



SLOW COOKER

Easy-to-Follow Recipe

SAVORY HERB Roast or Stew



Ingredients

- 2.5 to 3 lbs. roast or cubed meat (for a stew) *
- 1 - 2.5 oz. package Hi-Country Savory Herb seasoning
- 3 cups water
- 2 cups sliced carrots or whole baby carrots
- 2 stalks chopped celery
- 1 each, chopped: red onion and green pepper
- 4 cubed potatoes

Optional Ingredients:

- 1 cup sliced zucchini squash (add in last 45 minutes)
- 1 cup sliced fresh mushrooms (add in last 45 minutes)

Directions

Place meat and vegetables in slow cooker. Stir water and Savory Herb seasonings together. Pour sauce over meat and vegetables, then mix. Cover and slow cook on LOW for 7 to 8 hours, or until meat is tender. Note: Smoked sausage can be used in place of cubed meat. Slow cook 2 to 3 hours.

* The following types of meat work well with this recipe; wild game or domestic meat roasts and stew meat, or smoked sausage.

Tips & Tricks

1. Wild game meats have higher potentials for harmful bacteria due to temperature abuse, field dressing, etc. When using in slow cookers, assure meat temperature achieves 140° F. in the first hour of cooking.
2. When opportunity allows, cook on HIGH setting for first hour and reset cooker to LOW to finish.
3. One hour on HIGH is equal to approximately two hours on LOW.
4. For optimal slow cooking, fill cooker between half and two thirds full.
5. Removing the lid in the last hour of cook time will reduce moisture and concentrate flavors.
6. Most lean game red meats require at least 7 to 8 hours of moist, low temp slow cooking to break down muscle tissues for tender stews and roasts.
7. Smoked and cooked sausage only requires 2 to 3 hours of slow cook time when used in recipes.
8. Add tender vegetables like asparagus, mushrooms and zucchini during the last 45 minutes of cooking time so they reach optimal doneness at the same time as the rest of the dish.
9. Minimize lifting the lid on a slow cooker. The escaping moisture and heat can extend required cook times by 20 minutes per occurrence.



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