

# CROCKPOT

## Red Meat

### Beef Roast:

Weight: 3-4 pounds

Low: 8 hours

High: 6 hours

### Beef Stew:

Weight: 3 pounds

Low: 6 hours

High: 5 hours

## Chicken

### Whole Chicken:

Weight: 6 pounds

Low: 7 1/2 hours

High: 6 1/2 hours

### Breast/Thighs:

Weight: 3 pounds

Low: 4-5 hours

High: 2-3 hours

## Pork

### Pork:

Weight: 3 to 4 pounds

Low: 6 hours

High: 5 hours

## Fish

Weight: 3 pounds

Low: 3 1/2 hours

High: 1 1/2 hours

## Potatoes

### Whole (pricked, foil wrapped):

Low: 8-10 hours

High: 4-5 hours

## Rice

**White:** 1 cup rice to 2 cups water - wash rice before adding

Low: 2 1/5 - 3 hours

## Cooking Tips

- Place firm, root vegetables like potatoes and carrots at the bottom and meat (fat side up) on top
- Minimum internal meat temperatures Chicken (165 °F) Beef, Pork, Veal & Lamb (145 °F allow to rest for at least 3 minutes)
- For high-altitude cooking, add an additional 30 minutes for each hour in the recipe

## Oven Time

## Crockpot Low

## Crockpot High

15-30 min

4-6 hours

1-2 hours

30-60 min

5-7 hours

2-3 hours

1-2 hours

6-8 hours

3-4 hours

2-4 hours

8-12 hours

4-6 hours