
Crock Pot Recipes

Pork Chop Dinner

Ingredients- 1 pack of pork chops, 1 package Onion Soup mix, chicken broth, baby carrots (or cut up regular carrots), Cut up potatoes. Pour chicken broth and seasoning in crock pot and stir. Then add meat, potatoes and carrots. Cook on low 6-8 hours. Optional- You can switch up the meat for roast beef, chicken and veggies (but if using beef switch to beef broth) or add veggies and omit meat if a vegetarian (and use vegetarian broth).

Lasagna

Ingredients- 15 ounces ricotta cheese, 1 ½ cup cottage cheese, 6 tablespoons grated parmesan, Italian seasoning, 1 jar marinara sauce, lasagna noodles, shredded mozzarella cheese. Mix ricotta, cottage cheese and Italian seasoning together in one bowl; set aside. Spread half a cup of marinara sauce over bottom of the crock place lasagna noodles over to cover (may have to break pieces to cover it). Place half of cheese mixture over noodles. Cover noodles with pasta sauce, then noodles, then cheese mixture. Top with noodles and remaining sauce, mozzarella cheese and Italian seasoning. (Optional- add mushrooms and or cooked hamburger meat for a meaty lasagna). Cook on low for 4-5 hours.

Chili

Ingredients- 1 lb. ground beef (cooked and fat drained), 1 can kidney beans, 1 can pinto beans, 1 can (8 oz.) tomato chili beans, 1 sauce, 1 cup cheese, 1 onion (chopped), 1 pepper (chopped), 1 cup water. Place in crockpot – cook low for 8-10 hours. Optional-serve w/ chips, sour cream, cheese or salsa. Can omit the meat and add in a can or two of beans.

Chickpea Soup

Ingredients- Canned chickpeas, canned diced tomatoes, diced potatoes (can also be canned), 1 onion diced, baby spinach. Add garlic powder, paprika (or chili powder), salt and pepper. Cook on low for 4-5 hours.

Cooking in College

Quick guide about cooking in a dorm with tips and recipes!

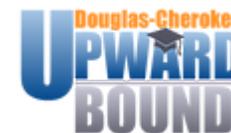
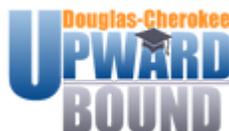


Table of Contents

Dorm Cooking Essentials.....	1
Shopping Smart.....	2
Planning Meals	3
Breakfast.....	4
Lunch.....	5
Spice Up Salads/Wrap It Up.....	6
Dinner	7
Snack Attack	8
Coffee Pot Recipes.....	9
Crock Pot Recipes.....	10

We compiled recipes from several sources with the hopes it would help college students feel more comfortable cooking for themselves. Most of the recipes are no cook or cook in the microwave (since most college students have access to a microwave), but we also included a few coffee pot recipes and crock pot recipes. There are some tips about stocking your kitchen, shopping and planning meals.



Coffee Pot Recipes

Oatmeal

Ingredients- 2 packets of instant oatmeal, water. Optional- jam/sugar/honey/dried raisins or other fruit, other flavoring. Open the oatmeal packets and put in the coffee pot. Add flavoring/dried fruit. Add 1 cup of water to the coffee machine and turn on. Takes about 5 minutes for water to drip down and cook. If you want it thicker just let it sit.

Steamed Veggies

Ingredients- Veggies cut into small chunks, water. Two options- 1-Place veggies in the filter basket and run water through several times. 2-Place veggies in the coffee pot and have veggies sit, then drain water and do again. Option one has firmer veggies; Option two has softer veggies.

Lemon Pepper Chicken

Ingredients- Chicken breast, lemon pepper seasoning, water. Place chicken in coffee pot and pour liquid (cover about ¼ of the chicken) Sprinkle with lemon pepper seasoning. Turn on coffee maker, cook about 15 minutes per side. – BONUS remove chicken, add a dash of milk and butter with potato flakes and you have a side dish.

Other Ideas:

Boiled Eggs- Takes about 10 minutes

Hot Dogs- Cook until they are heated through.

Pasta- Time depends on thickness of noodles smaller is better- ramen, spaghetti, easymac etc.

Rice- Pick a quick cooking rice for best results-add butter and spices

Lentils- These are small and quick cooking- let sit until soft.

Snack Attack

Tip- keep a small stash of snacks to avoid using the vending machines- popcorn, snack crackers, trail mix etc.

Guacamole- Ingredients- 1 avocado (you should be able to squeeze it so soft but not too soft), ¼ teaspoon salt, ¼ teaspoon pepper, 2 teaspoons lime juice, ¼ a tomato(diced small). Cut the avocado in half and remove the pit. Scoop out green part and use the fork to cut into smaller chunks and smooch to as smooth as you want. Add other ingredients. Eat with chips, crackers. Mix a small amount with mayo to make a tasty spread for sandwiches, burgers, or wraps.

Microwave Potato Chips- Ingredients- 3 Russet potatoes, 1 tablespoon parmesan cheese, ½ tablespoon salt, ½ tablespoon pepper, ½ tablespoon garlic powder. Slice 3 russet potatoes thin (if it is too thick it won't be able to crisp up like a chip), grease a microwave safe plate, lay potatoes flat on the plate, sprinkle with parmesan cheese and seasonings, microwave 8-10 minutes on high (depends on how fast the microwave cooks- keep an eye on it) until brown and crispy.

Microwave Chocolate Cake- Ingredients- 1 egg, ¼ cup powdered sugar, 1-2 tablespoons of cocoa powder (or some pieces of choc. Chips or candy bar). In a microwavable mug crack egg and add other ingredients. Whisk with a fork. Microwave for 50-60 seconds. *Nice addition is peanut butter

Spice up your popcorn- Add spice mixes from the store (taco seasoning or ranch seasoning), mix with pretzels and candy for sweet and salty bliss, or drizzle w/honey and add peanuts, Add parmesan cheese (grated) for a cheesy twist. The possibilities are really endless.

Dorm Cooking Essentials

APPLIANCES

Generally allowed appliances:

*Mini Fridge *Coffee Pot *Crock Pot

TIP- Do find out what size mini fridge you can have as it varies by schools and sometimes dorms.

Appliances often now allowed, so check first:

* Toaster Oven *Personal Microwave *Hot Plate

GENERAL KITCHEN ITEMS

* Microwave safe bowls and cups * Utensils

*Knife (you can get those plastic kid safe chef knives)

*Can Opener *Plates *Vegetable Peeler *Water Bottle

*Plastic Containers- small ones for leftovers/cooking in the microwave and a large one to store food in to keep fresh and bugs out.

You can get most of these at Wal-Mart, Target, Dollar General, Family Dollar etc. at reasonable prices. The fridge is more expensive, but look at it as an investment. You can also have your roommate buy the fridge and you bring something else like the TV or coffeepot.

Shopping Smart

STOCK SOME STAPLES

Spices- Salt, pepper, Italian seasonings, chili seasonings, lemon pepper seasoning – basic spices that go well in many foods.

Condiments- mayo, mustard, ketchup, relish, salsa, butter etc.,

Canned food- Many students like to buy soup, ravioli etc.- but think in terms of protein- tuna, spam, chicken salad, black beans etc.- especially vegetarians who eat a lot of beans- it is easier to buy canned than try to cook from scratch (unless you have a crock pot or stove- and it still takes times). Small mini cans/cups of veggies can allow you to add veggies without a ton of waste.

Dry Foods/Drinks- pasta, ramen, oatmeal, cereal, water flavor packets, tea, coffee, hot cocoa, popcorn, peanut butter, sugar, rice, crackers, quick cook rice.

PLAN A FEW MEALS/SNACKS

Try buying items that will work for several meals. For example- canned tuna, 6 pk. eggs, salad mix, shredded cheese, soft tortilla shells, this allows you several options- 1- Tuna Wrap- tuna, salad mix, cheese, tortilla shell 2- Breakfast Wrap- scrambled eggs (in microwave), cheese, tortilla 3- Salad w/ leftover tuna, salad mix, and cheese. – The trick is having your STAPLES and then finding 3 or more ways to use the same 5 ingredients. Then the money you spend on things like eggs and salad mix will not be wasted. Plus you can plan out several meals and have them ready to go.

Dinner

Meatloaf in a cup

Ingredients- 2 tablespoons of milk, 1 tablespoon of ketchup, 2 tablespoons of quick-cooking oats, 1 teaspoon of onion soup mix, ¼ a pound of lean ground beef.

Directions- In a small bowl, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well. Pat into a microwave-safe mug or custard cup coated with cooking spray. Cover and microwave on high for 3 minutes or until meat is no longer pink. Let stand for 3 minutes. Serve with additional ketchup if desired. Note- you can also substitute ground turkey or chicken to be healthier or Morningstar veggie burgers crumbled up if vegetarian.

Use leftover meat for other recipes: 1- Cook beef in a bowl, drain fat, add taco seasoning and water cook until water is gone and use to make nachos, tacos, or burritos. 2- Cook beef in a bowl with onion powder and Italian seasonings, drain fat, add tomato sauce/ spaghetti sauce/alfredo sauce and mix with cooked noodles. 3-Form into patties (with a hole in the center), place in a deep dish or bowl (to catch grease), cover with wax paper and cook 1 minute then flip cook 1 minute (check to see if it needs longer)- add burger toppings and a bun or add cheese and steak sauce for hamburger steak.

Microwave Jambalaya

Ingredients- Can of chopped tomatoes – more flavor if you get a can with seasoning/peppers, 1 can/bag of easy-cook rice, 1 red pepper seeded and chopped, 2 chorizo or other spicy sausage chopped, 1 can corn, Cajun seasoning

Directions- Place the canned tomatoes, rice, drained corn, pepper and chorizo in a bowl. Add 1 canful of water, Cajun seasoning, salt and pepper. Cover the bowl with cling film and pierce a couple of holes in it with a knife. Microwave the rice for 10 minutes at 750W. Tear off the cling film and give everything a really good stir, then return the uncovered bowl to the microwave for another 12-15 minutes until the rice is done. Take the bowl out of the microwave, cover it with a plate and leave to stand for 5 minutes.

Breakfast

Eggs

Scrambled Eggs via Microwave- 2 eggs; splash of milk, salt, pepper, beat with a fork. Stick in microwave (in a coffee mug or bowl) 2 minutes.

Omelets- Just like scrambled eggs, but add some other foods such as shredded cheese, salsa, cut up sandwich meat – whatever you want!

Boiled- You can do a lot with a boiled egg- make an egg salad sandwich , cut it up to put in a salad or wrap, make deviled eggs -or eat it plain as a good protein filled breakfast. Place egg into a bowl of hot water, cover with a plate and microwave @ 50% power for 4 minutes. (If you like a hard yolk leave egg sitting in the water for 2 more minutes.

Tip-Keep a few items like breakfast bars, cereal, bagels, or yogurt in case you have to eat breakfast on the run.

From Store to Microwave:

Oatmeal- (super easy to make and can add nuts, dried berries, honey etc. to spice/liven up). **Overnight Oats** – Mix oats, milk, fruit, chia seeds and nut butter. Let sit overnight. Grab & go in the morning.

Breakfast Burritos- (or make your own- make scrambled eggs, put in a soft burrito shell and add eggs, salsa etc.)

Sausage Links- (come prepackaged in a small box so they don't take up too much room, heat up quickly and can be on the side of eggs or in a breakfast burrito).

Lunch

Mac and Cheese

Ingredients- ½ cup macaroni or shell pasta; ½ cup water; ¼ teaspoon of salt, ¼ a cup milk and ¼ to ½ cup of shredded cheese. *Bowl/mug used must be deep enough for water to bubble*

Directions- Combine pasta, water, and salt in the bowl. Microwave in 2 minute intervals until the pasta is cooked the way you want it. (if needed add more water). Once it cooked stir in the milk and cheese, and microwave in 30 second intervals until cheese is melted.

Quesadilla

Ingredients- 2 flour tortilla wraps, shredded cheese (you can add chick strips, sandwich meat, refried beans etc. to liven up)

Directions- Lay one tortilla on a microwave safe plate and sprinkle evenly with cheese and any other ingredients, then top with the second tortilla. Microwave for 45-50 seconds (until cheese is melted). Add shredded lettuce, diced tomato, salsa, sour cream or guacamole to spice it up.

Microwave Potatoes

Poke a sweet potato with a fork or knife all over, microwave for 5-6 minutes, top with nut butter, or beans and veggies and enjoy for lunch. Can also cook a regular potato the same way or buy potatoes made to microwave. Mix up toppings to keep things from getting dull- <http://www.delish.com/cooking/g3210/best-baked-potato-toppings/>

Barbeque Chicken Sandwich

Ingredients- Rotisserie chicken shredded, 1 to 1 ½ cups barbeque sauce, hamburger bun. Optional additions- jalapenos, pickles, cheese.

Spice Up Your Salads

Tex-Mex Salad -Mixed greens topped with sliced deli meat or diced veggie burger patty, black beans, shredded cheese, and salsa.

Asian Chicken Salad- Lettuce topped with chicken (shredded or chopped), green onions, grated carrots, almonds or peanuts, drained canned mandarin oranges.

Apple Chicken Salad- Lettuce topped with chicken (shredded or chopped), chopped apples, raisins, grapes, and nuts.

***Use any salad idea in a wrap for an on the go option. Remember quick options such as canned tuna or chicken for quick prep.**

Bring back childhood with peanut butter and jelly wraps (spread and roll onto tortilla shell)

Make any wrap or salad vegetarian by using tofu, grilling veggies in the microwave, canned beans or using a veggie meat alternative patty in place of meat*

Wrap It Up

Ham and Cheese Wrap- Slices of ham, cheddar cheese or handful of shredded), tomato, and tortilla shell. Place ham on tortilla, rip cheese into small pieces and spread over the ham, top with tomato. Roll up and microwave @ 70% power for 90 seconds. Use the same premise but play with other combinations of your favorite ingredients for endless options.

Cesar Salad Wrap- Lettuce, sliced hard-boiled egg, sliced tomatoes, cheese, salad dressing, tortilla shell. Combine and roll.

Roasted Veggie Wrap- Roasted veggies, mashed avocado w/ a little lemon juice and salt/pepper, tortilla. Spread avocado on tortilla shell add roasted veggies. Roll and enjoy. Roast veggies in the microwave by placing in a dish with a little butter, salt and seasoning of choice.

Planning Meals

Step One: Estimate how many meals or snacks you will need for the week. Are there times of day you need a meal- not enough time between classes to eat lunch or a meal plan that only services lunch and dinner on the weekend? Which days will you need the meals or snacks and what meal/time will you be eating them? Do you need to be on the go?

Example: Monday/Wed. – Lunch on the go (not enough time between classes), Tuesday- Late snack (night class makes me hungry), Friday- before work snack, Saturday and Sunday- Breakfast and late snacks (no breakfast served and stay up later on these nights)

Step Two: Pick a main ingredient or two you want to use- try and find multiple purposes for these- most important for items that will go bac such as fruits/veggies/meat.

Example- Monday- Ham and Cheese Wrap (warm) Tuesday- Popcorn with honey and peanuts Wednesday- Tuna Wrap (cold) Saturday –Omelet; Sunday- Oatmeal

Step Four: Make a grocery list-be sure to combine amounts- for example if you are making several meals with tortilla shells or eggs- how many will you need total.

Tortilla Shells- 2-4 so 1 small pack

Tuna- 1 can or pack

Eggs- 4 eggs so half a carton

Tomato- 1 small tomato (half for ham wrap and ½ for tuna wrap)

Cheese- 1 pkg. either sliced or shredded- however you want in wraps

Nuts- small pack or buy in bulk for future purposes

Milk- 1 small container (use with omelet and oatmeal)

Sandwich Meat- I small pack

*Assuming that oatmeal, salsa, honey & popcorn are in the pantry. Bonus- You still have 2 eggs you could use in chocolate cake if you have powdered sugar and chocolate, plus extra sandwich meat for next week or rolled up with cheese (sliced) for a quick snack. *