

SLOW COOKER DIPS, FULLY



THE COOKFUL

Edited by Christine Pittman and Amy Bowen

Slow Cooker Dips, Fully

I find it so ironic that we start January with resolutions to be healthy and then the game days show up to challenge us with nachos, wings and gooey cheese galore. Instead of fighting it though, we're embracing it. Sure, we'll eat our boneless skinless chicken breasts with farro and steamed broccoli on Monday nights. But when it comes to kick-off time, we're going for glory.

And wow, what glory we have in store for you!

We thought a lot about our favorite game day foods and decided that what we all love most are those ooey gooey cheesy dips. Especially when they're hot and dripping from a chip, dribbling down your chin. Mmmmm. Bet you can't eat just one.

To make these dips even more perfect for game day, we've focused on Slow Cooker Dips. The reason is simple. They're easy to make (often you just throw everything into the slow cooker and let it be). You can serve them right out of the slow cooker (less mess and they stay warm throughout the game). They're portable if your game day party is a potluck (make it at home then transport your slow cooker to the party and plug it in when you get there). Ideal, right?



THE COOKFUL

Introduction

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In the pages ahead you're going to get some great tips for adapting your own regular dip recipes into slow cooker dips, tips for making dips healthier (it's possible. Really!), plus tons of delicious slow cooker dip recipes like Buffalo Chicken Dip, Philly Cheese Steak Dip, several versions of queso (we even compare one made with processed cheese versus one made with real cheese - which do you think will be chosen as the best?), a Taco Dip, a Jalapeno Popper Dip. The list goes on and on. It's a seriously fun-filled, cheesy little book. We hope you love it! Ready?

Three...Two...One...Hut!

Hehe. Let's dip in!

Christine

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Edited by Christine Pittman and Amy Bowen. Designed by Susannah Brinkley.

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Why Make Dips in the Slow Cooker?

By Lyndsay Burginger

Hot gooey dips make the best group appetizers. Why should you consider making yours in a slow cooker instead of on the stove or in the oven?

There are many reasons to love slow cookers, but today I am going to focus solely on making dips in slow cookers. Pizza dip, spinach and artichoke, you name it!

Ease of Cooking

One of the greatest advantages of a slow cooker is how fast it is to get the recipe cooking. It usually only takes a few minutes of prep, a little bit of chopping, a little bit of slicing, and then you are done and the slow cooker takes over.

Hands Off!

I usually make dips for parties such as the Super Bowl or even for a birthday. When I'm running around the house setting up I love that I can rely on my slow cooker to make my dips without me constantly hovering. Plus it adds an amazing aroma throughout the entire house!

Keep it Warm

Not only can you cook with a slow cooker, you can also serve out of it! Keeping the slow cooker on the "warm" setting keeps my hot dips hot.

If You Can't Stand The Heat

In the Florida heat we avoid turning on our ovens as much as possible. That's where a slow cooker comes in, its able to cook food without that added temperature in the kitchen.



White Slow Cooker Queso

By Allie McDonald

Throw this easy White Slow Cooker Queso together in 5 minutes flat! Yeah, you're totally going to be the life of the party.

When queso's on the menu you know there's going to be a fiesta. Melty pools of ooey, gooey cheese, swirled with flecks of chilies and spice – count us in! Where's the sombrero?

There are thousands of queso recipes out there. Today we're doing a tribute to the classic white version, but giving ourselves a little more time to relax before the guests arrive by making it in the slow cooker. What could be better than that?

We'll be using a blend of white cheeses to develop several layers of flavor and to make sure we have that delightful melted cheese dripping off the side of your crunchy little chip. American cheese is used for the salty, classic cheese flavor, cream cheese for the velvety smooth texture, and the addition of mozzarella adds a serious string factor.

Lime zest and cilantro give your queso that brightness that it SO desires, and of course we

White Slow Cooker Queso

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have to add some smoky heat with chili powder. Pop that cheese out of the wrapper, lock your slow cooker into place, and drop the melty goodness down on in.

Yield: 10–12 servings

Prep Time: 5 minutes

Cook Time: 2 hours

Total Time: 2 hours, 5 minutes

Ingredients:

16 oz. white American deli
cheese

8 oz. cream cheese

8 oz. mozzarella

8 oz. canned green chilies

1 and 1/2 cups half & half

Zest of 1 lime

1/2 tsp. garlic powder

1/2 tsp. chili powder

1–2 Tbsp. fresh, chopped
cilantro

Tortilla chips for serving

1. Unwrap each block or ball of cheese and place into your slow cooker. Next, add the cans of green chilies, following that with the half and half. Zest your lime into the slow cooker. Finish by adding the garlic and chili powder.
2. Set your slow cooker on low, checking back every 20 minutes or so to stir until the cheeses have melted and combined. After 2 hours, your cheese will be fully melted. You can serve directly out of the slow cooker, or transfer into a bowl. Make sure to top with cilantro and a smile, and scoop up with your favorite chip.

How To Convert Dip Recipes to a Slow Cooker

By Lyndsey Burginger

No more watching the stove top! Learn how to transform your old standby dip recipes into slow cooker dips with these simple tips.

I love slow cookers. They are super easy to use and they let you walk away from the cooking for a little bit. And the best part is that converting recipes to cook in a slow cooker is so simple!

Like your oven and stovetop, slow cookers use dry heat to cook your food. The only thing that makes a slow cooker different from a stove is the temperature and how long it takes to reach it. Both the “low” and “high” settings of slow cookers come to the same temperature point, however it takes the “low” setting twice as long to get there. Which is good for recipes in which you want to slowly coax the flavors out, such as roasts.

Converting a dip recipe to cook in the slow cooker is fairly straight forward if you follow these tips:

TIMING

- + Finding out the timing is different for each recipe. For cheese and dairy based dips use the low function for one to two hours depending on the recipe. For meat and vegetable based dips use the high function and cook two to three hours depending on the recipe.

LIQUID

- + Reduce the amount of liquid in half. Slow cooking adds moisture because the lid is constantly covered.
- + If there seems to be too much liquid at the end of the cooking, remove the lid and cook until the liquid is evaporated.
- + If the recipe does not have any liquid, add 1/2 cup of water to produce moisture.

MEATS AND VEGETABLES

- + Brown any meats in a skillet before adding to the slow cooker. This will add a depth of flavor to your dips.
- + Cut all your vegetables into uniform sizes to cook evenly in the slow cooker.

How to Convert Dip Recipes

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AT THE END

- + Add delicate vegetables such as tomatoes and squash at the end of the cooking.
- + Add dairy products during the last 30 minutes to prevent curdling.
- + Add fresh herbs and citrus juice after the slow cooker is turned off, or just before serving, to add brightness.

By following these tips you'll be able to transform any of your favorite dips into a slow cooker recipe.



Slow Cooker Buffalo Chicken Dip

By Lauren Sharifi

Buffalo Chicken Dip is always a crowd-pleaser. This version is made in the slow cooker making it easier than ever, and warm all throughout your game day party.

I'm a huge fan of buffalo chicken dip. It's full of flavor and makes for a great go-to appetizer for any event, any time of year. The question I always have, though, is what cheeses and dressings give me that classic buffalo chicken flavor I love so much? Blue cheese or ranch dressing? Cheddar cheese or mozzarella? After a bit of experimenting, the answer was clear: a little bit of everything! For this recipe, I use blue cheese dressing, and get the ranch flavor by adding garlic and onion powders. I then added both mozzarella and cheddar cheese for the full spectrum of cheesy goodness.

I am all about time-saving tips, so instead of cooking my own chicken from scratch I like to use a roasted chicken from the local grocery store. The chicken is always super moist and flavorful, and adds another element to the dip.

Slow Cooker Buffalo Chicken Dip

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Everyone loves a nice cheesy dish, but my biggest pet peeve is that once the cheese cools down, the once gooey dip turns back into a hard layer of cheese. Using a slow cooker easily solves that, allowing you to keep the dish warm and melty as long as you need it!

This recipe is based on the original that we all know and love. But if you are looking for a lighter version, there are several simple substitutes that will lighten things up, including choosing lower fat cream cheese, dressings, and cheeses.

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 2 hours

Total Time: 2 hours, 10 minutes

Ingredients:

3 cups shredded roasted chicken
1 package (8 oz.) cream cheese
1 cup shredded cheddar cheese
1 cup shredded part-skim mozzarella cheese
3/4 cup hot sauce or buffalo wing sauce*
1/2 cup blue cheese dressing
1/2 tsp. garlic powder
1/2 tsp. onion powder

1. Add all ingredients to the slow cooker and mix to combine.
2. Cook on low for 1-2 hour, or until cheeses are melted.

NOTE: *Using hot sauce (like tabasco) yields a very spicy dip. If you want a milder version, use Buffalo Wing sauce, such as Frank's Red Hot Wing Sauce ([learn about the difference between hot sauce and wing sauce here](#)).

10 Tips to Make Your Favorite Dips Healthier

By Rebecca Clyde

You know that pesky New Year's resolution that you made? You promised you'd eat healthy, but you love a good game day party dip. Here are 10 painless ways to be healthy and eat all that dip.

So many healthy recipes promise delicious results. Unfortunately, my experiences are different. I've tried so many recipes that are supposed to be better for me and still taste great. But sadly, they don't. Instead of trying someone else's supposedly tasty healthy recipe, why not go to your own old standby recipe that you know is delicious and apply some of these healthy makeover tips. That way you get your classic dip without compromising on flavor or creaminess, and you'll add a few nutrients along the way as well!

1. USE NEUFCHATEL CREAM CHEESE

Way back in the day, an American dairyman added cream to Neufchatel cheese to make cream cheese. Or at least, that's what the legend says. So literally the only difference between cream cheese and Neufchatel cream cheese is the fat content. It still looks, smells, and tastes very similar. I've never noticed the difference, and if you're using it in a dip, the likelihood of anyone noticing this slight difference is well, slight. Look for Neufchatel or 1/3 less fat cream cheese in your dairy section, they're the same and in the same box or tub as your favorite cream cheese.

2. SUB PART OF THE MEAT WITH VEGETABLES TO YOUR DIP

Does your recipe call for 1 cup of steak or other meat? Replace part of that meat with meaty veggies like zucchini, eggplant or mushrooms.

3. SUB MAYO OR SOUR CREAM WITH LOW-FAT PLAIN GREEK YOGURT

It's creamy, tangy, and packed with satisfying protein. The cheese has enough fat, you don't need to add more if you don't have to!

Tips for Healthier Dips

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4. USE VEGGIES AS DIPPERS

Skip the crackers and slices of baguette. Instead try sliced bell peppers, cucumbers, grape tomatoes, slices of zucchini, raw cauliflower and broccoli, celery sticks. The choices are endless!

5. CHOOSE WHOLE GRAIN BREADS AND CRACKERS TO DIP.

If you can't resist a bit of carb, go with whole grain so that you get fiber and vitamins with your appetizer.

6. USE LOW FAT OR SKIM MILK

Any cream cheese (or Neufchatel cheese!) or other kind of cheese you'll be using has enough fat to keep your dip creamy and ooey-gooey. So go ahead and use fat-free milk in the dip.

7. ADD EXTRA VEGGIES

Make your dip a spinach dip by adding frozen spinach (that's been patted dry) or add any other veggies. Note: I wouldn't double the veggies if you want your dip to still be ooey-gooey, but if you don't care about the gooey factor, add as many as you can fit in your serving dish!

8. DON'T LOAD ON THAT DIP

Do you usually get enough dip to completely cover your cracker? Chances are that you're going to want to continue dipping and eating past fullness. If you're watching a game or something, trick your mind into thinking you're still eating a lot, but don't spoon as much dip onto your dipper. just try it, you might not notice!

9. CUT BACK ON THE CHEESE TOPPING BY 1/2 OR 1/3

If your dip usually has a covering of shredded cheese on top, omit it or cut it down by half. This will give you enough cheese to still cover your dip, but not as much.

Tips for Healthier Dips

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10. REPLACE 1/3 TO 1/2 OF THE CREAM CHEESE WITH RICED CAULIFLOWER.

Riced cauliflower is creamy when blended and adds a nutrient punch to your go to-dip.



Slow Cooker Queso with Real Cheddar Cheese

By Karman Meyer

This queso is made with real cheddar cheese instead of a processed cheese. It's also made in the slow cooker so it's simpler than ever to make.

As Americans, it's in our nature to enjoy dunking things in cheese. Go to any tailgating event or sports watch-a-thon and there's bound to be a bowl of queso surrounded by a pile of tortilla chips.

Luckily, it's quite simple to throw together a good chile con queso and it works well for feeding a large crowd. While a processed cheese such as Velveeta may be the gold standard (pun intended) in most queso dip recipes, we wanted to give regular shredded cheddar cheese a try as a less-processed alternative.

Let's jump in!

Cheddar Slow Cooker Queso

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Yield: 6 servings

Prep Time: 5 minutes

Cook Time: 3 hours

Total Time: 3 hours, 5 minutes

Ingredients:

4 cups shredded cheddar
cheese

1 (15 oz.) can no-bean chili

1 (10 oz.) can mild diced
tomatoes & green chiles
(like Rotel), drained

8 oz. 2% milk

1 tsp. ground cumin

1 tsp. chipotle chili pepper
seasoning

1/2 tsp. cayenne pepper

1/2 tsp. salt

1. Add all ingredients to a slow cooker, cover and set on low to cook for 2 hours. Stir to combine ingredients and continue to cook, covered, for 1 more hour. Keep the slow cooker on warm setting to keep warm when serving. Serve queso with tortilla chips.



Slow Cooker Pizza Dip

By Stephanie DeMarr

Here's a new spin on pizza. The slow cooker lets you fix this dip and forget it until game time.

This is the time of the year for “The Big Game.” From the local high school and college teams to national sports, it seems almost every weekend (and many a weeknight) have a big game on. For these big game nights, food needs to happen. But since life also has to happen, we love to break out the slow cooker to give us food we love and time to do other things while the food cooks.

With that in mind, we have developed a yummy dip that brings the flavor of a big game standby (pizza) with the ease of slow cooker (set it and forget it). Cream cheese topped with a yummy mix of cheeses, sauce, meat and veggies that cook slowly while you are NOT in the kitchen. Pair this amazing dip with some warm garlic toast or breadsticks for a game night winner or just make this dip when you need to satisfy a pizza craving and don't have time to hang in the kitchen making pizza.

Slow Cooker Pizza Dip

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Yield: 4 cups

Prep Time: 10 minutes

Cook Time: 2 hours

Total Time: 2 hours and 10 minutes

Ingredients:

12 oz. cream cheese

1 jar (14 oz.) pizza sauce

1 green pepper, finely
chopped

3 oz. pepperoni, finely
chopped

2 cups shredded mozzarella
cheese

$\frac{3}{4}$ cup shredded Parmesan
cheese

Cooking spray

1. Generously spray the inside of your slow cooker, making sure to coat the sides as well as the bottom.
2. Cut up cream cheese into squares and place in the bottom of the slow cooker.
3. In a large bowl, place all remaining ingredients and mix well to combine. Pour over the cream cheese, place the lid on and cook for 2 hours on low setting.



Slow Cooker Queso with Velveeta

By Karmen Meyer

It's the one. The only. The classic. Queso dip made with Velveeta. This one's done in the slow cooker making it easier than ever.

There's good reason why Velveeta is often referred to as liquid gold; it has magical melting power. Well, not really magical. It all comes down to the ingredient list and basic chemistry but essentially, Velveeta and other processed cheese products melt well because they don't actually include real cheese. Modern day cheese-food creators have made a product from milk fat, whey, salts, and other additives that somewhat resembles cheese and melts extremely well.

If you're in need of an easy dip to serve a crowd, this is it. It couldn't be any simpler to assemble--just throw everything into the slow cooker and then let it do the rest of the work.

Slow Cooker Queso with Velveeta

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Yield: 6 servings

Prep Time: 5 minutes

Cook Time: 3 hours

Total Time: 3 hours, 5 minutes

Ingredients:

16 oz. Velveeta cheese (4 mini blocks)

1 (15 oz.) can no-bean chili

1 (10 oz.) can mild diced tomatoes & green chiles (like Rotel), drained

8 oz. 2% milk

1 tsp. chipotle chili pepper seasoning

1 tsp. ground cumin

1/2 tsp. cayenne pepper

1/2 tsp. salt

1. If using a large block of Velveeta cheese, cut into 2-inch cubes first to speed up the melting process. Add all ingredients to a slow cooker, cover and set on low to cook for 2 hours.
2. Stir to combine ingredients and continue to cook, covered, for one more hour.
3. Keep the slow cooker on warm for serving. Serve queso with tortilla chips.

The Queso Showdown: Velveeta vs. Real Cheddar

By Karmen Meyer

Which will win the tastiest taste test on your party table? Queso made with real cheddar cheese or queso made with Velveeta? Place your bets.

In this book, we've shared slow cooker queso recipes using two different types of cheeses: one with Velveeta and the other with real shredded cheddar cheese. After some serious queso taste-testing (it's difficult work, people), we've compiled the data and compared the two recipes.

Which queso will reign supreme in this showdown? Let's find out.

APPEARANCE & TEXTURE

It was pretty easy to tell these two quesos apart based on appearance. The queso made with Velveeta cheese is smoother and creamier than the real cheddar queso. That's why people have come to love this easy-melting pasteurized cheese product. The queso made with shredded cheese appeared a bit grainy and had a thinner consistency than the Velveeta queso. The color difference in the two queso dips is also noticeable, with the shredded cheese version appearing more orange.

TASTE

If you've had Velveeta before, you know it has a distinct "cheesy" flavor. One of my taste-testers knew immediately which dip was made with Velveeta, although the appearance may have tipped them off, but the other tester thought the shredded cheddar version was actually the Velveeta-based queso. Both recipes have a bit of heat, as any good queso should, which



Velveeta vs. Real Cheddar

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comes from the cayenne pepper and chipotle chili pepper.

In the end, both of my taste-testers preferred the Velveeta version of queso, while I preferred the taste of the shredded cheddar queso.

CONVENIENCE

All of the ingredients are the same for each recipe, except for the type of cheese used and they're both very easy to prepare. Throw all of the ingredients into a slow cooker, stir it a few times and you have queso. Since both Velveeta and shredded cheese are readily available at most supermarkets, we consider these recipes equal when it comes to convenience.

COST

A box of Velveeta mini blocks cost \$5.99 at my grocery store, while the two, 8-ounce bags of shredded cheddar cheese required for the recipe cost \$5.76. If you're at all like me, there may already be a couple bags of shredded cheddar in the cheese drawer so it may be more cost-effective to use what you already have on hand.

CONCLUSION

While I preferred the taste of the queso made with shredded cheddar, my two taste-testers preferred the Velveeta. And I do agree with them that the Velveeta queso had a better mouth-feel and appearance. The two quesos are equally convenient to make and comparable in price. The ultimate deciding factor therefore probably comes down to whether you are someone who uses and enjoys processed cheese products or prefers real cheese. Whichever way you go, you're in for a goopy cheesy treat!



Slow Cooker Bacon Cheeseburger Dip

By Sam Ellis

All the flavors of a delicious bacon cheeseburger but in a dip. The best part? It's made in the slow cooker so it's super-easy to make and to keep warm for your game day party.

I don't know about you, but a good bacon cheeseburger can 100 percent turn my day around. This Slow Cooker Bacon Cheeseburger Dip will do just that for a crowd! You can whip these ingredients together and be ready to serve in no time. Take a bite and you'll think you're having one of the best bacon cheeseburgers around. Try using toasted baguette slices for dippers to give you the best cheeseburger bite. Consider doubling the recipe if you've got a big crowd because it goes fast.

I'm personally a big fan of having some spice with my burgers so I opted for a hotter version of the canned tomatoes and green chilies. If you're serving this to kids, use the mild version

Slow Cooker Bacon Cheeseburger Dip

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and have a toppings bar for people to add their own heat. Some sliced jalapeños, a bottle of Sriracha and you're good to go. To add a little more to your toppings bar, try classic cheeseburger toppings like relish, extra bacon bits, or crispy fried onions.

Yield: 4-5 servings

Prep Time: 25 minutes

Cook Time: 2 hours

Total Time: 2 hours, 5 minutes

Ingredients:

6 pieces bacon
1/2 yellow onion, chopped
1 lb. ground beef
1/2 tsp. black pepper
1 tsp. chili powder
1 tsp. salt
1 10oz can of diced tomatoes
& green chilies (like Rotel,
not drained)
8 oz. cream cheese
1 cup shredded cheddar
cheese
2 Tbsp. ketchup
1 Tbsp. Worcestershire sauce
1 Tbsp. yellow mustard
Chips or toasted baguette
slices, to serve

Optional Toppings for a

Toppings Bar:

jalapeños, Sriracha, banana
peppers, relish, crispy fried
onions, diced tomatoes, raw
onions, shredded cheese,
shredded lettuce, etc..

1. In a large skillet over medium heat, cook bacon until crispy, about 5-8 minutes. Remove with a slotted spoon and place on a plate lined with paper towel. Add the onion to the same pan and cook until translucent, about 4-5 minutes. Add in ground beef and cook until no longer pink, 8-10 minutes. Add in black pepper, chili powder and salt and stir. Crumble bacon into beef mixture.
2. To a slow cooker, add beef and bacon mixture, diced tomatoes & green chilies (not drained), cream cheese, shredded cheddar cheese, ketchup, Worcestershire sauce and yellow mustard. Mix together and cook 2 hours on high stirring occasionally.
3. Optional: Serve with a toppings bar on the side so people can personalize their dip.



Slow Cooker Taco Dip

By Amy Getman

All the flavors of tacos in a slow cooker dip. Did somebody say, “Game Day?”

This taco dip is perfect for watching football, potlucks, or satisfying your cravings for something warm and cheesy!

Browning the beef first with the taco seasoning ensures that the tasty taco flavor will be infused throughout the dip. You can chop the veggies while the meat is browning and then let the slow cooker do the rest of the work. Give it a stir or two after you notice the ingredients are starting to melt together. You know it is done when the cheeses are melted and it has a creamy smooth texture.

This dip is great on its own but you can also jazz it up by garnishing with your favorite taco toppings...think chopped tomato, jalapeno, sour cream, and don't forget the guacamole! This is very mild in the spice department so if you like some heat you might want to add your favorite hot sauce into the mix. Then just grab a sturdy tortilla chip and dig in!

Slow Cooker Taco Dip

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Yield: 8-10 servings

Prep Time: 10 minutes

Cook Time: 2 hours

Total Time: 2 hours and 10 minutes

Ingredients:

1 lb. lean ground beef
1 oz. packet taco seasoning
2 cups Mexican blend shredded cheese
1 (16 oz.) jar salsa
1 (15 oz.) can black beans, rinsed and drained
8 oz. cream cheese
1 (4 oz.) can hatch green chilies
1 small white onion, finely diced
1 bell pepper (orange, red, or yellow), finely diced

1. Brown ground beef over medium high heat. Drain off excess grease. Add taco seasoning to beef according to instructions on packet.
2. Combine cooked beef with remaining ingredients in crockpot.
3. Cook until cheese is melted, about 2 hours on high or 4 hours on low.
4. Serve warm with your favorite tortilla chips. Garnish with your favorite taco toppings.



Slow Cooker Spinach Artichoke Dip

By Ellie O'Brien

Spinach artichoke dip is made super tasty with fresh spinach and super easy, thanks to your trusty slow cooker.

It is hard to top the classic spinach and artichoke dip. The classic is simple to make and pleases everyone at the party... even your picky Aunt Kathy. But, this recipe has two major changes that push the classic aside.

Fresh spinach is used in place of the standard frozen variety, allowing you to make this on the fly and whenever Aunt Kathy shows up with no warning (no defrosting time needed!). The second change is that this recipe is made in the slow cooker. I say a little prayer to the slow cooker gods every time I use mine for giving me such a handy kitchen tool!

Of course, you will find artichokes in there too – canned artichokes work better than the jarred and marinated. Those tend to impart some additional flavor that you don't necessarily want in the recipe. And cheese. There is lots of cheese. In addition to the slow cooker gods, I say a

Slow Cooker Spinach Artichoke Dip

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prayer to the cheese gods for blessing us with mozzarella, Parmesan, and cream cheese.

Enjoy!

Yield: 3 cups

Prep Time: 10 minutes

Cook Time: 2 hours

Total Time: 2 hours and 10 minutes

Ingredients:

2 (14 oz.) cans of quartered artichoke hearts, chopped
10 oz. of fresh spinach, chopped
1 cup shredded mozzarella cheese
3/4 cups shredded Parmesan cheese
1/2 cup plain Greek yogurt
2 cloves garlic, minced
1/2 tsp. salt
1/4 tsp. pepper
8 oz. cream cheese, cubed

1. Spray the inside of the slow cooker with nonstick cooking spray.
2. Add the artichoke hearts, spinach, mozzarella, Parmesan, Greek yogurt, garlic, salt and pepper to the slow cooker. Stir to combine.
3. Place the cubes of cream cheese on top of the mixture.
4. Cook on low for 2 hours.
5. When done, the cream cheese will be very soft. Stir together until the cream cheese is evenly mixed throughout the dip. Transfer to a serving bowl and enjoy!



Slow Cooker Jalapeno Popper Dip

By Tawnie Kroll

This Slow Cooker Jalapeno Popper Dip is easy, tasty and down right addicting! The perfect appetizer to please a party.

This dip has everything a cheese and spicy food lover needs and wants: cheese, jalapenos, cheese, and more cheese. Cheese has protein, and spicy foods typically contain capsaicin. You still with me? Capsaicin may boost your metabolism, so jalapeno popper dip = a healthy appetizer, right?! lol.

There is something cool and healthy about this recipe though. Have you heard of nutritional yeast? Nutritional yeast is an inactive form of yeast used in food that has a very similar taste to rich, sharp cheddar cheese. Yes, believe me – it's true! Adding a bit to cheesy types of appetizers or meals adds cheesy flavor and gives a boost of B vitamins, protein and fiber in your diet.

Mmmmm back to the dip. Each scoopable bite is so creamy and delicious you'll be reaching

Slow Cooker Jalapeno Popper Dip

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for another chip before you've swallowed your first helping. For a time saving tip you can make this dip a day or two before a party. Be sure to reserve the crushed tortilla chips for after you re-warm the dip. Once heated, load on the chips, and additional diced jalapenos if desired, and enjoy!

Yield: 3 cups

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour and 10 minutes

1. Place the first 7 ingredients into a slow cooker. Turn the slow cooker on low and cook dip for 1 and 1/2 hours. At 1 hour, give the dip a stir.
2. Pour the dip into a serving dish and mix in the Parmesan cheese. Top with the crushed tortilla chips and serve warm with chips, bread, or veggies.

Ingredients:

8 oz. low fat cream cheese
1 cup plain Greek yogurt
1/2 cup shredded pepper jack
1/2 cup shredded mild cheddar cheese
1 (4 oz.) can mild diced green chilies
3 jalapenos, finely diced
1 Tbsp. nutritional yeast (optional)
1/3 cup shredded Parmesan cheese
2 cups corn tortilla chips, crushed into small pieces for topping
Extra tortilla chips for dipping



Lighter Philly Cheesesteak Slow Cooker Dip

By Rebecca Clyde

This slow cooker Philly cheesesteak dip shows you how to get the ooey-gooey goodness of cheesy dips without the guilt.

The best part about your go to dip is probably the worst part about it too, right? That ooey-gooey creamy goodness. It's good and delicious for a few minutes, then sits at the bottom of your stomach like a rock. How can you mimic that ooey-gooey creamy goodness, without that rock in your stomach? It's quite the predicament isn't it? I bet you've tried healthified versions only to find them neither ooey or gooey. Well, throw your previous experiences out the window and choose a few swaps that maintain that ooey-gooeyness without being sickeningly heavy.

For this Philly Cheesesteak dip, I swapped out the cream cheese for Neufchatel cheese. It's often marketed as 1/3 less fat cream cheese, but it's just "cream" cheese before more cream

Lighter Philly Cheesesteak Slow Cooker Dip

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is added to make the traditional cream cheese. The other tricks are to go with Greek yogurt instead of sour cream or mayonnaise and to use a lot of delicious veggies (mushrooms, bell peppers and onions for all that Philly Cheesesteak flavor you know and love).

Yield: 6 servings

Prep Time: 15 minutes

Cook Time: 2 hours, 30 minutes

Total Time: 2 hours, 45 minutes

Ingredients:

12 oz. Neufchâtel cheese (1 and 1/2 packages)
2 cloves garlic, finely chopped
2 cups white button mushrooms, finely chopped
6 oz. plain Greek yogurt (or 1 individual container)
1 whole green bell pepper, finely chopped
1/2 lb. extra lean round cut beef, chunked
1/2 white onion, finely chopped
1/2 cup shredded provolone or pepper jack cheese
1-2 Tbsp. flour to thicken it up (after cooked)
Dash Worcestershire sauce

1. Combine all ingredients except cheese and flour into slow cooker, sprinkle cheese over top. Set on high for 2 and 1/2 hours, stir occasionally.
2. When meat is cooked through, and vegetables are soft and warm, remove about 1/2 cup of the sauce, and pour into a small bowl. Add flour 1 tablespoon at a time, and combine well.
3. Return sauce to dip in the slow cooker . Add more flour if it's still not thick enough.
4. Note: If presentation is important, you can sprinkle cheese over the dip after it's cooked, and place under the broiler in your oven for 5 minutes, or until perfectly browned.

Contributors

Many thanks to our writers for this edition of The Cookful.



Amy Bowen, editor

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Lyndsay Burginger

» cookandagoodbook.com

It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for Cook and a Good Book, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at The Cookful.



Rebecca Clyde

» nourishnutritionblog.com

Rebecca is the registered dietitian and food blogger behind the scenes at Nourish Nutrition Blog. She loves to eat the rainbow and help others learn to enjoy a wider variety of foods. Although she loves so many different foods, one of her favorites is the good old-fashioned s'more, made with dark chocolate. And when a campfire is just out of reach, she'll use nearly anything to get that roasty goodness, except a scented candle which she learned the gross way.

Contributors

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Stephanie DeMarr

» www.littleprairiekitchen.com

Stephanie DeMarr discovered her home came with a kitchen around the same time she had her son. She has been in her kitchen since, creating recipes and providing tips and tricks to make homemade a bit easier over at her blog, Little Prairie Kitchen. Stephanie generally has a savory tooth but come December, you will find her elbow deep in flour, making every variety of baked good known to humankind (and sampling more than her fair share).



Sam Ellis

» www.theculinarycompass.com/

Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.



Amy Getman

» happyhealthyrd.com

Amy is a registered dietitian who blogs at Happy Healthy RD, a blog focusing on simple and healthy recipes. She loves to shop at the local farmers' market and also maintains an impressive garden of her own. Amy believes in a balanced diet but is known to include avocados, butternut squash, or sweet potatoes in 9 out of 10 meals.



Tawnie Kroll

» krollskorner.com

Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidenced based advice to help you improve your health and wellbeing.

Contributors

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Allie McDonald

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Allie is an avocado obsessed, hot pepper junky with a serious passion for food. When she isn't adding to her cowgirl boot collection, you can find her in the kitchen, with her apron covered in the day's creations. She's the blogger behind Miss Allie's Kitchen, a food blog dedicated to creating whole and healthy recipes to inspire home cooks.



Karman Meyer

» thenutritionadventure.com

Karman blogs at The Nutrition Adventure where she shares her cooking & travel adventures. Food has always been Karman's passion, which is why she turned it into her career! As a nutritionist, she enjoys teaching others how to prepare healthier foods that tastes great---because there's no sense in making it if no one wants to eat it! She also believes that there's always room for the more decadent things in life.



Ellie O'Brien

» hungrybynature.com

When not working full time as an engineer, you can find Ellie in her kitchen and blogging at Hungry by Nature. Her approach to food is simple – eat healthy, whole, natural foods and always leave room for dessert! While seasonal, healthy foods are a top priority, Ellie has also been known to eat ice cream for dinner. It's all about balance!



Lauren Sharifi

» biteofhealthnutrition.com

Lauren is a registered dietitian and blogger at BiteofHealthNutrition.com where she shares easy to make recipes that are both nutritious and delicious. A once picky eater now can't help but experiment with new foods and flavors creating recipes everyone enjoys eating and cooking!

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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