FROM THE RECIPE BOX

3 recipes from Grandma June's kitchen

for the word **CROCKPOT**

Hello, sweetheart, and thank you for asking for these. Here are three slow cooker suppers my family asks for again and again, so put the pot on and pull up a chair.

June

This is a recipe book, not medical advice, and Grandma June is a fictional AI character.

Honey Garlic Chicken Thighs

Serves 4-6 | Hands-on 10 min | LOW 4-5 hr | 6-qt

WHEN I MAKE IT

Tuesdays in October, when the grandkids have practice and supper runs late.

YOU'LL NEED

- 2 lb boneless chicken thighs, thawed
- 1/2 cup honey
- 1/3 cup soy sauce
- 4 cloves garlic, minced
- 2 tbsp ketchup
- 1 tbsp cornstarch + 2 tbsp cold water
- 1 1/2 cups long-grain white rice

HOW TO MAKE IT

1. Lay the chicken in the pot. Whisk honey, soy sauce, garlic and ketchup; pour over.
2. Cover. LOW 4 to 5 hours, until the thickest piece reads 165°F.
3. 30 minutes before supper, cook the rice as the package says.
4. Stir cornstarch into the cold water, then into the sauce. HIGH 15 minutes. Serve over rice.

FROM MY KITCHEN

Sticky, sweet, and the kids lick the plate. Let them.

CAREFUL

- Thaw in the fridge. Never put it in frozen.
- Cook to 165°F. Check with a thermometer.
- Pregnant? Cook it through, no pink left.
- Honey: not for babies under 12 months old.
- Soy sauce has soy and may have wheat. Allergy, or avoiding gluten? Read the labels, ketchup and rice too.
- Leftovers: fridge within 2 hours, eat in 3 to 4 days. Reheat to 165°F on the stove or in a microwave, not in the slow cooker.
- Power out while you're away? Throw it out, even if it looks done.

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Sunday-Best Pot Roast

Serves 6 | Hands-on 15 min | LOW 8-9 hr | 6-qt

WHEN I MAKE IT

Sundays, when the whole family comes over and somebody brings a pie.

YOU'LL NEED

- 3 lb chuck roast, thawed
- 1 1/2 lb baby potatoes
- 4 carrots, in chunks
- 1 onion, in wedges
- 1 cup beef broth
- 1 packet onion soup mix
- 2 tbsp cornstarch + 2 tbsp cold water
- Salt and pepper

HOW TO MAKE IT

1. Put the potatoes, carrots and onion in the pot.
2. Salt and pepper the roast; set it on top.
3. Whisk the broth with the soup mix; pour it over.
4. Cover. LOW 8 to 9 hours, until fork-tender and at least 145°F inside. Rest 3 minutes.
5. Gravy: stir cornstarch into the cold water, then into the juices. HIGH 15 minutes.

FROM MY KITCHEN

If you only learn one slow cooker supper, learn this one. It forgives everything.

CAREFUL

- Thaw in the fridge. Never put it in frozen.
- Cook to at least 145°F, rest 3 minutes. Use a thermometer.
- Pregnant? Cook the beef all the way through.
- Soup mix and broth can contain milk, wheat, soy, egg or fish. Allergy, or avoiding gluten? Read the labels.
- Salty: babies should not eat salty foods.
- Leftovers: fridge within 2 hours, eat in 3 to 4 days. Reheat to 165°F on the stove or in a microwave, not in the slow cooker.
- Power out while you're away? Throw it out, even if it looks done.

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Ham and White Bean Soup

Serves 6 | Hands-on 10 min | LOW 6-7 hr | 6-qt

WHEN I MAKE IT

The Friday after a holiday ham, when snow keeps everybody home.

YOU'LL NEED

- 2 cups diced cooked ham
- 3 cans (15 oz) white beans
- 3 carrots
- 2 celery stalks
- 1 onion
- 6 cups chicken broth
- 1 tsp dried thyme
- Cornbread or crackers

HOW TO MAKE IT

1. Rinse and drain the beans; put them in the pot.
2. Chop the vegetables. Add them with the ham, broth and thyme.
3. Cover. LOW 6 to 7 hours, until the ham reads 165°F.
4. Mash some beans against the pot to thicken it.
5. Serve with cornbread or crackers.

FROM MY KITCHEN

Two cups of leftover ham and three cans of beans. That's a whole supper.

CAREFUL

- Use canned beans only. Never put raw dried kidney beans in a slow cooker.
- Cooked ham: keep in the fridge, use by its date. Reheat to 140°F if packed in a USDA-inspected plant, 165°F for other ham.
- Broth can contain milk, wheat, soy, egg or fish; cornbread and crackers have wheat. Allergy, or avoiding gluten? Read the labels.
- Salty: babies should not eat salty foods.
- Leftovers: fridge within 2 hours, eat in 3 to 4 days. Reheat to 165°F on the stove or in a microwave, not in the slow cooker.
- Power out while you're away? Throw it out, even if it looks done.

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The full book is coming soon, sweetheart, with a whole month of slow cooker suppers from my kitchen.

Until then, cook these three, and save me a seat at the table.

June