

CROCK-POT COOK-OFF RECIPES

CHICKEN & BLACK BEAN SOUP

BY LOGAN EVANS, GRANT MACH AND KATHY AUSTIN

3 C. COOKED CHICKEN, CUBED	1/2 C. FRESH CILANTRO CHOPPED
2 C. BABY CARROTS, SLICED	1/2 TSP CUMIN
2 C. CELERY CHOPPED	1 T. MINCED GARLIC
2 C. ZUCCHINI, CHOPPED	4 T. TOMATO PASTE
1 C ONION, CHOPPED	2 T. OREGANO
2 C GREEN CHILIES	2 C BLACK BEANS
1 CAN ROTEL TOMATOES	1 CAN DICED TOMATOES
1 CAN WHITE HOMINY	1 T OLIVE OIL
1 CAN YELLOW HOMINY	3 BAY LEAVES
9 C CHICKEN BROTH	

SAUTÉ ONION IN OLIVE OIL. COMBINE ALL INGREDIENTS IN A CROCKPOT ALONG WITH THE COOKED ONION. COOK ON HIGH FOR 9 TO 10 HOURS OR UNTIL VEGETABLES ARE TENDER YIELDS: 10 SERVINGS.

Cheesy Beer- Salsa Dip

By Brittany Wallace

Prep: 15 min

Cook : 3-4 Hours

Makes 22 servings

1 16 oz jar salsa
2/3 cup beer or milk
4 cups shredded American cheese
2 cups shredded Monterey Jack cheese
1 8 oz package cream cheese cut up Corn bread dippers or tortilla chips

In your slow cooker combine salsa and beer, add American cheese, Monterey Jack and cream cheese. Cover and cook on low setting for 3-4 hours or on high for 1 1/2- 2 hrs. Stir just before serving.

Creamy Slow Cooker Chicken

By Tonya Jacques

6 skinless/bnls chicken breasts
2 tsp seasoned salt 1 Tbsp canola oil
1 can of cream mushroom soup
1 8 oz pkg cream cheese 1 pkg sliced mushrooms
1/2 c dry white wine 1 envelope Italian dressing mix

Sprinkle chicken w salt. Cook chicken in oil over med. Heat for 2-3 min. on each side or until brown. Cook over med heat stirring , 2-3 min or until cheese is melted and mixture is smooth. Arrange mushrooms

CHICKEN DUMPLINGS

BY AMY HAVENS, EVA GARLINGHORSE,, ADRIAN JONES

CHICKEN BASE	GARLIC POWDER
ONION POWDER	PARSLEY FLAKES
BAY LEAVES	MINCED ONION
CHILI POWDER	PAPRIKA
CELERY	BABY CARROTS
ONION	TABASCO SAUCE
PEPPER AND SALT	FLAKY/BUTTERY BISCUITS

EGG CASSEROLE

BY SHERI WITCHER

32 OZ BAG FROZEN HASH BROWNS	OLIVE OIL
1LB COOKED BREAKFAST SAUSAGE	1 C GREEN ONIONS
8 OZ SHREDDED CHEDDAR CHEESE	12 EGGS
1 C WHOLE MILK	2 TSP RED PEPPER

SPRAY INSIDE OF SLOW COOKER W NON STICK COOKIN SPRAY. IN A SMALL SKILLET

COOK ONION IN OLIVE OIL UNTIL CRISP.

LET COOK ABOUT 10 MINUTES. PLACE ONE THIRD OF THE FROZE HASH BROWNS IN THE SLOW COOKER. ADD ONE THIRD OF THE SAUSAGE, ONION AND CHEESE. IN A BLENDER BEAT THE EGGS, MILK AND RED PEPPER UNTIL WELL MIXED.

POUR OVER THE INGREDIENTS IN THE SLOW COOKER AND TURN TO LOW. COOK FOR 8 TO 10 HOURS UNTIL CASSEROLE IS SET AND EGGAS ARE THOROUGHLY COOKED.

Saucy Succotash

1 6 Oz pkg frozen whole kernel corn
1 16 oz pkg frozen lima beans
1 14 3/4 can cream style corn 1/2 c chopped onion
1 c chopped red sweet pepper 2 tsp cumin seeds
1 c shredded smoked gouda cheese
1/4 c water 1 8 oz carton light dairy sour cream

In slow cooker combine corn, lima beans, cream style corn, sweet pepper, cheese, onion, and cumin seeds, pour the water over all. Cover and cook on low heat for 5-6 hrs or high for 2-3 hrs. Gently stir in sour cream. Let stand for 10 min.

over chicken in slow cooker. Spoon soup mixture over mushrooms. Cover and cook on low for 4 hrs.

Tricky Dicks Spicy Husker Chili

By Richard Urtz

1 lb hamburger 2 cans tomato sauce
1 can dark red kidney beans
½ jar jalapenos 1 tsp chili powder
1 tsp cayenne pepper
Lawry's seasoning salt Pepper
Garlic Pepper 1 c. shredded cheese

Brown meat in skillet. Use seasonings to your liking. Drain meat, put into crock pot. Add sauce and beans. Bring to a slight boil. Add the jalapenos and season more to your liking. Top with shredded cheese and serve.

Beer Chili

By: Janet Moorman

1lb of Rice's brick chili (hot)
2 lb of ground beef
1 lb of Rice's Sausage (hot)
2 pkgs McCormick chili Mix (dry & hot)
2 lg Hot Chili beans
1 can hunts special sauce
1 sm can of chopped black olives
1 can sliced mushrooms

Brown beef and sausage, drain grease add other ingredients and simmer

Chocolate Mud Cake

By Brian Wallace & Mizzou Team

1 c all purpose flour 2 oz semi sweet chocolate
2 tsp baking powder 1 c sugar
6 tbsp butter 3 tbsp dutch cocoa
1 tbsp vanilla extract ¼ tsp salt
1/3 c milk 1 egg yolk
1/3 c brown sugar ½ c hot water
Whipped cream of ice cream

Whisk together the flour and backing powder in med. Bowl and set aside. In a large bowl, melt the butter and chocolate in the microwave.

Whisk in a 2/3 cup of sugar, cocoa, vanilla, salt, milk, and egg yolk. Add the flour mixture and stir thoroughly mixed.

Pour the batter into the slow cooker, whisk together the remaing sugar, cocoa, and hot water until sugar is dissolved. Pour the mixture into slow cooker cover and cook on high for 1-2 hrs. let cool for 25 min before serving.