Using a Slow Cooker

Safety and Cooking Recommendations

- To avoid over-cooking, test for doneness close to the time given in the recipe.
- Slow cooker recipes are designed to be cooked with the lid in place.
- Start with fresh or thawed meat—not frozen.
- Use small pieces of meat rather than large cuts. Cuts larger than 2 pounds should be cut in half.
- Cook meat on high for one hour and then turn the cooker to low.
- Use recipes that include a liquid.
- Do not delay starting time.
- Do not reheat foods in a slow cooker or crock pot.
- Size matters, so if a recipe calls for a 3-quart cooker and you have a 6-quart, reduce cooking time by 1/3.
- Check food's internal temperature to make sure it reaches 160 degrees Fahrenheit.

Cooking Time Conversions

Oven	Slow Cooker
15-30 minutes	High: 1½ -2½ hours Low: 4-6 hours
35-45 minutes	High: 2-3 hours Low: 6-8 hours
50 minutes to 3 hours	High: 4-5 hours Low: 8-10 hours

Check Slow Cooker Temperature

- Fill cooker with 2 quarts of water.
- Heat the cooker on low for 8 hours.
- Quickly check the water temperature.
- The temperature should be 185 degrees Fahrenheit. Higher or lower temperatures will affect the doneness, and lower temperatures can cause food safety risks.

Challenge:
Try a new recipe
in your slow cooker today!

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