



# HEALTH ALTERNATIVES, LLC

## ***CROCK POT COOKING***

Time Guide: Converting “conventional” cooking times to crock pot times:

<u>If Recipe Says:</u>	<u>Cook on Low*:</u>	<u>Cook on High:</u>
15 - 30 mins	4 - 6 hrs	1 ½ - 2 hrs
35 - 40 mins	6 - 10 hrs	3 - 4 hrs
50 mins - 3 hrs	8 - 18 hrs	4 - 6 hrs

*\* Most uncooked meat and vegetable combinations will require at least 8 hours on LOW*

### Benefits of Crock Pot Cooking:

- No need for constant attention or frequent stirring
- No worry about burning or overcooking
- No sink full of pots and pans to scrub at the end of a long day
- Keeps your kitchen cool by keeping your oven turned off
- Saves energy - cooking on low setting uses less energy than most light bulbs

Tip: Keep a lid on it! The slow cooker can take as long as twenty minutes to regain the heat lost when the cover is removed. If the recipe calls for stirring or checking the dish near the end of the cooking time, replace the lid as quickly as you can.

### ***NUTRITIONAL FACTS & TIME SAVING TIPS***

- Always use unsalted butter. Those who like their butter salty can sprinkle sea salt on later
- Use only refined sea salt
- Use extra virgin olive oil and butter for cooking

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- To peel large amounts of garlic, place whole bulbs in the oven and bake at 300 degrees until the individual cloves open. Remove from oven and remove individual cloves
- Always put meat juices back into sauces and stews – they are rich in important amino acids

## ***RECIPES***

### **Bone Broth**

#### **Ingredients:**

1. Bones – from poultry, fish, shellfish, beef, lamb\*
  - cooked remnants of a previous meal, with or without skin and meat
  - raw bones, with or without skin and meat\*\*
  - a whole carcass or just parts (feet, ribs, necks and knuckles)
  - shellfish shells, whole fish carcasses (with heads) or small dried shrimp
2. Water – start with cold water
  - enough water to just cover the bones -or-
  - 2 cups water per 1 pound of bones
3. Vinegar – apple cider, red or white wine, rice, balsamic
  - a splash
  - 2 tablespoons per 1 quart water or 2 pounds bones
  - lemon juice instead of vinegar

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4. Vegetables (optional) – peelings and scraps like ends, tops and skins or entire vegetable

- celery, carrots, onions, garlic and parsley, but any will do
- if added towards the end of cooking, mineral content will be higher

Usage:

1. Soup: Make soup by adding vegetables, beans, grains or meat to broth. Briefly cook vegetables and meat with butter or oil in the bottom of a stockpot for 5 mins. Add broth. Simmer until all is cooked through.

2. Cooking Liquid: Use broth in place of water to cook rice, beans or other grains.

3. Gravy: Put fat (from the broth) or butter in a skillet. Add 1 tablespoon flour at a time, stirring constantly until browned. Whisk in broth and cook until thickened. Salt and pepper to taste.

4. Tea: You can add salt and sip broth like tea! Broth is energizing and calming, making a healthy replacement to morning coffee.

\* Pork bones are not generally recommended for prepared ahead broth, but are cooked into stew and soup recipes and boiled pig skin is traditionally consumed by many for the same purposes as broth.

\*\* Raw bones and meat may be browned first in the oven, or in the bottom of the stockpot to enhance flavor and color.