



Slow Cooker Recipes

Chilli Con Carne

Using slow cookers is a cost effective cooking method but avoid leaving your property if it is switched on. Visit our website for more fire safety tips.

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Ingredients

- 2 tbsp. olive oil
- 450g (1lb) minced beef
- 1 large onion, finely chopped
- 1/2-1tsp hot chilli powder
- 1/2--1 tsp ground cumin
- 3 tbsp. tomato purée
- 150ml (1/4 pint) hot beef stock
- 400g tin chopped tomatoes with garlic
- 25g (1oz) dark chocolate, broken into pieces
- 400g tin red kidney beans, drained & rinsed
- 40g (1.5oz) fresh coriander, chopped



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Chilli Con Carne

1. Heat 1 tbsp of the oil in a large pan and fry the beef for 10min or until well browned, stirring to break up any lumps. Remove from the pan and transfer to the slow cooker (don't turn the cooker on at this point).
2. Add the remaining oil to the pan, then gently fry the onion for 10min, or until softened.
3. Add the spices and fry for 1 min, then add the tomato purée, hot stock and the tomatoes. Bring to the boil, then carefully stir the mixture into the mince in the slow cooker. Cover and cook on low for 4-5hr.
4. Stir in the chocolate, kidney beans and coriander and season with salt and ground black pepper, then turn off the cooker and leave to stand for 10min.



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Slow Cooker Recipes

Chicken Curry

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Ingredients

- 1 tbsp. vegetable oil
- 1 onion, chopped
- 3 garlic cloves, crushed
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 1/2 tbsp. garam masala
- 1-3tsp paprika
- 2 tbsp. tomato purée
- 2 1/2cm piece fresh root ginger, peeled & grated
- 400g tin chopped tomatoes
- 200ml coconut milk
- 1 tsp. caster sugar
- 650g chicken thigh fillets, trimmed of excess fat & cut into large chunks, about 6cm



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Chicken Curry

1. Heat the oil in a medium pan over medium heat and fry onions until soft, about 8-10min.
2. Stir in the garlic, cumin, coriander, garam masala and 1tsp paprika and fry for 1 min. Add the tomato purée and cook for a further 1 min. Stir in the ginger, tomatoes, coconut milk and sugar.
3. Transfer onion mixture to the slow cooker and stir in the chicken and some seasoning. Cover with the lid and cook on Low for 6-8hr.
4. When the chicken is cooked and you're ready to serve, check seasoning and add more paprika to taste, if it needs a touch more spice. Serve with rice, naan breads and mango chutney.



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Slow Cooker Recipes

Beef Stew & Dumplings

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Ingredients

- 2 tbsp. vegetable oil
- 1 onion, roughly chopped
- 2 medium parsnips, cut into 2.5cm pieces
- 2 medium carrots, cut into 2.5cm pieces
- 1 large leek, cut into 1cm slices
- 3 tbsp. tomato purée
- 1.2kg braising steak, cut into 4cm chunks
- Plain flour, to dust
- 200ml red wine
- 600ml beef stock
- 3 fresh rosemary sprigs



For the dumplings

- 1 tbsp. dried parsley
- 60g suet
- 125g self-raising flour



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Beef Stew & Dumplings

1. Put the oil, vegetables and tomato purée into the bowl of your slow cooker. Dry the beef pieces with kitchen paper and dust with the plain flour (tapping off excess). Add to the slow cooker together with the wine, stock, rosemary and some seasoning. Stir to combine.
2. Cover and cook on high for 5hr or until the beef is tender.
3. After 5hrs of cooking, make the dumplings. Sift the flour into a large bowl and stir in the suet, parsley and lots of seasoning. Add 100ml cold water and stir to make a soft (and slightly sticky) dough.
4. Remove the lid and discard the rosemary sprigs. Pinch off walnut-sized pieces of dough, gently roll into a ball and place on top of the stew, spacing apart. Recover and cook for 1hr more. Check the seasoning and serve with mashed potatoes.



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Slow Cooker Recipes

Vegetable Tagine

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Ingredients

- 4 carrots, cut into chunks
- 4 small parsnips, or 3 large, cut into chunks
- 3 red onions, cut into wedges
- 2 red peppers, deseeded and cut into chunks
- 2 tbsp olive oil
- 1 tsp each ground cumin, paprika, cinnamon and mild chilli powder
- 400g can chopped tomato
- 2 small handfuls soft dried apricots
- 2 tsp honey



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Vegetable Tagine

1. Mix the vegetables, oil, spices, tomatoes, apricots and honey in your slow cooker, cover and cook on Low for 6-8 hours until the veg is tender.
2. Serve with couscous or jacket potatoes.



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