

Slow Cookin' Conversions

OVEN OR
STOVETOP
COOKING TIME

**15 - 30
minutes**

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**LOW
COOKING TIME
4 - 6 hrs**

OR

**HIGH
COOKING TIME
1.5 - 2.5 hrs**

OVEN OR
STOVETOP
COOKING TIME

**35 - 40
minutes**

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**LOW
COOKING TIME
6 - 8 hrs**

OR

**HIGH
COOKING TIME
3 - 4 hrs**

OVEN OR
STOVETOP
COOKING TIME

50 min - 3 hrs

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**LOW
COOKING TIME
8 - 10 hrs**

OR

**HIGH
COOKING TIME
4 - 6 hrs**