



QUICK & EASY
DUMP
MEALS,
Soups &
Desserts!

Presented by Sandy Severe and Carol Ropp
MACON COUNTY HCE - 2018

DUMP SOUPS

CREAMY CHICKEN AND VEGETABLE SOUP DUMP RECIPES

2 $\frac{1}{2}$ c. chicken broth
1 c. finely chopped green onions
1 - 10 oz. frozen peas and carrots
3 diced potatoes

2 cans undiluted cream of chicken soup
2 c. diced, cooked chicken
 $\frac{1}{4}$ c. milk

Combine broth, soup, potatoes and $\frac{1}{2}$ c. green onions in large saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer 15 minutes or until potatoes are tender. Stir in chicken, peas and carrots and milk. Cook until heated through. Sprinkle with remaining $\frac{1}{2}$ c. green onions.

CHUNKY CHICKEN SOUP DUMP MEALS

1 T. olive oil
1 chopped onion
 $\frac{3}{4}$ t. salt
3 c. sliced kale or baby spinach

1 - 14 oz. can of diced tomatoes
1 c. thinly sliced carrots
 $\frac{1}{8}$ t. black pepper
1 c. diced cooked chicken breast

Heat oil in large saucepan over medium-high heat. Add onion; cook and stir about 5 minutes or until golden brown. Stir in tomatoes, broth, carrots, salt and pepper. Bring to a boil. Reduce heat to low and simmer till carrots are tender. Stir in kale and chicken. Cook until kale is wilted.

GARLIC POTATO SOUP DUMP MEALS

3 $\frac{1}{2}$ c. chicken broth
4 c. cubed red potatoes
 $\frac{1}{2}$ c. chopped onion
1 c. milk
1 c. instant mashed potato flakes or buds
1 T. chopped fresh parsley

4 minced garlic cloves
1 c. diced carrots
 $\frac{1}{2}$ c. chopped celery
2 slices of bacon, cooked & crumbled

Heat the broth, garlic, potatoes, carrots, onion, celery and bacon in a 4-quart saucepan over medium heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender. Reduce the heat to medium. Stir the milk, potato flakes and parsley. Cook until the mixture is hot and bubbly, stirring occasionally.

CHEDDAR CHEESE SOUP

DUMP MEALS

$\frac{1}{4}$ c. butter or margarine
2 cans evaporated milk
2 t. dry mustard
2 c. shredded sharp cheddar cheese
Toppings: crumbled cooked bacon, sliced green onions and croutons

$\frac{1}{4}$ c. flour
1 c. beer or water
2 t. Worcestershire sauce

Melt butter in large saucepan. Add flour; cook, stirring constantly until bubbly. Add milk; bring to a boil, stirring constantly. Reduce heat; stir in beer, Worcestershire sauce and mustard. Cook for 10 minutes. Remove from heat. Stir in cheese until melted. Season with salt.

HEARTY MUSHROOM AND BARLEY SOUP

CROCK POT DUMP RECIPES

9 c. chicken broth
1 chopped onion
1 t. salt
 $\frac{1}{2}$ t. dried thyme
 $\frac{1}{2}$ t. black pepper

16 oz. sliced mushrooms
3 minced garlic cloves
2 carrots, chopped
2 stalks celery, chopped
 $\frac{1}{2}$ c. uncooked pearl barley

Combine all ingredients in slow cooker and stir to blend. Cook on low 4 to 6 hours.

MEXICAN CHEESE SOUP

CROCK POT DUMP RECIPES

1 # Velveeta, cubed
1 # cooked ground beef
1 - 15 oz. can kidney beans, rinse and drained
1 - package taco seasoning
Tortilla chips

1 - 14oz. can stewed tomatoes
1 - 8 oz. can corn
1 can (about 14 oz.) tomatoes with mild green chiles, undrained (Rotel)

Coat inside of slow cooker with nonstick cooking spray. Stir all ingredients to blend. Cover and cook on low for 4 - 5 hours or high 3 hours. Serve with tortilla chips if desired.

DUMP DINNERS

SWEET & SOUR BEEF DUMP MEALS

1 # ground beef
2 t. minced fresh ginger
6 - 8 T. bottled sweet and sour sauce or sauce from vegetable mix
Hot cooked rice
1 thinly sliced small onion
16 oz. frozen Asian-style vegetables

Cook beef, onion and ginger in large skillet until beef is browned, stirring to break up the meat. Drain fat.

Stir in vegetables and sauce; cover and cook until vegetables are heated through.

Serve over rice.

**Sauce from vegetable mix may be spicy.*

MUSHROOM & CHICKEN SKILLET DUMP MEALS

1 # boneless skinless chicken breasts cut into bite-size pieces
14 oz. chicken broth
2 cups uncooked instant rice
8 oz. thinly sliced mushrooms
 $\frac{1}{4}$ c. water
 $\frac{1}{2}$ t. dried thyme
1 can undiluted cream of celery soup

Combine chicken, broth and water in large skillet and bring to a boil. Stir in rice and thyme; top with mushrooms. (Do not stir mushrooms into rice.) Cover skillet, turn off heat and let stand for 5 minutes.

Gently stir in soup; cook over low heat 5 minutes or until heated through. Sprinkle with parsley.

**Mushroom soup may be diluted for celery soup*

HAM ASPARAGUS GRATIN DUMP MEALS

1 can cream of asparagus soup
 $\frac{1}{4}$ t. onion powder
1 $\frac{1}{2}$ c. cooked & cut asparagus
2 $\frac{1}{4}$ c. rotini, cooked and drained
 $\frac{1}{2}$ c. milk
 $\frac{1}{4}$ t. ground black pepper
1 $\frac{1}{2}$ c. cubed cooked ham
1 c. shredded cheddar cheese or swiss cheese

Stir the soup, milk, onion powder, black pepper, asparagus, ham, pasta and $\frac{1}{2}$ c. cheese in a 2-quart shallow baking dish.

Bake at 400 degrees for 25 minutes or until the ham mixture is hot and bubbly. Stir the ham mixture and sprinkle with the remaining cheese.

Bake for 5 minutes or until the cheese is melted.

**If asparagus soup is unavailable may substitute cream of mushroom or celery*

CREAMY TORTELLINI WITH CHICKEN

DUMP MEALS

2 c. Prego Fresh Mushroom Italian Sauce
16 oz. frozen cheese-filled tortellini, cooked and drained
2 c. cooked chicken strips
 $\frac{1}{4}$ c. grated Parmesan cheese
1 c. shredded mozzarella cheese
 $\frac{1}{3}$ c. milk

Stir the Italian sauce and milk in a 2-quart shallow baking dish.

Add the tortellini, chicken and $\frac{1}{2}$ c. of the mozzarella cheese. Stir well to coat. Top with the Parmesan cheese and remaining mozzarella cheese.

Bake at 400 degrees for 20 minutes or until hot.

*Marinara sauce with mushrooms added may be substituted for the Prego

EASY CHICKEN & BISCUITS

DUMP MEALS

1 can cream of broccoli soup OR cream of celery soup
1 can cream of potato soup
 $\frac{2}{3}$ c. - milk
 $\frac{1}{8}$ t. black pepper
1 package refrigerated buttermilk biscuits (10 count)
 $\frac{1}{2}$ t. - poultry seasoning
2 c. - frozen mixed vegetables
2 c. - cubed cooked chicken or turkey

*Stir all ingredients together (except for the biscuits) in a 2-quart shallow baking dish.

Bake at 400 degrees for 20 minutes or until the chicken mixture is hot and bubbly. Cut each biscuit into quarters. Stir the chicken mixture. Top with the biscuits.

Bake for 15 minutes or until the biscuits are golden brown.

*This recipe needs a lot of flavor added. Suggestions - chopped onion, celery, garlic powder. You may want to bake the biscuits first so that they aren't doughy on the bottom.

CREAMY CHICKEN & RICE BAKE

DUMP MEALS

1 can evaporated milk
1 can cream of chicken soup
 $\frac{1}{2}$ t. - garlic powder
16 oz. frozen broccoli, cauliflower and carrot mix, thawed
2 c. cubed cooked chicken
 $\frac{1}{2}$ c. shredded cheddar cheese
3 oz. softened cream cheese
 $\frac{1}{2}$ c. water
 $\frac{1}{8}$ t. black pepper
1 $\frac{1}{2}$ c. uncooked instant white rice

*Preheat oven to 350 degrees. Grease 13X9" baking dish.

*Combine evaporated milk and cream cheese in baking dish with wire whisk until smooth. Add soup, water, garlic powder and black pepper; mix well. Add vegetables, chicken and rice. Cover tightly with foil.

*Bake for 35 minutes. Uncover; top with cheese. Bake for an additional 10-15 minutes or until cheese is melted and mixture is bubbly. Let stand 5 minutes before serving.

CHICKEN FLORENTINE

DUMP MEALS

3 c. water
2 T. butter
2 pkgs. (4-oz. ea.) fettuccine Alfredo or stroganoff pasta mix
1 pkg. (10 oz.) refrigerated fully cooked chicken breast strips, cut into $\frac{1}{2}$ " pieces
4 c. coarsely chopped baby spinach
 $\frac{1}{4}$ c. diced roasted red pepper

1 c. milk
 $\frac{1}{4}$ t. black pepper
 $\frac{1}{4}$ c. sour cream

Bring water, milk and butter to boil in large saucepan. Stir in pasta mix and black pepper. Reduce heat; cook until pasta is tender, stirring occasionally. Stir in chicken, spinach and roasted pepper; cook 2 minutes or until heated through. Remove from heat, stir in sour cream.

**Canned chicken may be used in most of these recipes with chicken.*

ITALIAN SAUSAGE & VEGETABLE STEW

DUMP MEALS

1 # hot or mild Italian sausage links, cut into 1" pieces
16 oz. frozen vegetable blend, such as onions and bell peppers
2 c. zucchini, sliced
14 oz. Italian-style diced tomatoes

4 minced garlic cloves
4 oz. drained sliced mushrooms

Brown sausage in large saucepan about 5 minutes, stirring frequently. Drain fat. Add rest of ingredients and bring to a boil. Reduce heat, cover and simmer 10 minutes. Uncover; cook 5 - 10 minutes or until thickened slightly.

**May use a package of ground sausage and add vegetables of your choice.*

ASIAN VEGETABLES & HAM

DUMP MEALS

2 c. chicken broth
1 t. sesame oil
2 c. uncooked instant white long grain rice
Soy sauce if desired.

10 oz. frozen stir-fry vegetables
4 oz. thinly sliced ham, cut into $\frac{1}{2}$ " pieces

Combine broth, vegetables and sesame oil in large sauce pan; bring to a boil over high heat. Remove from heat; stir in ham and rice. Cover and let stand 5 minutes. Serve with soy sauce if desired.

**May substitute instant white or brown rice*

MUSHROOM & BEEF STEW

DUMP MEALS

1 # beef stew meat
1 can cream of mushroom soup, undiluted
8 oz. sliced mushrooms, drained
1 pkg. dry onion soup mix

hot cooked noodles

Combine ingredients in slow cooker. Cover; cook on low 8-10 hours. Serve over noodles.

SLOW COOKER SOUTHWESTERN PORK ROAST

DUMP MEALS

2 $\frac{1}{2}$ # boneless pork roast 1 envelope - onion soup mix
14 $\frac{1}{2}$ oz. diced tomatoes, undrained 3 T. firmly packed brown sugar
2 - 4 oz. cans chopped green chilies, undrained
2 t. chili powder 1 t. ground cumin

In slow cooker, arrange pork. Combine onion soup mix with remaining ingredients and pour over pork.

Cook, covered, on low 8-10 hours or on high 4-6 hours or until pork is tender.

May be served with hot cooked noodles or rice.

**This recipe may be too spicy and need to be adjusted to your taste.*

EASY ITALIAN CHICKEN

DUMP MEALS

4 boneless skinless chicken breasts (about 4 oz. ea.)
6 oz. sliced mushrooms 1 medium onion, chopped
1 medium green bell pepper, chopped
1 c. diced zucchini 26 oz. pasta sauce
Hot cooked pasta (optional)

Combine ingredients in slow cooker.

Cover; cook on low 6-8 hours or until chicken is tender.

Serve over pasta, if desired.

DUMP CAKES

CROCK POT PEACHES 'N' CREAM DUMP CAKE **RECIPES THAT CROCK!**

21 oz. can of peach pie filling
 $\frac{1}{2}$ c. melted butter
 $\frac{1}{4}$ c. sugar

1 white cake mix
8 oz. cream cheese

*In a bowl, mix together cream cheese and sugar until smooth, set aside.
Pour pie filling in the bottom of crock pot and top with cream cheese mixture.
Sprinkle dry cake mix on top of cream cheese mixture.
Pour melted butter evenly over the top.
Place 6-8 paper towels between lid and top of crock pot.
Cover and cook on high for 1-2 hours.
Yellow cake mix may be substituted.

CROCK POT APPLE SPICE DUMP CAKE **RECIPES THAT CROCK!**

2 cans apple pie filling
1 spice cake mix
1 stick butter sliced into pats

$\frac{3}{4}$ c. brown sugar packed
 $\frac{3}{4}$ c. pecan pieces

*Spray crock pot with cooking spray. Pour pie filling into crock pot and spread evenly. Sprinkle brown sugar evenly over pie filling. Evenly sprinkle cake mix on top.
Place 6-8 paper towels on top of crock, under lid. Cover and cook on high for 1 $\frac{1}{2}$ -2 hours.*

CROCK POT MAGIC TURTLE BARS **RECIPES THAT CROCK!**

1 $\frac{1}{3}$ c. graham cracker crumbs
1 can sweetened condensed milk
 $\frac{2}{3}$ c. peanut butter chips
 $\frac{1}{3}$ c. pecan pieces

1 stick melted butter
 $\frac{2}{3}$ c. milk chocolate chips
 $\frac{2}{3}$ c. caramel baking chips

*Mix crushed graham crackers with melted butter and press into the bottom of 6-8 quart slow cooker. Pour milk over top of the graham cracker crust. Add remaining ingredients.
Cook on high for 1-2 hours until set and edges are golden. Cool completely and cut into bars.*

Note: This recipe is not a "set and forget" recipe until you know how long it will take in your slow cooker. Cake is done when the edges begin to turn golden and the condensed milk is set or no longer liquid. The melted butter may rise to the top while cooking. Let your bars cool completely before cutting and the butter will cool back into the bars.

PEACH MELBA DUMP CAKE

DUMP MEALS

2 cans peach pie filling
12 oz. frozen raspberries, thawed and drained
1 stick butter, cut into thin slices

yellow cake mix
ice cream if desired

Preheat oven to 350 degrees. Spray 13X9" baking pan with cooking spray. Spread peach pie filling in prepared pan; sprinkle with raspberries. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible. Bake 40-45 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving.

HOMESTYLE APPLE BROWN BETTY

CROCK POT DUMP RECIPES

8 cups of your favorite cooking apples, peeled and cut into eighths
1 stick of melted butter
1 c. dry bread crumbs
1 t. ground nutmeg
1/8 t. salt

1/4 c. finely chopped walnuts
1 t. ground cinnamon
1/2 c. packed brown sugar

Spray slow cooker crock. Place apples on bottom. Top with bread crumbs, brown sugar, butter, walnuts, cinnamon, nutmeg and salt. Cover and cook on low 3-4 hours or high 2 hours.
*May substitute pecans instead of walnuts

DECADENT CHOCOLATE DELIGHT

CROCK POT DUMP RECIPES

1 chocolate cake mix
8 oz. sour cream
1 small instant chocolate pudding and pie filling mix
1 c. semisweet chocolate chips
Ice cream if desired

4 eggs
1/2 c. vegetable oil
1 c. water

Spray slow cooker crock. Combine all ingredients in slow cooker and stir to blend. Cover and cook on low 3-4 hours or on high 1 1/2 to 1 3/4 hours.
*May add nuts if desired

SIMPLE S'MORE CAKE

DUMP RECIPES

1 - 15 oz. milk chocolate cake mix
1 1/2 c. milk
1 c. milk chocolate chips

1 - small chocolate instant pudding mix
10 oz. mini marshmallows
5 whole graham crackers, broken into pieces

Preheat oven to 350 degrees. Spray 13X9" baking pan. Combine cake mix, pudding mix and milk in large bowl; beat 1-2 minutes or until well blended. Spread batter in prepared pan. Bake 30-35 minutes or until toothpick inserted into center comes out clean. Turn oven to broil. Sprinkle marshmallows, chocolate chips and graham crackers over cake. Broil 6" from heat source 30 seconds to 1 minute or until marshmallows are golden brown. Cool at least 15 minutes before serving.

BANANA SPLIT CAKE

DUMP RECIPES

20 oz. crushed pineapple, undrained 14 $\frac{1}{2}$ oz. tart cherries in water, drained
18 oz. banana cake mix $\frac{1}{2}$ c. butter, cut into thin slices
 $\frac{1}{2}$ c. semisweet chocolate chips $\frac{1}{2}$ c. chopped pecans
Whipped cream and maraschino cherries if desired

Preheat oven to 350 degrees. Spray 13X9" baking pan.

Spread pineapple and tart cherries in prepared pan. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible. Sprinkle with chocolate chips and pecans.

Bake 55-60 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving. Top with whipped cream and maraschino cherries if desired.

APPLE PEACH DUMP CAKE

DUMP RECIPES

2 cans apple pie filling 2 cans peach slices, drained
1 t. ground cinnamon, divided $\frac{1}{2}$ t. ground nutmeg, divided
1 white cake mix $\frac{1}{2}$ c. butter, melted

Preheat oven to 350 degrees. Spray 13X9" baking pan.

Spread apple pie filling and peaches in prepared pan. Sprinkle with $\frac{1}{2}$ t. cinnamon and $\frac{1}{4}$ t. nutmeg. Top with cake mix, spreading evenly. Pour butter over top, covering cake mix as much as possible. Sprinkle with remaining $\frac{1}{2}$ t. cinnamon and $\frac{1}{4}$ t. nutmeg.

Bake 1 hour or until top is lightly browned and toothpick inserted in center of cake comes out clean. Cool at least 15 minutes before serving.

*May substitute yellow cake mix

ORANGE PINEAPPLE COCONUT CAKE

DUMP RECIPES

20 oz. crushed pineapple, undrained 15 oz. mandarin oranges, drained
 $1\frac{1}{2}$ c. flaked coconut, divided 1 vanilla cake mix
 $\frac{1}{2}$ c. butter, cut into thin slices

Preheat oven to 350 degrees. Spray 13X9" baking pan.

Spread pineapple and mandarin oranges in prepared pan; sprinkle with $\frac{1}{2}$ c. coconut. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible. Sprinkle with remaining 1 c. coconut.

Bake 45-50 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving.

*May substitute yellow cake mix

PINK LEMONADE CAKE

DUMP RECIPES

3 c. fresh or thawed frozen sliced strawberries
 $\frac{1}{4}$ c. powdered pink lemonade mix 1 white cake mix
 $\frac{1}{2}$ c. butter, cut into thin slices $\frac{1}{2}$ c water

Preheat oven to 350 degrees. Spray 9" square baking pan. Spread strawberries in prepared pan; sprinkle with lemonade mix. Top with cake mix, spreading evenly. Top with butter in single layer. Slowly pour water over top, covering cake mix as much as possible. Bake 40-45 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving.

TROPICAL DUMP CAKE

DUMP RECIPES

20 oz. crushed pineapple, undrained 15 oz. peach slices in light syrup, undrained
1 yellow cake mix $\frac{1}{2}$ c. butter, cut into thin slices
1 c. packed brown sugar $\frac{1}{2}$ c. flaked coconut
 $\frac{1}{2}$ c. chopped pecans

Preheat oven to 350 degrees. Spray 13X9" pan. Spread pineapple and peaches in prepared pan. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible. Sprinkle with brown sugar, coconut and pecans. Bake 40-45 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minute before serving.

CHERRY CHEESECAKE DUMP CAKE

DUMP RECIPES

4 oz. cream cheese, cut into small pieces
A can (21 oz.) cherry pie filling 1 - yellow cake mix
1 can (14 $\frac{1}{2}$ oz.) tart cherries in water, drained
 $\frac{1}{2}$ c. butter, cut into thin slices

Preheat oven to 350 degrees. Spray 13X9" baking pan. Spread cherry pie filling and tart cherries in prepared pan. Scatter cream cheese pieces over cherries. Top with cake mix, spreading evenly. Top with butter in a single layer covering cake mix as much as possible. Bake 45-50 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving.

TEMPTING TURTLE CAKE

DUMP RECIPES

1 devil's food cake mix
1 ½ c. milk
1 c. semisweet chocolate chips
½ t. coarse salt

1 small chocolate instant pudding
1 c. chopped caramels
½ c. pecan pieces

Preheat oven to 350 degrees. Spray 13X9" baking pan.
Combine cake mix, pudding mix and milk in large bowl; beat 1-2 minutes or until well blended.
Spread batter in prepared pan; top with caramels, chocolate chips and pecans. Sprinkle with salt, if desired.
Bake 30-35 minutes or until toothpick inserted into center comes out clean. Cool at least 15 minutes before serving.

RED VELVET WHITE CHIP CAKE

DUMP RECIPES

1 red velvet cake mix
1 ½ c. milk
½ c. white chocolate chips

1 small vanilla instant pudding mix
2 oz. cream cheese, cut into small pieces

Preheat oven to 350 degrees. Spray 13X9" baking pan.
Combine cake mix, pudding mix and milk in medium bowl; beat 1-2 minutes or until well blended.
Spread batter in prepared pan; sprinkle with cream cheese and white chips.
Bake 25-30 minutes or until toothpick inserted into center comes out clean. Cool in pan on wire rack.

CARROT BANANA CAKE

DUMP RECIPES

1 carrot cake mix, plus ingredients to prepare mix
1 t. baking soda
1 c. chopped walnuts
Prepared cream cheese frosting, warmed (if desired)
Additional chopped walnuts (optional)

2 bananas, mashed (about 1 heaping cup)
½ c. raisins

Preheat oven to 350 degrees. Spray 10" bundt pan.
Prepare cake mix according to package directions. Stir baking soda into mashed bananas; add to batter and beat until well blended. Stir in 1 c. walnuts and raisins. Pour into prepared pan.
Bake 40-45 minutes or until toothpick inserted near center comes out clean. Cool in pan 1 minutes; invert onto wire rack to cool completely.
Drizzle cream cheese frosting over cooled cake and sprinkle with additional walnuts if desired.

RECIPE SOURCES

Favorite Brand Name Dump Recipes - 3 Books in 1; Dump Soups, Dump Dinners and Dump Cakes Published 2015 Publications International, LTD.

CROCK POT - The Original Slow Cooker Dump Recipes, Recipe Card Collection
Published 2017 Publications International, LTD.

Crock Pot - 3 Books in 1; The Original Slow Cooker - Chicken Cookbook, 5 Ingredients or Less Cookbook & Soups and Stews Cookbook
Published 2008 Publications International, LTD.

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