



In *Slow Cooker Double Dinners for Two*, award-winning cookbook author Cynthia Graubart expands her unique concept of using a 3½- or 4-quart slow cooker coupled with slow cooker liner bags, creating two different dinners at the same time. Double dinners produce not only a tasty meal for tonight but also a wonderful second meal for later in the week or for the freezer.

Enjoy diverse dishes like Chicken Marsala with Mushrooms and Sage, Rustic Mexican Stew, and Turkey Breast Tenderloin with Cranberry-Orange Sauce. Make them alongside updated traditional favorites like Red Wine Flank Steak, Old-Fashioned Pot Roast, Cherry Balsamic Pork, Vegetarian Chili, and more!



\$19.99 U.S.



Graubart

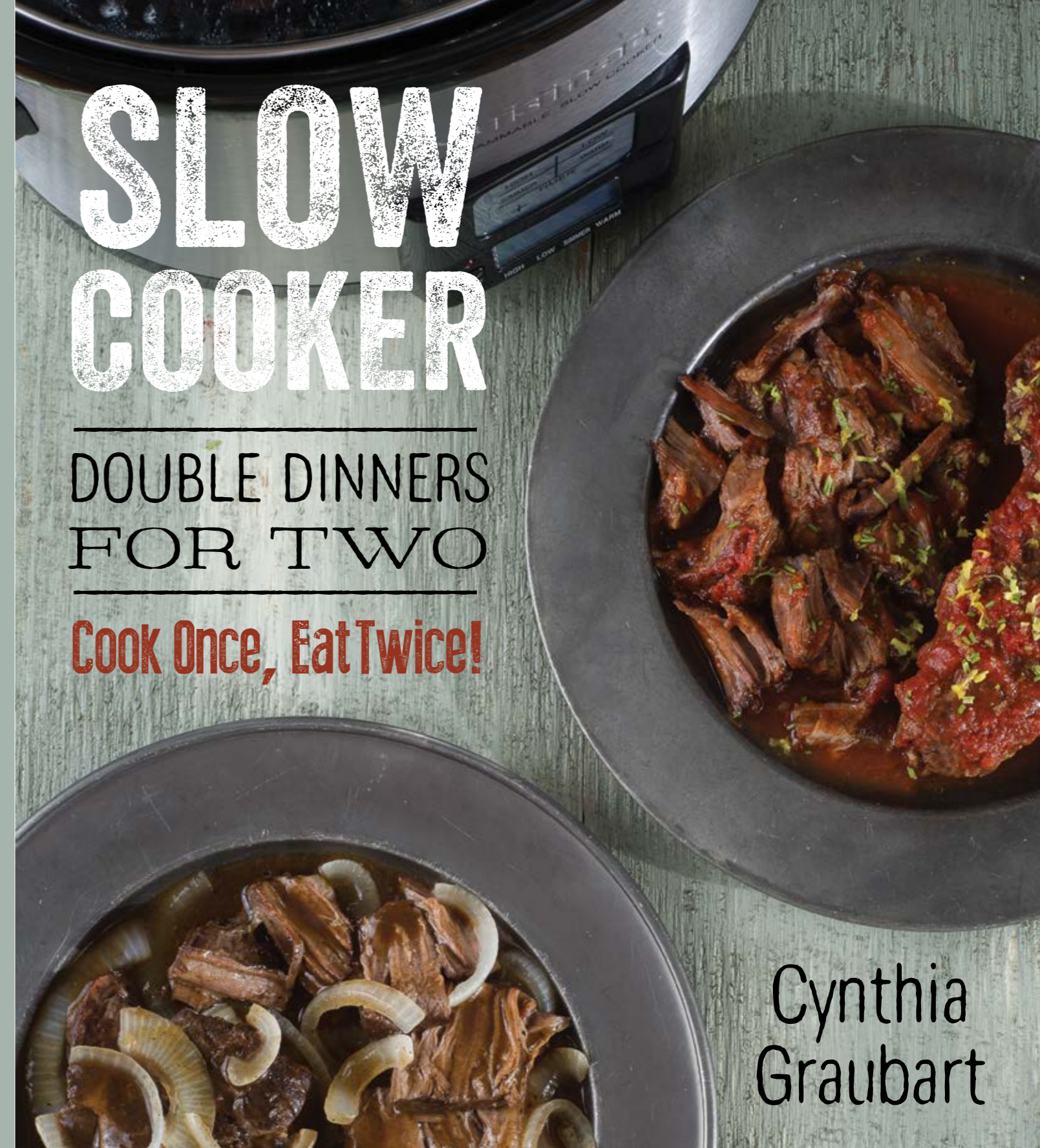
DOUBLE DINNERS FOR TWO

SLOW COOKER

# SLOW COOKER

## DOUBLE DINNERS FOR TWO

**Cook Once, Eat Twice!**



Cynthia Graubart



Pork Tenderloin with Ginger Mango Sauce

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# PORK TENDERLOIN

Carefully follow the preparation and finishing instructions to avoid getting burned from the hot food and liquids.

## LINER #1 GARAM MASALA PORK

SERVES 2

Garam masala is a traditional spice mixture used in Indian cooking. There are as many different combinations as there are cooks, but most contain at least cumin, coriander, cinnamon, cardamom, and pepper. Serve this dish over rice.

**1/2 pound pork tenderloin (half of a small tenderloin), cut into 1-inch cubes**

**Salt and freshly ground pepper**

**3 cloves garlic, minced, or 1 1/2 teaspoons bottled minced garlic**

**1 tablespoon grated fresh ginger or 1 teaspoon ground ginger**

**1/2 teaspoon chili powder**

**1/2 teaspoon garam masala**

1. Insert liner into the slow cooker, fully opening the bag and draping the excess over the sides.
2. Place pork in a medium-sized bowl. Season to taste with salt and pepper.
3. Stir together garlic, ginger, chili powder, and garam masala into a paste in a small bowl.
4. Rub the paste into the pork, coating the pork evenly. Move pork to the bottom of the liner.
5. Fold the top of the bag over to one side and push ingredients at bottom of liner over to create room for the second bag.

## LINER #2 PORK TENDERLOIN WITH GINGER-MANGO SAUCE

SERVES 2

Mango, ginger, and pork are a mellow, soothing trio. Serve this dish over rice.

**1/2 pound pork tenderloin (half of a small tenderloin)**

**Salt and freshly ground black pepper**

**2 tablespoons dry sherry**

**2 tablespoons light or dark brown sugar**

**2 teaspoons grated fresh ginger**

**1 teaspoon chopped fresh thyme**

**1 teaspoon chopped fresh rosemary**

**1 medium mango, peeled and sliced, half diced, divided**

1. Insert liner into the remaining space in the slow cooker, fully opening the bag and draping the excess over the sides.
2. Add the pork to the bottom of the liner. Season with salt and pepper to taste.
3. Stir together sherry, brown sugar, ginger, thyme, rosemary, and diced mango in a small bowl. Pour over pork.
4. Reserve remaining mango to top finished dish for serving.
5. Fold the top of the bag over to the opposite side of the first bag and nestle the ingredients of each bag so that they are sharing the space evenly.

## TO COMPLETE THE RECIPE:

**6.** Each closed liner should be draping away from the other, extending over the sides of the slow cooker.

**7.** Cover and cook on LOW for 5 hours.

Move two shallow serving dishes or bowls next to the slow cooker. Remove cover and, using pot holders or oven mitts, carefully open each liner and move the solids with a slotted spoon or tongs to its own serving bowl. Still using a pot holder, gather the top of the first liner, carefully lift the bag from the slow cooker and move over its serving bowl. Cut a corner off the bottom of the bag, large enough to allow the remaining contents of the bag to be released into the bowl. Discard the liner. Repeat with the second liner.

Allow the recipe not being served to cool, then package in a resealable plastic freezer bag or freezer container. Label and freeze up to 3 months.

Before serving, taste and season again with salt and pepper. Top the Pork Tenderloin with Ginger-Mango Sauce with reserved mango before serving.



# CHICKEN THIGHS

Carefully follow the preparation and finishing instructions to avoid getting burned from the hot food and liquids.

## LINER #1 CURRIED CHICKEN STEW

SERVES 2

Chicken thighs have myoglobin, which packs a punch in the iron department, and more zinc and B vitamins than chicken breasts.

- 1 medium white potato, peeled and diced
- 1/2 green bell pepper, cored, seeded, and cut into strips
- 4 bone-in, skinless chicken thighs
- Salt and freshly ground black pepper
- 1 small onion, sliced
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1 teaspoon sweet paprika
- 1 teaspoon ground turmeric
- 1/2 teaspoon crushed red pepper flakes, divided
- 1 teaspoon grated fresh ginger, or 1/2 teaspoon ground ginger
- 1 (14 1/2-ounce) can diced tomatoes, drained

1. Insert liner into the slow cooker, fully opening the bag and draping the excess over the sides.
2. Add potato and bell pepper to the bottom of the liner. Top vegetables with the chicken thighs. Season to taste with salt and pepper. Top chicken with onion slices.
3. Stir together the coriander, ground cinnamon, paprika, turmeric, and 1/4 teaspoon pepper flakes in a small bowl. Sprinkle over onions. Reserve the remaining pepper flakes for topping finished dish before serving.
4. Stir the ginger into the diced tomatoes and pour over the chicken and vegetables.
5. Fold the top of the bag over to one side and push ingredients at bottom of liner over to create room.

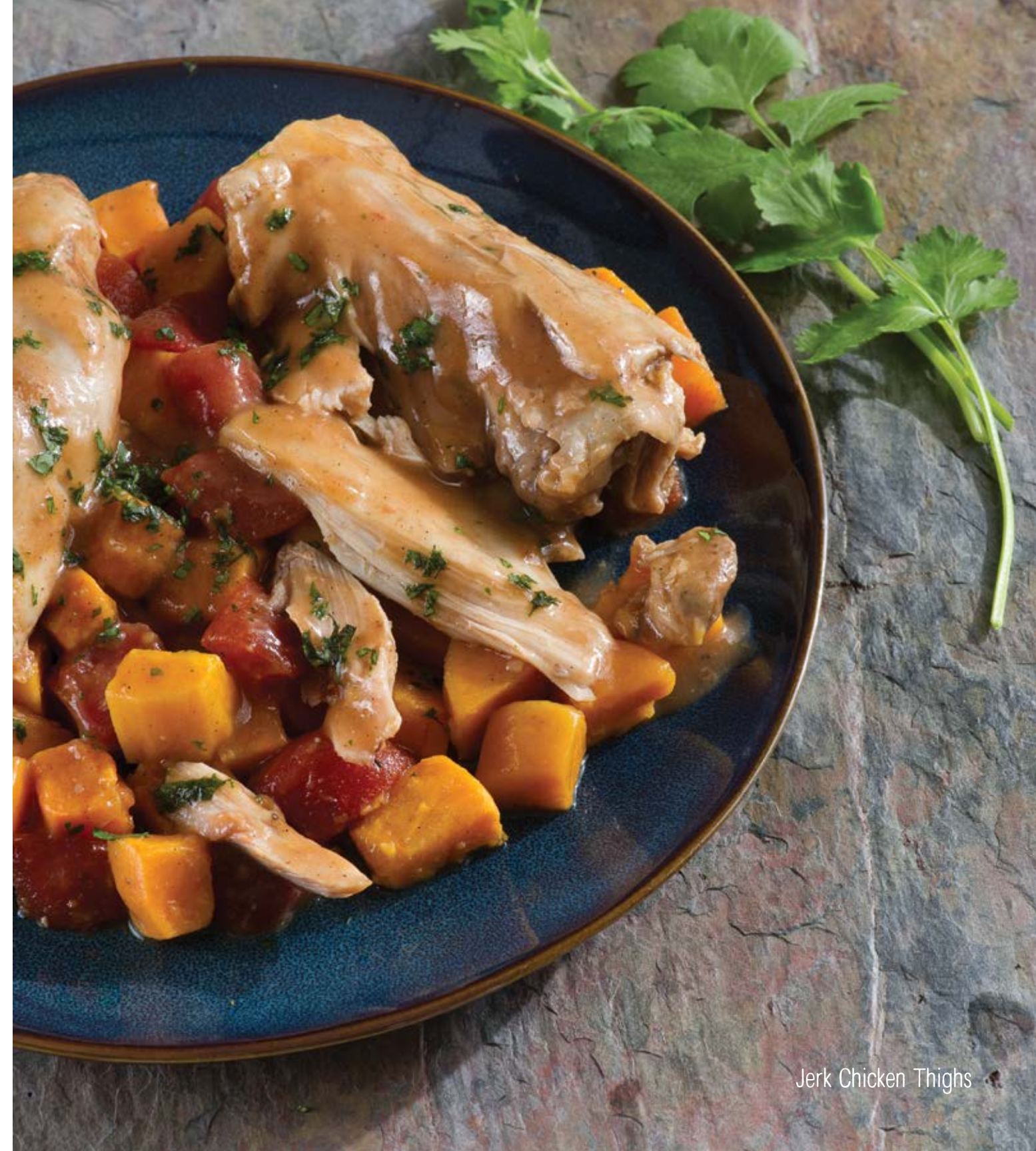
## LINER #2 JERK CHICKEN AND SWEET POTATO STEW

SERVES 2

Jerk seasoning gives these chicken thighs a spicy, exotic flavor. If you like cilantro, don't skip adding it to the finished dish.

- 1 medium sweet potato, peeled and diced
- 4 bone-in, skinless chicken thighs
- Salt and freshly ground black pepper
- 2 cloves garlic, minced, or 1 teaspoon bottled minced garlic
- 1 tablespoon jerk seasoning
- 1 (14 1/2-ounce) can diced tomatoes, undrained
- 3 tablespoons chopped fresh cilantro

1. Insert liner into the remaining space in the slow cooker, fully opening the bag and draping the excess over the sides.
2. Add sweet potato to the bottom of the liner and cover with chicken. Season to taste with salt and pepper.
3. Stir the garlic and jerk seasoning into the tomatoes and pour over chicken.
4. Reserve cilantro to top finished dish for serving.
5. Fold the top of the bag over to the opposite side of the first bag and nestle the ingredients of each bag so that they are sharing the space evenly.



Jerk Chicken Thighs