

## 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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