of soy sauce

INSTRUCTIONS

1. Place pork tenderloin in the crock pot.
2. Season with salt and pepper.
3. Add in ½ cup of water.
4. Cook on low 6-8 hours.
5. About 20 minutes before the tenderloin is done, combine the ingredients for the glaze in a small saucepan.
6. Heat and stir until the mixture thickens.
7. Remove the the pork tenderloin from the crock pot and slice.
8. Brush or drizzle the pork tenderloin with the glaze. Serve immediately.

easy
CROCK POT
CHICKEN ALFREDO CASSEROLE



CROCK POT CHICKEN ALFREDO CASSEROLE RECIPE

INGREDIENTS

- 3 boneless skinless chicken breasts, cooked and shredded
- 2 15 oz Jars of Alfredo sauce (I really like Bertoli brand)
- 1 cup of water
- 1 Tablespoons of minced garlic
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 16 oz penne
- 3 cups of Mozzarella cheese, shredded
- ¼ cup parmesan cheese
- chopped parsley (optional)

INSTRUCTIONS

1. In a mixing bowl, combine the Alfredo sauce, water, salt, pepper, and minced garlic.
2. Stir in the penne pasta until evenly coated.
3. Spray a 6 quart crock pot with non stick spray.
4. Place half the penne and alfredo mixture in the bottom of the crock pot.
5. Place half the chicken on top.
6. Top with 1 cup of Mozzarella cheese and an ⅛ cup of parmesan cheese.
7. Layer the remaining penne mixture, then the remaining chicken, another cup of mozzarella cheese, and the parmesan cheese.
8. Place the lid on top and cook on low for 2½ to 3 hours.
9. Remove the lid and top with another cup of mozzarella cheese.
10. After it melts. Sprinkle with some parsley (optional) and serve.



The **BEST** Slow Cooker
Chicken Tacos

only 3 ingredients

Eating on a Dime.com

THE BEST CROCKPOT CHICKEN TACOS RECIPE – ONLY 3 INGREDIENTS

INGREDIENTS

- 3-4 boneless skinless chicken breasts
- 1 cup of salsa (we used picante)
- 1 Tablespoons of Taco Seasoning (we used homemade)

INSTRUCTIONS

1. In a crockpot, place chicken breasts (frozen) in the bottom
2. Sprinkle with the seasoning.
3. Top with the salsa
4. Cook on low for 6 hours, or high for 3 hours.
5. Shred the chicken and serve with your favorite taco toppings

4 ingredient
SPIRAL HAM
IN THE CROCK POT



4 INGREDIENT CROCK POT HAM RECIPE

INGREDIENTS

- 7-8 lb Spiral Sliced Ham
- 1 cup Brown Sugar
- ½ cup Maple Syrup or Honey
- 12 oz Pineapple Juice

INSTRUCTIONS

1. Unwrap ham and place flat side down in a large slow cooker. Throw away glaze packet and any plastic pieces that cover the bone.
2. Rub brown sugar over the sides.
3. Pour on syrup and pineapple juice.
4. Cook on low for 4 hours.
5. Baste ham with the juices from the bottom of the slow cooker occasionally while it is cooking and right before you serve it.

family favorite
CROCK POT
BEEF STEW



QUICK & EASY CROCK POT BEEF STEW RECIPE

INGREDIENTS

- 2-3 pounds of stew meat
- 1 - 16 oz frozen green beans
- 2-3 whole carrots, peeled and sliced
- 3 russet potatoes peeled and diced
- ½ onion, chopped
- 2 bay leaves
- salt and pepper to taste
- 1 14 oz can of crushed tomatoes
- 2 cups water
- ¼ cup Worcestershire sauce

INSTRUCTIONS

1. In a 6 quart crock pot, place the stew meat and the potatoes on the bottom.
2. Place the green beans, onions, and carrots on top.
3. Pour the crushed tomatoes, Worcestershire sauce and the water on top. Season with salt and pepper and add plenty of salt and pepper.
4. Cover and cook on low for 8 hours, or high for 4 hours.
5. Allow it to sit for a few minutes before serving.

A close-up photograph of a white bowl filled with a hearty vegetable soup. The soup has a rich red tomato-based broth and contains chunks of ground meat, corn, green beans, carrots, and tomatoes. In the background, another white bowl is filled with several slices of rustic, golden-brown bread. The text 'crock pot VEGGIE SOUP' is overlaid on the top left, with 'easy to make' written below it in a smaller font. The website 'Eating on a Dime.com' is printed at the bottom left.

crock pot
VEGGIE SOUP
easy to make

EASY CROCK POT VEGETABLE SOUP RECIPE

INGREDIENTS

- 2 pounds ground beef or ground turkey
- ½ medium onion, diced
- 2 cups fresh or frozen Lima beans or 1 (15-ounce) can Lima beans, drained
- 2 cups fresh or frozen mixed vegetables or 2 (15-ounce) cans mixed vegetables, drained
- 2 cups fresh or frozen corn off the cob or 1 (15-ounce) can corn, drained
- 2 cups carrots, sliced or 1 (15-ounce) can carrots, drained
- 4 pounds of peeled and diced whole tomatoes or 4 (15-ounce) cans diced tomatoes
- 1 (15-ounce) can tomatoes and okra (optional)
- 2 cups water

INSTRUCTIONS

1. If using ground beef or turkey, cook meat and onions until golden brown.
2. Add to slow cooker along with all other ingredients.
3. Cook on low for 4 hours.
4. Serve hot and enjoy!
5. You could also cook this on the stovetop; just simmer for about 45 minutes.

CROCK POT MEXICAN BEEF TACOS



GLUTEN FREE CROCK POT MEXICAN SHREDDED BEEF TACO RECIPE

INGREDIENTS

- 2 to 3 pound boneless beef chuck roast
- 1 (7 ounce) can diced green chiles
- 1 teaspoon minced garlic
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 lime
- corn tortillas and toppings

INSTRUCTIONS

1. Place the roast in the crock pot (I used a 6 quart programmable crock pot).
2. In a small bowl combine the green chilis, garlic, chili powder, cumin, salt and pepper. Mix well.
3. Spread the mixture over the roast in the crock pot.
4. Place the lid on top and cook on low for 8 hours or high for 4 hours.
5. Shred the beef. Squeeze on fresh lime over the beef and stir to combine.
6. Serve on tortillas, on nachos, or with a side of Easiest Spanish Rice Recipe.
7. Make sure you top with your favorite toppings like limes, tomatoes, salsa verde, onions and cheese.

CROCK POT BBQ RIBS



SLOW COOKER BBQ RIBS RECIPE

INGREDIENTS

- 1 cup catsup
- ¼ cup molasses
- ¼ cup white vinegar
- ¼ cup minced onion
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons minced garlic
- 2.5-3 lbs pork ribs
- ¼ cup water

INSTRUCTIONS

1. In a small mixing bowl, add catsup, molasses, vinegar, brown sugar, Worcestershire sauce and garlic. Mix well.
2. Use scissors or a sharp knife to cut ribs in half or in thirds to fit into your slow cooker.
3. Place one slab of ribs into the crock and generously coat with sauce. Place the remaining ribs in the slow cooker, coating with sauce after each addition. Pour water around the edges of the crock.
4. Place the lid on the slow cooker and cook on low for 6-8 hours.

A close-up photograph of a white plate containing a portion of a chicken enchilada casserole. The dish is topped with melted yellow cheese, fresh red tomatoes, and green onions. The plate is set on a teal surface. In the background, a crock pot is visible, featuring a white lattice-patterned front panel and a silver control knob. The text 'CROCK POT' is printed on the front panel. A white text box in the upper right corner contains the title of the recipe.

CROCK POT
CHICKEN ENCHILADA
CASSEROLE

CROCK POT CHICKEN ENCHILADA CASSEROLE

INGREDIENTS

- 3-4 chicken breasts, shredded
- 2 tablespoons of Homemade Taco Seasoning
- 1 can of Rotel
- 28-ounce can green enchilada sauce
- 8 - 16 ounces shredded Monterey jack cheese (depending how much cheese you like)
- 12 - 16 corn tortillas

INSTRUCTIONS

1. Boil chicken until cooked through. Shred using a stand-up or hand mixer.
2. Slice corn tortillas into quarters each using a large knife or pizza cutter. They will be in triangles. You can skip this step but it makes cutting into the casserole easier.
3. In a large bowl combine your chicken with the taco seasoning and rotel and mix well. Set aside.
4. Spray the inside of your crock pot casserole dish with non-stick cooking spray.
5. Pour a little enchilada sauce on the bottom of your pan, then start your layering.
6. Cover the bottom of the pan with tortillas (you don't have to cover every single gap). Top the tortillas with the shredded chicken mixture. Pour enchilada sauce over the chicken.
7. Top with shredded cheese.
8. Continue layering tortillas, chicken, sauce, and cheese.
9. You should have enough chicken for about 3 full layers. Finish the casserole off with a layer of tortillas, the rest of the enchilada sauce and cheese.
10. Place the lid on the casserole and cook on low for 2-3 hours.
11. Cut and serve with sour cream, tomatoes, cilantro and onions.

croch pot
TACO RICE
CASSEROLE



CROCK POT MEXICAN TACO CASSEROLE RECIPE

INGREDIENTS

- 1 pound of ground turkey (or ground beef)
- ½ onion chopped - optional
- 1 cup of corn
- 1 can of black beans (drained)
- 1 cans of diced tomatoes with green chilis (aka rotel)
- ½ package of Taco seasoning (or 4 tablespoons of homemade taco seasoning)
- garlic salt to taste
- 2 cups of cooked rice (I used brown rice that I cooked but you can use any)
- 8 oz of shredded cheese (we used cheddar)

INSTRUCTIONS

1. First brown your ground turkey or ground beef.
2. Add in chopped onions, taco seasoning, tomatoes, beans and corn.
3. Stir to combine and set aside
4. Spray the inside of your crock pot casserole dish with non-stick cooking spray.
5. Spread the cooked rice in the bottom of the crock pot.
6. Sprinkle with garlic salt.
7. Spoon the meat mixture over the rice.
8. Top with cheddar cheese
9. Place the lid on top and cook on high for 2-3 hours.



CROCK POT **BACON RANCH CHICKEN**

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CROCKPOT BACON CHICKEN RECIPE

INGREDIENTS

- olive oil
- 3-5 chicken breast halves (just throw in whatever you need to feed your family. I thawed mine slightly just so I could slice them in chunks)
- 5 pieces cooked and crumbled bacon (I used turkey bacon that I cooked in the microwave)
- ¼ cup teriyaki sauce
- ½ cup Ranch salad dressing (hopefully you got some for cheap)
- ½ cup shredded cheddar cheese

INSTRUCTIONS

1. Pour about a tablespoon of olive oil the bottom of the crockpot. Place chicken in the crockpot.
2. In a small bowl mix together teriyaki sauce and ranch dressing (Yes, I know it seems weird... I was a little scared, but it is amazing!).
3. Pour over chicken. Toss crumbled bacon over top.
4. Cook on low for about 6 hours or on high for 3 hours. During the last 30 minutes, sprinkle the shredded cheese and allow to melt.

SLOW COOKER
ROTISSERIE
CHICKEN



SLOW COOKER WHOLE CHICKEN RECIPE

INGREDIENTS

- 1 whole chicken
- Salt and pepper
- paprika or a chicken seasoning (a bbq seasoning it good too)
- 1 stick of butter (optional)

INSTRUCTIONS

1. Take four pieces of foil and roll them into balls.
2. Place the balls at the bottom of the crock pot. This keeps your chicken above the juices and gives you that rotisserie flavor.
3. Now, you can also place carrots or potatoes at the bottom and you will have a side dish and the chicken all in one. We have done this often and the vegetables are amazing!
4. Place the chicken on top of the foil inside the crock pot.
5. Smear the butter all over the skin of the chicken.
6. Add salt, pepper, and any seasoning you want. Season liberally. This is the chicken seasoning we used and it is amazing!
7. Place the lid on top.
8. Cook on low 4-6 hours.

LAZY DAY CROCK POT LASAGNA



LAZY DAY CROCK POT LASAGNA RECIPE

INGREDIENTS

- 1 bag of frozen cheese ravioli (25 oz)
- 1 lb of ground beef, browned
- 3 cans of crushed tomatoes (14 or 15 oz each)
- 1 tablespoon of Italian Seasoning
- 1 tablespoon of Garlic Salt
- 4 cups of mozzarella cheese
- ¼ cup parmesan cheese (optional)

INSTRUCTIONS

1. In a large skillet brown the beef completely and drain off any remaining fat.
2. Stir in all the cans of tomatoes, and seasonings.
3. In a 6 quart crock pot, cover the bottom with some of the sauce.
4. Then place a layer of ravioli across the bottom.
5. Then place a layer of the mozzarella cheese.
6. Continue this until all the meat sauce and the ravioli is used.
7. You want to end with the meat sauce on top.
8. Then top with the leftover mozzarella cheese and add the parmesan cheese on top (completely optional).
9. Cook on low for 4 hours.
10. Turn off and let it sit for about 15 minutes before you serve. Cut and serve. Serve with your favorite side salad and crusty garlic bread.



THE BEST
**CROCK POT
CHILI**

CROCKPOT CHILI RECIPE

INGREDIENTS

- 2 pounds of ground beef or turkey
- 2 cans of diced or crushed tomatoes(2-14 oz cans)
- 1 can (14 oz) of tomato sauce
- 4 tablespoons of chili seasoning (you can make your own -recipe to come- or use a half of a packet)
- 1 teaspoon of garlic salt
- ½ onion chopped (can be frozen)
- 2 cans of kidney beans (you can use yours from the freezer) -if you use beans from the freezer, you will need to add salt (canned beans have a ton of salt)
- shredded cheese or sour cream to serve

INSTRUCTIONS

1. First you need to brown your beef or turkey. Since I brown mine before I freeze it I just tossed it in the crockpot frozen.
2. Toss everything on top in the crockpot (except for the cheese and sour cream)
3. Cook on low for 6-8 hours or high for 3-4 hours.
4. Serve with cheese, sour cream, and even more chopped onions if you would like. Serve with cornbread. Yum!

crock pot
SWEET & SOUR
meatballs



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CROCK POT SWEET AND SOUR MEATBALLS

INGREDIENTS

- 1 cup Brown Sugar (learn how to make brown sugar here)
- 3 TBSP Cornstarch
- ¼ cup Vinegar
- 3 TBSP Soy Sauce
- 1 Package of Frozen Meatballs (you will find these at any grocery store in the freezer section)

INSTRUCTIONS

1. Place all the ingredients in the crockpot. I like the meatballs to still be frozen.
2. Cook on low for 6-8 hours.
3. Serve over rice and with your favorite veggies.

EASY crock pot
RANCH
pork chops



CROCK POT RANCH PORK CHOPS

INGREDIENTS

- 4-6 boneless pork chops
- 1 stick of butter (or margarine)
- 1 package of ranch mix

INSTRUCTIONS

1. Place the pork chops in the crock pot. They can be frozen.
2. Place the butter on top and sprinkle the ranch mix packet on top.
3. Cook on low for 6-8 hours or on high for 3 to 4 hours.
4. Once cooked, serve. You can even spoon the buttery sauce over the pork chops and over your veggies when serving.