

Simple meals that have chicken or pork.

Meat	Slow Cooker on Low	Slow Cooker on High	Electric Skillet or Fry pan on Stove		temp when done
1 lb Boneless Skinless chicken	Cook 6 to 8 hours can add a little water can cook whole or cut into pieces	Cook 3 to 4 hours can add a little water or can cook whole or cut into pieces	Put a table spoon of oil or ¼ cup water in skillet. To brown pieces stir every 5 minutes to turn. Flip whole pieces after 5 to 10 minutes Add water if cooking dry. Cooks 20 minutes before sauce is added		165 to 175
1 lb boneless Pork					170
Potato /small sweet potatoes	Poke with a fork 3 or 4 times Cook in microwave for a minute then place on top of the meat				

Basic Sauce instruction

Mix sauce ingredients. If has Jam as an ingredient heat for 45 seconds in the microwave to melt jam and remix

More sauces on back	Drain Liquid from crockpot 30 minutes before serving pour on sauce and coat meat	If a lot of liquid drain. Coat meat with sauce and heat for a few minutes	Can also use with left over meat. Place cooked meat and sauce in a pan stir until heated through
Maple Syrup Pork Chops ¼ cup Dijon Mustard ¼ cup brown sugar ¼ cup Maple syrup	Terriyaki Sauce 2 Tablespoon Cornstarch ½ Cup Soy Sauce ½ Cup Brown Sugar, Packed	Honey Dijon Sauce 1/3 cup of Honey 1/3 Cup of Dijon Mustard	Maple Glaze ¼ Cup maple syrup 2 Tablespoon Soy Sauce
Curry Mayo Sauce 1/2 Cup Mayonnaise 1/4 Cup Soy Sour Cream 1/2 teaspoon Curry 2 T minced Fresh Cilantro (optional use when in season)	1 teaspoon Ground Ginger ½ teaspoon Garlic Powder ¼ Cup Honey	Cumin Lime Sauce 1/3 cup soy sauce 3 tablespoons lime juice 1 teaspoon garlic cloves, minced	½ teaspoon ginger 1 teaspoon cornstrach ½ teaspoon garlic powder ¼ teaspoon pepper
Honey Garlic Sauce ¼ cup ketchup ¼ cup soy sauce ½ cup honey 1 teaspoon minced garlic ¼ teaspoon thyme 1/4 teaspoon oregano 1/4 teaspoon cayenne pepper 1 Tablespoon cornstarch	Sweet and Sour Sauce 1/2 Cup Apricot jam 2 Tablespoons white vinegar 1 Tablespoon cornstarch 1/2 teaspoon Soy Sauce 1/2 teaspoon yellow mustard 1/4 teaspoon salt 1/4 teaspoon garlic powder 2 Tablespoons water This is a great way to use up vegetables. I added some shredded cabbage a thinly sliced carrots Some onions and pepper towards the end of cooking the pork and it was delicious	1 tablespoon ground cumin 1 teaspoon paprika 1/2 teaspoon dried oregano 1/2 teaspoon pepper 2 teaspoon Corn starch	Curry Honey Mustard ½ cup honey ¼ cup oil ¼ cup yellow mustard 1 t curry powder
		Ginger Lime Peanut Sauce ¼ Cup peanut butter ½ cup coconut milk (freeze extra) pinch cayenne pepper 1 teaspoon minced garlic 2 teaspoon ginger 2 T lime juice & 2 t cornstartch	Sweet BBQ Sauce 1/2 cup brown sugar 1/2 cup chopped onion - cook in microwave for 45 sec 1 cup ketchup 1/2 cup honey 1 teaspoon Liquid smoke

Sesame Sauce 2 Tablespoon Cornstarch 1 Pinch Salt and Pepper Each ½ Cup Soy Sauce ¼ Cup Water 2 Tablespoon Sesame Oil 1/3 Cup Brown Sugar 1/3 Cup Rice Vinegar 2 teaspoon Ground Ginger 1 teaspoon Garlic, Minced 4 Tablespoon Sesame Seeds	Use purchased sauces as well Add anywhere from 2/3 to 1 cup of sauce to meat and coat Super Saver La Choy Sweet & Sour kraft BBQ Sauces – check for gf but most are Trader Joe GFCF sauces Add more as you try them Curry Summer sauce (indain) Massala Summer sauce (indain)	Cuban Sauce Too Spicy for Rich ¼ cup + 2 T Dijon mustard 1½ t paprika ¾ t black pepper ½ t chili powder ¾ t onion powder ¾ t cumin ¾ t garlic powder ¾ t oregano ¼ cup + 2 Tablespoon lime juice ¼ cup fresh cilantro (optional)	Cherry Glazed ¼ cup water 1 ½ teas red wine vinegar 1 cup Sour cherry Jam Salt and pepper
Enchilada Sauce 1 Tablespoon cornstarch 1 Tablespoon Chili Powder 1 Cups Water 6 oz Tomato Paste ¼ teaspoon Cumin ¼ teaspoon Garlic Powder ½ teaspoon Cayenne Pepper ¼ teaspoon Salt	Sweet & Stickey Sauce 1/4 cup balsamic vinegar 1/4 cup honey 1/4 cup light brown sugar 1/4 cup soy sauce ½ teaspoon minced garlic 1 Tablespoon. sesame seeds 2 Tablespoon parsley 1 Tablespoon cornstarch	Sweet Chili Sesame sauce 2 tablespoons soy sauce 2 teaspoons cornstarch 1/2 cup sweet chili sauce 2 teaspoons sesame oil 1 tablespoon brown sugar 1 teaspoon finely minced ginger 1 teaspoon finely minced garlic	