

Cooking Encounters with H.B.

Crockpot Tips & Safety

- Crockpot & **Slow Cooker** are the same thing.
- Slow cookers **are meant** to be left on for several hours and several modern cookers come with auto-shut-off features and timer options.
- Use on a **heat-proof surface** away from walls and cook on low heat if you are leaving it unattended or overnight.
- **Do not** cook frozen foods in the crockpot. Thaw food based on package directions before cooking in a crockpot.
- **Add** a little liquid to your slow cooker just as a safety precaution even if the recipe doesn't call for it.
- You can use cooking spray to help **prevent** sticking.
- **Do not** overfill. This could lead to spillovers.
- Like rice - DO NOT open the lid while cooking. It is best to '**set it and forget it**' concerning lifting the lid during cooking.
- **PREHEAT** your cooker. Even if you are cooking on low it is best to **preheat** your crockpot just like you would your oven.
- for more information visit: www.fsis.usda.gov/food-safety

Visit the USDA's Food & Safety website for details and updates to any and all information regarding food temperatures, safety, and wellness. Alongside Creations, their creators, editors, and associates are not responsible for undercooked food and/or illness that results from misinformation on this page or any of the recipes linked to alongsidecreations.com

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