



## prepology 970 2 QT Mini Slow Cooker with Removable Wrap Instruction Manual

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### 2 QT Mini Slow Cooker with removeable wrap INSTRUCTIONS FOR PROPER USE AND CARE

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970 2 QT Mini Slow Cooker with Removable Wrap



**Models #970, 972, 975  
IMPORTANT!**

**Please keep these instructions and your original box packaging.**

### **Pulled Chicken Fajitas**

Serves: 3-4 people

#### **Ingredients**

2 Chicken Breast, sliced into stripes  
1 Bell Pepper, sliced  
1 can Diced Tomatoes (14.5 oz )  
1 clove Garlic, minced  
½ medium Onion, sliced  
1 packet Fajita Seasoning  
½ cup Chicken Broth  
6 Soft Tortilla Wraps

#### **Method**

1. Follow the instructions on pages 4-5.
2. Combine chicken, pepper, tomatoes, garlic and onion into the crock of the slow cooker. Mix with the fajita seasoning.
3. Once well coated, top with broth.
4. Set on high for 3 hours. (Cook time will vary depending on size of chicken breast)
5. Once tender, shred chicken with fork and allow chicken to sit in juices for 10-15 more minutes.
6. Serve with warm tortillas. Enjoy!

### **IMPORTANT SAFEGUARDS**

#### **Mini Stuffed Peppers**

Serves: 3-4 people

#### **Ingredients:**

½ lb. Ground Beef  
¾ cup uncooked Minute Rice  
3 cups Tomato Sauce  
¼ cup Onion, finely diced  
1 tsp Garlic Salt  
1 tsp salt  
1 tsp pepper

1 Bag Mini Peppers (approx. 12)

## **Method**

1. Follow the instructions on pages 4-5.
2. Mix ground beef, rice, 1 cup tomato sauce, onion, salt, pepper and garlic salt in small bowl.
3. Fill peppers with mixture.
4. Layer 1 cup sauce on bottom of crockpot.
5. Place peppers in crockpot. Top with 1 more cup tomato sauce.
6. Set on high 4 hours. Enjoy!

When using this electrical appliance, safety precautions must always be observed, including the following:

- READ ALL OF THE INSTRUCTIONS BEFORE USE.
- Short power cord should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Never use with an extension cord. The cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
- Do not operate with a damaged cord or plug. If the appliance is not working as it should, has been dropped or damaged, left outdoors or dropped into water, do not use it and return it to the manufacturer for proper service, repair, or replacement.
- Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
- Do not place near hot gas or electric burner, or in a heated oven.
- For indoor use only. Intended for countertop use only.
- The unit is for household use only. The unit should not be used for other than the intended use.
- Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like when in operation.
- Do not use without the removable cooking pot in place. This will reduce the risk of electrical shock.
- WARNING: Spilled foods can cause serious burns.
- The exterior and the lid become hot during use. Do not touch hot surfaces. Use handles or knobs. Extreme caution should be used when moving any appliance containing hot food or liquid.
- Using attachments not recommended or sold by the manufacturer may cause hazards.
- Make sure appliance is off before unplugging from wall outlet.
- Always unplug before cleaning. Allow to cool before putting on or taking off parts.
- To protect against electrical shock, do not immerse plug, cord or housing in water or any other liquid.
- Servicing or repair should only be completed by a qualified technician.

## **SAVE THESE INSTRUCTIONS**

## **FEATURES**



Includes: 2 pcs Chalk

### Loaded Potato Soup

Serves: 3-4 people

#### Ingredients:

- 2 cups Frozen Diced or Cubed Hash Browns
- 1 Green Onion, chopped
- 1/3 cup Onion, diced
- 1 cup Cheddar Cheese
- 1/2 block Cream Cheese (4oz)
- 1/3 Bacon Bits (or real crumbles bacon)
- 1/2 packet Ranch Seasoning
- 1 tsp Garlic, minced
- 1 can Cream of Chicken Soup, 10.5 oz
- 1 1/2 cup Chicken Broth
- 1/4 cup Sour Cream???
- Salt and pepper to taste

#### Method

1. Follow the instructions on pages 4-5.
2. Add potatoes to pot, then add onions.
3. Top with cheddar cheese, cream cheese, bacon, ranch seasoning and garlic powder.
4. Then add 1 can cream of chicken and chicken broth.
5. Mix everything in slow cooker, making sure potatoes are coated.
6. Set on high 3 hours. Stir occasionally.

7. Sprinkle with more cheese, bacon and green onion. Enjoy!

## **HOW TO OPERATE**

### **Glazed Bread Pudding**

Serves: 3-4 people

#### **Ingredients**

1 tbs Butter

2 Eggs

1 cup Heavy Cream

½ cup Condensed Milk

5 Glazed Doughnuts, cubed

2- 6 inch White Sub Roll, cubed

#### **Method**

1. Follow the instructions on pages 4-5.
2. Grease slow cooker with butter.
3. Mix eggs, heavy cream and condensed milk in bowl.
4. Place all ingredients in slow cooker. Using a large spoon, incorporate all ingredients together. Mixture should not be 'soupy.' If too wet, add more doughnuts or bread.
5. Set on high 2 hours. Serve warm alone or with ice cream! Enjoy!

## **HOW TO OPERATE**

### **BEFORE FIRST USE**

1. Unpack the slow cooker and remove all packing materials.
  - 2 Remove the wrap from the unit if desired
2. Wash the glass lid and crock in warm soapy water. Rinse and dry thoroughly. NEVER immerse base in water or any other liquid.



**For first time use only**– Fill the insert with 3 cups of water and let it slow cook for 30 minutes. Appliance may give off a slight burning odor when operating for the first time from residues of the manufacturing process.

### **Assembly**

1. Place unit on a dry stable surface.
2. Place the crock into the unit.
3. If desired, place the magnetic wrap on the unit. Place the middle part of the wrap with the circle cut-out on the unit. The cut-out circle should go over the dial.

Wrap both sides around so it meets in the back.

**Note:** you can use the unit with or without the wrap.

4. After filling the crock with food, place glass lid on top.

### **HOW TO OPERATE**

#### **HOW TO USE to The Slow Cooker**

1. The slow cooker is intended to cook food at a low temperature for a long time.

1. Follow your own recipe or one in this instruction booklet.
2. Prepare the ingredients per recipe and place in the crock in the slow cooker. Do not fill to the top.
3. Place the glass lid on the pot.
4. Plug the unit into the outlet.
5. Turn the dial to your desired temperature setting.

#### **Low setting 180 F**

This is typically used for all day slow cooking. Usually 8-10 hours. All recipes vary, so use the recipe as your guide.

#### **High Setting 300 F**

This is typically used for 4-6 hours of slow cooking. All recipes vary, so use the recipe as your guide.

### **Warm Setting 140 F**

Use this setting to keep your hot food warm.

6. When your cooking time is done, turn the dial to Off. Unplug the unit. Another option is to turn the dial to WARM until you are ready to turn the unit off.
7. Always use potholders when removing the lid and lifting the warm crock out of the unit.

**WARNING:** Be careful when lifting the glass lid as hot steam/liquid can rise from the pot. Keep hands and face away from steam, use pot holders when removing the inner pot or touching any hot items. Remove the lid by lifting it away from you to avoid being burned by the steam. Allow the condensation water to drip into the crock.

### **Game Day Cheese Dip**

Serves: 3-4 people

#### **Ingredients**

2 cups White Cheddar Cheese, shredded  
1 8oz block Pepper Jack Cheese, cubed  
1 cup Evaporated Milk  
1/3 cup Milk  
1/2 block Cream Cheese, 4 oz  
1/2 cup Sour Cream  
1 tbs Garlic, minced  
1 tbs Jalapeno, diced  
1 tbs Butter  
1 tsp Paprika

#### **Method**

1. Follow the instructions on pages 4-5.
2. Add all ingredients to slow cooker. Soft toss ingredients together.
3. Set on high for 2 hours mixing occasionally.
4. Serve with chips, pretzels or veggies. Enjoy!

### **HINTS AND TIPS**

#### **French Onion Soup**

Serves: 3-4 people

#### **Ingredients**

2 medium Onions, sliced (about 4 cups)  
1/4 cup Brown Sugar  
1/2 stick Butter, cut into cubes  
1 tbs Olive oil  
1 tbs Thyme  
Salt pepper to taste  
3 1/2 cups Beef broth  
1 Beef Bouillon Cube  
1 tbs Worcestershire Sauce  
2 Bay Leaves  
1 Baguette, sliced and toasted  
2 cups Gruyere Cheese, shredded

#### **Method**

1. Follow the instructions on pages 4-5.
  2. Fill slow cooker with sliced onion. Add brown sugar, butter, olive oil, thyme, salt & pepper and soft toss.
  3. Set on high for 4 hours.
  4. Once cooked, top with beef broth, beef bouillon cube, Worcestershire sauce and bay leaves. Cook an additional 1-2 hours.
  5. Layer a few sliced baguettes on top of the soup and top with cheese. Let sit until cheese is melted. Enjoy!
- Best results are obtained when cooking time exceeds 3 hours.
  - Try not to lift the lid while cooking. Keeping the lid on retains the heat and moisture. Every time you lift the lid, you could be adding 20 minutes to the cooking time.
  - Always make sure there is sufficient liquid to cover the food, unless of course you want to reduce excess liquid or thicken.
  - Allow plenty of time for cooking. Slow cooking is so gentle that an extra hour or two will generally not ruin food.
  - It is not necessary to brown meat first, except to remove excess fat. It is better to cut off excess fat and discard. You can of course brown your meat first to add additional flavor or stir fry slow cooking ingredients to speed up the cooking time. The browning will caramelize the flavor. Dredge the meat in flour before browning for a thicker sauce.
  - Some crisp vegetables such as carrots, celery, turnips and beets can take longer to cook than some meats. Consider this in preparation.
  - Fish, seafood, rice, pasta and “light” products cook quickly. They should be added toward the end of the cooking time.
  - Choosing the right cut of meat to be slow cooked, matters. Consider thick, tough and fatty meats like small chuck roasts, short ribs, pork shoulders and lamb shanks. They become fork tender with the low heat of a slow cooker. A leaner cut of meat like pork tenderloins tend to dry out. Dark meat chicken (thighs, drumsticks, etc.) will remain juicier than white meat breasts.
  - Cut food into uniform pieces for even cooking

## **CLEANING**

Do not wash the unit in the dishwasher. Always wash the unit and parts thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug and let the unit cool down before cleaning.
2. Wash the glass lid and crock in warm soapy water. Rinse and dry thoroughly.
3. Wipe the base with a clean damp cloth.  
NEVER immerse base in water or any other liquid.
4. Clean the magnetic wrap with a damp towel.  
Never use abrasive cleaners or scouring pads to clean any of the parts.



## TIME GUIDELINE

Traditional Oven	Low Slow Cooker Setting	High Slow ing Cooker Setting
15-30 minutes	4-6 hours	1 ½ to 2 ½ hours
35-45 minutes	6-8 hours	3-4 hours
50 minutes- 3 hours	8-10 hours	4-6 hours

**Note:** Above is a general guide to use when using your own recipes or convert the recipes in this booklet.

### **Creamy Penne**

Serves: 3-4 people

#### **Ingredients**

- 1 Egg
- 1 clove Garlic, minced
- ½ block Cream Cheese (4 oz)
- ½ cup Ricotta
- 3 cups Spaghetti Sauce
- 2 cups Uncooked Penne Pasta
- ½ cup Mozzarella
- 1 tbs Fresh Parsley to add at the end

#### **Method**

1. Follow the instructions on pages 4-5.
2. In bowl, mix egg, garlic, cream cheese and ricotta.
3. In bottom of slow cooker, add 1 cup sauce.
4. Layer 1 cup of pasta over the sauce. Then pour in 1 cup sauce.  
Layer 1 more cup of pasta and top with one last layer of sauce.
5. Lastly, add cheese mixture evenly on top.
6. Set on high for 2 hours.
7. Add ½ cup mozzarella cheese and cook for remining 15-20 minutes until cheese is melted. Top with parsley.  
Enjoy!

## RECIPES

### **Classic Pot Roast**

Serves: 3-4 people

#### **Ingredients:**

1 ½ lb. Chuck Roast  
3-4 Baby Potatoes, halved  
1 medium Onion, quartered  
1 cup Baby Carrots  
½ cup Beef Broth  
1 packet Onion Soup mix

### **Method**

1. Follow the instructions on pages 4-5.
2. Combine all ingredients except broth into large bowl and mix with onion soup seasoning.
3. Once well coated, transfer roast and vegetables into slow cooker and top with broth.
4. Set on high for 4-6 hours. Enjoy!

### **Broccoli Cheese Soup**

Serves: 3-4 people

#### **Ingredients:**

2 ½ cups Frozen Broccoli, rough chopped  
1 ½ cup Cheddar Cheese, shredded  
1 cup Milk  
1 clove Garlic, minced  
½ cup Carrots, shredded  
½ cup Chicken Broth  
½ cup Cream of Celery soup  
½ cup Cream of Chicken soup  
¼ cup Onion, finely chopped  
Salt & Pepper to taste

### **Method**

1. Follow the instructions on pages 4-5.
2. Set aside ½ cup of the shredded cheese. Add the rest of the ingredients to the slow cooker and mix gently.
3. Set on high for 2 hours. Stir Occasionally.
4. Top the soup with remaining shredded cheese. Enjoy!

### **Chicken Pot Pie with Crust “Crackers”**

Serves: 3-4 people

#### **Ingredients:**

1 pound Chicken Breast, cubed  
1 can Cream of Chicken Soup, 10.5 oz  
1-2 stalks Celery, sliced  
1 cup Frozen Peas and Carrots mix  
1 cup Frozen Corn  
1 package Pie Crust  
1 tbs Poultry Seasoning  
1 tbs Thyme  
Salt & pepper to taste

### **Method**

1. Follow the instructions on pages 4-5.
2. Add chicken, soup and vegetables in slow cooker. Soft toss together.

3. Set on low for 4 hours.
4. Unroll pie crust onto baking sheet. Using a sharp knife, pre- slice crust into 'pieces.' Bake as directed on package until golden brown.
5. Top pot pie with crust crackers. Enjoy!

### **Chocolate lava Dump Cake**

Serves: 3-4 people

#### **Ingredients:**

- 1 box Brownie Mix + package ingredients
- 1 box Instant Chocolate Jello + package ingredients

#### **Method**

1. Follow the instructions on pages 4-5.
2. Whisk together brownie mix according to box.
3. In separate bowl, mix together instant Jello mix according to box.
4. Grease the inside of the slow cooker.
5. Next, pour the brownie batter in the slow cooker. In the center only, pour the instant Jello mixture. Do not stir Jello mix with brownie mix.
6. Set on high for 3 hours. Edges should be cake like while the center is ooey gooey. Enjoy!

### **Spinach Artichoke Dip**

Serves: 3-4 people

#### **Ingredients**

- 4 cups Frozen Spinach
- 1 cup Artichoke Hearts, rough chopped
- 1 8oz Cream Cheese
- ½ cup Parmesan, grated
- 1/3 cup Mayonnaise
- ¼ cup Sour Cream
- 2 tb Onion, finely chopped
- 1 tb Garlic, minced

#### **Method**

1. Follow the instructions on pages 4-5.
2. Add all of the ingredients into slow cooker. Soft toss together.
3. Set on high 2 hours. Stir occasionally.
4. Dip with bread, chips or veggies. Enjoy!

#### **Customer Service**

Call toll-free 1-888-321-5023 between the hours of  
8:30 am and 5 pm Eastern Standard Time  
Figli, LLC 20 Norris Street Buffalo, NY 14207  
Made in China

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## Documents / Resources



[prepology 970 2 QT Mini Slow Cooker with Removable Wrap](#) [pdf] Instruction Manual  
970, 972, 975, 970 2 QT Mini Slow Cooker with Removable Wrap, 2 QT Mini Slow Cooker with Removable Wrap, Slow Cooker with Removable Wrap, Cooker with Removable Wrap, Removable Wrap

## References

- [User Manual](#)

[Manuals+](#)