



Time Exchange Calculator

Time Exchange For Traditional Oven Or Stovetop To Slow Cooker

15-30 minutes original = 1.5 to 2 hours on high or 4-6 hours on low (Slow Cooker)

35-45 minutes original = 3-4 hours on high or 6-10 hours on low.

45 minutes to 3 hours original = 4-6 hours on high or 8-18 hours on low.

You can assemble and freeze many meals, that can go directly into the slow cooker.

Part of our How To series – converting recipes for the Slow Cooker or Crock-Pot will help you take ordinary everyday stovetop or oven baked recipes and cook them for hours in your slow cooker or crockpot.

Converting recipes for the slow cooker or crock-pot

Do you ever look at your slow cooker or crockpot lovingly and wish you could make tonight's dinner in it, but the recipe is not made for slow cooking? Wouldn't it be nice if converting your recipes for the slow cooker was easy? It is! You can adapt traditional recipes, and it is fairly easy but there are a few things you need to know, and here is that information.

Vegetables:

Add your vegetables in the final 15-30 minutes of cooking, especially if they are fresh vegetables. If you are using frozen vegetables, those should be added 30-45 minutes before the meal is ready.

Pasta:

Pasta is best if added the last hour of cooking so you don't get noodles that fall apart. You should also boil them for about 7 minutes before adding to the slow cooker. The alternative is just to cook the pasta separately and add to the finished slow cooker meal.

Dried Beans:

If your recipe calls for dried beans, soak them first before adding them to the slow cooker. You will need to soak them until they are completely soft or else, they won't cook properly.



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Dairy:

If your recipe calls for dairy products of any kind, including yogurt, milk, sour cream, cheese, etc. those need to be added during the last hour of cooking. You can substitute cans of condensed cream of soups for the dairy called for in recipes because they can handle a longer cooking time, whereas dairy cannot.

Rice:

Rice can go into the slow cooker dry. You will need to add an extra $\frac{1}{4}$ cup of liquid beyond what the recipe calls for. For every $\frac{1}{4}$ cup of rice you use. An alternate would be to cook the rice separate on the stovetop just before the slow cooker is done. Add the cooked rice to the slow cooker just before the slow cooker is done. Add the cooked rice to the slow cooker at the end (15-30 minutes) if you'd like to mix the flavors. If you use instant rice, it should not be added to the slow cooker until the last hour of cooking time.

Liquids in traditional recipes:

Liquids are funny in a slow cooker, because sometimes you end up with too much. Best suggestion is to reduce the amount of liquid the recipe calls for by $\frac{1}{4}$ or $\frac{1}{2}$ when you're making it in the slow cooker. Then about an hour before the meal is done, check to see if more liquid needs to be added.