

	Proportion	Cook Time LOW TEMP (in hours)	Cook Time HIGH TEMP (in hours)
<b>BEEF</b>			
Beef Short Ribs	3 - 4 lbs	8 - 9	5 - 6
Brisket	4 - 5 lbs	8 - 10	4 - 5
Chuck Roast	3 - 4 lbs	9 - 10	7 - 7
Corned Beef	3 - 4 lbs	9 - 10	5 - 6
Flank Steak	2 - 3 lbs	8 - 10	4 - 5

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	Proportion	Cook Time LOW TEMP (in hours)	Cook Time HIGH TEMP (in hours)
Meatloaf	2 lbs	3 - 4	2 - 3
Prime Rib Roast	4 - 6 lbs	5 - 6	3 - 4
Sirloin Roast	3 - 4 lbs	3 - 4	5 - 6
Veal Shank	2 - 3 lbs	7 - 8	3 - 4

<b>POULTRY</b>			
Chicken (whole)	4 - 6 lbs	5 - 6	2 - 3
Chicken Breast (boneless)	2 - 3 lbs	2 - 3	1 - 2
Chicken Pieces (bone-in)	3 - 4 lbs	4 - 5	2 - 3
Cornish Game Hens		8 - 10	4 - 5

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Duck Breast	2 - 4 lbs	6 - 8	3 - 4
Turkey Breast	5 - 7 lbs	5 - 6	3 - 4
Whole Duck	4 - 5 lbs	8 - 10	4 - 5

<b>PORK</b>			
Baby Back Ribs	5 - 8 lbs	8 - 10	5 - 6
Country Style Ribs	2 - 4 lbs	6 - 7	4 - 5
Ham (cured)	7 - 8 lbs	4 - 5	2 - 3
Loin Roast	4 - 5 lbs	4 - 6	2 - 3

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Pork Chops (2-inches thick)	2 - 3 lbs	5 - 6	2 - 3
Pork Sausages	1 - 2 lbs	2 - 3	1
Tenderloin	1 - 3 lbs	3 - 4	1 - 2
Shoulder	6 - 8 lbs	8 - 10	5 - 6

<b>LAMB</b>			
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Lamb Chops	3 - 4 lbs	4 - 6	2 - 3
Lamb Shoulder (cubed)	2 ½ - 3 lbs	6 - 8	3 - 4
Leg of Lamb (bone-in)	4 lbs	6 - 8	4 - 5
Lamb Shank	3 - 4 lbs	6 - 8	4 - 5

<b>FISH &amp; SEAFOOD</b>			
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Codfish	1 ½ - 2 lbs	1	30 minutes
Crab Legs	2 - 3 lbs	--	3 - 4
Fish Chowder		4 - 5	2 ½ - 3
Flounder	1 ½ - 2 lbs	30 - 60 minutes	30 minutes
Halibut	1 ½ - 2 lbs	1	30 minutes
Salmon	1 ½ - 2 lbs	1	30 minutes
Seafood Stew		4 - 5	2 - 3
Shrimp		--	30 - 60 minutes



**Proportion**      **Cook Time**      **Cook Time**  
**LOW TEMP**      **HIGH TEMP**  
(in hours)      (in hours)

<b>VEGETABLES</b>		VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SLOW COOKER RECIPES	
Artichokes	whole	5 - 6	3 - 4
Beets	whole	6 - 8	3 - 4
Broccoli	florets	2 - 3	1 - 1 ½
Butternut Squash	large chunks	6 - 8	4 - 5
Cauliflower	florets	5 - 6	2 ½ - 3
Corn on the Cob		5 - 6	3 - 4
Green Beans	whole	4 - 5	2 - 3
Onions	sliced	8 - 10	4 - 5
Sweet Potatoes	whole	6 - 8	3 - 4
Parsnips	sliced	4 - 6	2 - 3
Potatoes	whole	8 - 10	4 - 5
Zucchini	sliced	4 - 5	2 - 3

<b>BEANS &amp; GRAINS</b>		VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SLOW COOKER RECIPES	
Beans (dried)		10 - 12	5 - 6
Farro		--	2 - 4
Grits		6 - 8	3 - 4
Quinoa		2 - 3	--
Wild Rice		6 - 7	3 - 4

<b>DESSERTS</b>		VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SLOW COOKER RECIPES	
Bread Pudding		3 - 4	--
Cake Mixes		--	3 - 4
Cheesecake		--	1 - 2
Flourless Cake		--	1 - 2
Fruit Compote		3 - 4	--
Pudding Cake (cooked in water bath)		--	2 - 3

