Slow Cooker Recipes

morphy richards®
smart ideas for your home
Ingredients
2½ cup oats
½ cup nuts, chopped
½ cup dried fruit
¼ cup sweetener (honey, maple syrup, etc.)
¼ cup seeds (sunflower, pumpkin, etc.)
2 Tbsp butter (or nut butter)
1 tsp cinnamon

Equipment
3.5L or 6.5L Morphy Richards Slow Cooker

Method
1. Place all ingredients in slow cooker and set to high for 2-3 hours. Place a chopstick or other utensil under the lid so it doesn’t close all the way. Check and stir the granola around every 30 minutes, or when it becomes fragrant. Once it looks a bit browned and toasted, it’s ready. Turn off slow cooker, let granola cool, then store in airtight bag or container in fridge.

Serves 12
Ingredients
6 eggs
½ cup milk
¼ teaspoon salt
fresh ground pepper, to taste
¼ teaspoon garlic powder, or to taste
¼ teaspoon chilli powder, or to taste
1 chorizo, finely sliced and chopped, browned in a fry pan
1 red bell pepper, thinly sliced
1 small yellow onion, finely chopped
1 garlic clove, minced

Garnish
shredded cheddar cheese
chopped tomatoes
chopped spring onions
fresh parsley

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. Fry the sliced chopped chorizo until browned. Drain and set aside.
3. In a large mixing bowl combine eggs, milk, salt, pepper, garlic powder and chili powder; using egg beaters or a whisk, beat the mixture until mixed and well combined.
4. Add chorizo, sliced peppers, onions and garlic to the slow cooker; stir in the egg-mixture.
5. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes. Omelette is done when eggs are set.
6. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
7. Turn off the slow cooker.
8. Cut the omelette into wedges.
9. Transfer to a serving plate.
10. Garnish with chopped tomatoes, chopped spring onions and fresh parsley.
11. Serve.

Serves 6
**Ingredients**

- 2 tbsp vegetable oil
- 800g diced beef (round steak is a great choice)
- ¼ cup plain flour
- 1 - 2 cans cream of mushroom soup
- 200g sliced or whole button mushrooms
- 3 ½ cup water
- 1 tbsp beef stock powder
- 1 cup sour cream
- 1 packet of fettucine or tagliatelle noodles

**Equipment**

- 3.5L or 6.5L Morphy Richards Slow Cooker

**Method**

1. Heat the oil in a large skillet, or the searing pot if you have the ‘Morphy Richards Sear & Stew Slow Cooker’. In a bag place the flour and add the cubed beef. Toss well to coat the beef. Fry the beef in oil until browned all over.
2. Transfer the meat to the slow cooker and top with the soup, beef stock and water. Add the fresh sliced or whole mushrooms.
3. Cover the slow cooker with the lid and cook on High for 4 – 6 hours. Stir the sour cream through in the last 30 minutes of cooking, and leave the lid off to allow the sauce to thicken slightly.
4. Bring a large pot of water to the boil, cook the pasta according to the packet direction, drain and serve with the stroganoff over the top.

**Serves 4**
**Ingredients**

- 6 - 8 large potatoes
- Olive oil
- Sea salt
- Alfoil
- Sour cream
- Chopped chives
- Grated cheese

**Equipment**

- 3.5L or 6.5L Morphy Richards Slow Cooker

**Method**

1. Prick the potatoes all over with a fork. Drizzle with a little olive oil and sprinkle some sea salt over.
2. Wrap in alfoil and place in the slow cooker. Repeat with remaining potatoes.
3. Cover the slow cooker with the lid and bake on low for 8 – 10 hours. The potatoes should be ready to eat any time after 8 hours.
4. Remove the potatoes from the slow cooker, split with a knife and top with desired ingredients - grated cheese, avocado, leftover chilli con carne, sour cream, chopped chives, bacon.
5. For a delicious alternative, try baking sweet potato.

_Serves 4-6_
Ingredients
500g Beef mince
1 onion, chopped
2 tsp minced garlic
2 can chopped tomatoes
2 Tbls tomato paste
1 ½ tsp salt
1 tsp dried oregano
1 box lasagne sheets
300g fresh ricotta
½ cup parmesan cheese
400 g grated mozzarella cheese

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. In a large fry pan, brown the beef mince, add onion and garlic and cook for 5 minutes. Add the tomato paste, stir into mince and cook until mixture dries a little. Add the tinned tomatoes, salt, oregano and stir until well incorporated.
2. In a large bowl mix together the cottage cheese, grated parmesan and mozzarella cheese.
3. Spoon a layer of the meat mixture into the base of the slow cooker. Add a double layer of the dry pasta, breaking to fit the slow cooker. Top the pasta with a portion of the cheese mixture. Repeat, layering the sauce, pasta and cheese until all ingredients used.
4. Cover and cook on LOW setting for 4 – 6 hours.

Serves 4-6
**Ingredients**
- 4 lamb shanks - about 1.5kg
- 3 brown onions, peeled and thinly sliced
- 3 large garlic cloves, peeled and thinly sliced
- 400g can of chopped tomatoes
- 125ml hot beef stock
- 1 Jar Rogan Josh simmer sauce
- Small bunch fresh coriander (cilantro)
- 4 Tbsp natural yoghurt or double cream
- handful cherry tomatoes, halved
- Grapeseed (canola) oil to fry
- Salt and freshly ground black pepper

**Equipment**
- 6.5L Morphy Richards Slow Cooker

**Method**
1. Heat a little oil in a large frying pan or casserole and brown the lamb shanks on all sides. Remove from the pan and set aside.
2. Lower the heat and add the chopped onions, stir until the onions start to soften – about 5 minutes and add the simmer sauce.
3. Remove the leaves from the bunch of coriander and reserve. Finely dice the coriander stalks.
4. Turn the heat up and add the tinned tomatoes, chopped coriander stalks and stock. Stir everything together and bring to the boil. Turn the heat off and season with salt and pepper.
5. Arrange the lamb shanks in the bottom of the slow cooker. Pour the contents of the pan over the lamb so that it covers them about halfway up.
6. Cook for 6 hours on the low setting.
7. Add the chopped cherry tomatoes and yoghurt and cook for a further 30 minutes on high heat.
8. Remove the lamb shanks from the slow cooker and flake the meat off the bone. Mix the meat back in with the sauce. Alternately leave the shanks whole.
9. Serve with basmati rice and garnish with the fresh coriander leaves.

Serves 4
Slow Cooker Chilli Con Carne

Ingredients
1 tbsp olive oil
1kg beef mince
1 large onions, finely chopped
3 cloves of garlic, finely minced
3 tbsp tomato paste
2 cans tinned tomato, crushed
½ cup water or beef stock
2 tbsp chili powder
2 ½ tsp ground cumin
2 tsp paprika
2 tsp cocoa powder
1 tsp granulated sugar
1 tsp ground coriander
Salt and freshly ground black pepper, to taste
1 can red kidney beans, drained and rinsed

Equipment
6.5L Morphy Richards Slow Cooker

Method
1. Heat olive oil in a large and deep non-stick skillet over medium-high heat. Once oil is hot, add onion and sauté 3 minutes, and then add garlic and sauté 30 seconds longer. Pour onions into slow cooker.
2. Return skillet to medium-high heat, add beef and cook stirring occasionally until beef has browned. Drain most of fat from beef, leaving about 2 Tbsp. in with beef (this is optional). Add tomato paste, stir through mince and cook until mixture starts to dry out a little. Pour browned beef into slow cooker.
3. Add diced tomatoes, ½ cup water or beef stock, chili powder, cumin, paprika, cocoa powder, sugar, coriander and season mixture with salt and pepper to taste. Stir mixture, cover with lid and cook on low heat for 5 - 6 hours.
4. Stir in red kidney beans and allow to heat through, about 10 minutes (if you want the soup to have more liquid you can add in another ½ cup water or beef stock). Serve warm with desired toppings.

Serve topped with:
Cheddar cheese, sour cream, chopped red or green onions, cilantro, roasted peppers, or hot sauce
Optionally serve with: corn chips, baked potato, and Mexican rice

Serves 4-6
**Ingredients**
- 4 skinless chicken breasts
- 3 Tablespoons cornflour
- ½ tsp black pepper
- 1 tbsp canola oil
- ½ cup soy sauce
- 4 tbsp rice wine vinegar
- 4 tbsp tomato sauce
- 2 tbsp sweet chili sauce
- 2 tbsp brown sugar
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- ¼ tsp red pepper flakes
- 1 red capsicum, sliced thickly
- 1 cup cashews

**Equipment**
- 3.5L or 6.5L Morphy Richards Slow Cooker

**Method**
1. Combine cornflour and pepper in resealable food storage bag. Add chicken. Shake to coat with cornflour mixture.
3. Combine soy sauce, vinegar, ketchup, sweet chili sauce sugar, garlic, ginger, pepper flakes, and cashews in small bowl; pour over chicken. (If you like cashews to be softer, add them during the cooking process, if you want more of a crunch, add them right before serving)
4. Cook on LOW for 3 to 4 hours.
5. Serve over rice.

Serves 4-6
Slow Cooker Sweet Potato & Lentil Soup

**Ingredients**
- 1 large sweet potato, peeled and diced
- 3 medium carrots cut in ½ inch pieces
- 3 stalks celery, cut into ½ inch pieces
- 1 leek, halved lengthwise and cut into ½ inch pieces, white and light green parts only
- ¾ cup rinsed yellow or red lentils
- 1 x 4 inch piece of ginger, peeled and finely grated
- 1 tsp curry powder
- Sea salt
- 1 tbsp unsalted butter
- 2 cloves garlic, thinly sliced
- Juice of ½ lemon
- ½ cup chopped fresh coriander
- Optional, yogurt

**Equipment**
- 3.5L or 6.5L Morphy Richards Slow Cooker

**Method**
1. Combine the sweet potato, carrots, celery, leeks, lentils, ginger, 3/4 teaspoon curry powder and 1 teaspoon salt in a slow cooker. Add 6 cups water and stir, then cover and cook on low, undisturbed, 6 - 8 hours.
2. Using a hand blender, blend a portion of the soup to puree. Thin with hot water, if desired.
3. Melt the butter in a small skillet over medium-high heat. Add the garlic and the remaining 1/4 teaspoon curry powder and cook until the curry powder is slightly toasted, about 1 minute. Stir the curry mixture into the soup and add the lemon juice, coriander, and salt to taste.
4. Serve with a dollop of yogurt if desired.

Serves 4-6
**Ingredients**
- 8 slices of bread (not fresh!)
- 100g/large handful sultanas
- 2 eggs
- 400 ml milk
- 3 tsp white sugar
- 1 tsp cinnamon
- 1 tbsp butter/margarine

**Equipment**
- 6.5L Morphy Richards Slow Cooker

**Method**
1. Grease the inside of the slow cooker well with the butter.
2. Cut the bread up into pieces and add to the bottom of the slow cooker.
3. Sprinkle over the sultanas over the bread
4. In a bowl, mix the other ingredients and pour over the bread, making sure it’s fully coated.
5. Place a tea towel under the lid and cook on high for 2 hours.

**Serves 6**
**Ingredients**

175g Each raisins, currants & sultanas
140g Whole glace cherries
50g Mixed peel
50g Whole blanched almonds
Zest 1 orange & 1 lemon
1 Medium carrot, peeled and finely grated
1 Red apple, peeled & grated
150ml orange liqueur, such as Grand Marnier
175g Brown sugar
175g Fresh white breadcrumbs
125g Self-raising flour
1 tsp mixed spice
1/4 tsp grated nutmeg
175g Butter, frozen
2 Eggs, beaten
Butter for greasing

**Equipment**

6.5L Morphy Richards Slow Cooker

**Method**

1. Mix the fruit, almonds, citrus zests, apple and the carrot with the brandy/orange juice and orange liqueur in a large mixing bowl. Cover and leave to soak for 1-3 nights.
2. Mix all of the dry ingredients together, then add to the soaked fruit mixture. Grate in the butter, then add the eggs and stir.
3. Grease a 1.5-litre pudding basin with butter and line the base with grease-proof paper. Spoon in the mixture, press down well and make a hollow with the back of the spoon in the centre. Cover the surface with a round of grease-proof paper, then cover the bowl with double-thickness grease-proof paper and foil and tie at the rim with string. Alternately use a pudding tin with a lid that seals well. Lower the pudding into the slow cooker with an upturned saucer in the base, and then fill with water until it comes ¾ up the sides of the bowl. Set the slow cooker to high for the first hour and then reduce to low. Cook for 7 hours, topping up with water as necessary.
4. To store, remove the baking paper and allow the pudding to cool completely. Place a fresh piece of baking paper over the pudding, replace the lid or cover with foil. This pudding can be stored for up to 1 year.
5. On the day, steam or heat in the same manner for at least one hour before serving to heat through. Delicious served with brandy butter, vanilla ice cream or custard.

*Serves 6-8*
Slow Cooker Benefits

Save Money
- Slow cooking is the perfect way to tenderly cook cheaper cuts of meat, such as pork shoulder, lamb shoulder & chicken thighs. Slow cookers also use less energy than conventional ovens.
- Try: Pulled pork sliders.

Save Time
- Slow cooking requires minimal pre-preparation. Simply put all ingredients into the slow cooker and leave to cook. Using the slow cooker for the complete dish, means less cleanup & dishes!
- Tip: Prep ingredients the night before, to save even more time.

Set & Forget
- Slow cookers can be left to cook overnight or during the day and require minimal attention. Every time the lid is removed, heat is released, which means an increased cooking time, so the less you fuss the better!
- Try: Using your slow cooker during the day while you’re at work.

Versatility
- Slow cookers aren’t just for stews & lamb shanks during winter. Use your slow cooker for desserts such as Christmas or self saucing pudding, chocolate fudge, or slow cook your oats overnight ready for breakfast in the morning!
- Tip: Oven full with dinner? Try a slow cooker dessert.

Health
- Leaner cuts of meat can be used without drying out, as there is already enough moisture and natural juices inside the slow cooker.
- Tip: Trim any excess fat from meat to avoid pools of oil in your food.

Reduced Energy Usage
- Slow Cookers use substantially less energy than your conventional electric oven or cook top.
- Tip: Use during summer to avoid making your already hot home hotter.

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