

Basic Crock-Pot Technique

Step 1: Salt Protein



Step 2: Prepare veggies, herbs, spices, vinegar, beef, wine, stock, water



Step 3: Add all ingredients to pot



Step 4: Set time and heat level. Go enjoy life!



Step 5: Serve after timer goes off!

Crock-Pot Tips

- Always add an acid:
Vinegar, Lemon Juice,
Wine
- Taste near end of cooking
process and adjust
seasoning
- Experiment: Throw a
bunch of ingredients in
and cook on low for 8
hours....It's hard to go
wrong.