

# Slow Cooking: The Solution For Fast-Paced Family Schedules



**You can save food preparation time by slowing down with a slow cooker.**

(NAPSA)—If your family's schedule is hectic, a quick way to get a home-cooked meal on the table is to have a slow cooker do the work for you. During the day, the moist heat in a slow cooker maximizes flavors and tenderizes less expensive cuts of meat into a delicious meal that's ready when your family gets home.

One of the drawbacks of slow cookers is that they are difficult to clean. Hours of soaking and scrubbing may be needed to remove the baked-on food. That's no longer a problem with Reynolds Slow Cooker Liners, which make clean-up a snap. Just place a liner in the cooker, add the ingredients, cover and set the controls. By dinnertime, a hot delicious meal is ready to serve. When you're done, just toss the disposable liner—no scrubbing or soaking required.

## **Slow Cooker Chunky Beef Vegetable Soup**

- 1 Reynolds Slow Cooker Liner**
- 3 cups vegetable juice**

- 2 cups hot water**
- 1 pound beef for stew, cut in 1-inch cubes**
- 8 cups frozen mixed vegetables**
- 2 medium potatoes, peeled and cubed**
- 1 small onion, chopped**
- ¼ cup ketchup**
- 3 tablespoons beef-flavor instant bouillon**
- ½ teaspoon pepper**

**Place slow cooker liner inside a 5- to 6½-qt. slow cooker bowl. Fit liner snugly against the bottom and sides of bowl; pull top of liner over rim of bowl. Add all ingredients; stir gently. Cover and cook on low for 8 to 9 hours or on high for 4 to 5 hours until beef is tender. Carefully remove lid to allow steam to escape. Serve from lined slow cooker. Do not lift or transport liner with food inside. Cool slow cooker; remove liner and toss. Serves 8-9.**

Visit [www.slowcookerliners.com](http://www.slowcookerliners.com) for more recipes and tips.