

Slow cooker cassoulet

½ lb dried white beans (navy, cannellini, northern work well), soaked overnight

4-6 cloves garlic, peeled and crushed (plus optional tablespoon minced garlic)

1 medium large onion, chopped

2 carrots, peeled and cut into chunks

2 cups cored and chopped tomatoes, with their juice (or drained canned diced tomatoes)

2 tablespoons tomato paste

3 to 5 sprigs fresh thyme (or ½ teaspoon dried thyme)

2 bay leaves

¼ lb thick cut bacon, cut in strips

1 lb kielbasa (or any garlicky sausage)

1 lb lamb shoulder, cut into cubes

2 duck legs

Chicken, beef, or vegetable stock 4-8 cups

Salt and fresh ground pepper to taste

1 cup bread crumbs, optional

Chopped fresh parsley for garnish

Combine beans, crushed garlic, onion, carrots, tomato, tomato paste, herbs, and browned meats in a slow cooker, and turn heat to high. Add stock to cover by 2 inches. Cover and cook until beans and meats are tender, 5-6 hours on high, 8-10 hours on low.

When done, add salt and pepper to taste, along with minced garlic. Optional: remove cassoulet from slow cooker and place in a deep casserole dish; cover with breadcrumbs and cook at 400 degrees for about 15 minutes until bread crumbs brown.