

# SLOW COOKER COOKING TIMES

FOOD	MEAT WEIGHT	LOW COOK TIME	HIGH COOK TIME
<b>Large Pork Roast</b>	6-7 lbs	9.5 hours	7.5 hours
<b>Pork Loin</b>	3-4 lbs	6 hours	5 hours
<b>Chicken</b> (whole)	6 lbs	7.5 hours	6.25 hours
<b>Chicken</b> (breasts/thighs)	3 lbs	4-5 hours	2-3 hours
<b>Beef Roast</b>	3-4 lbs	8 hours	5-6 hours
<b>Stew Meat</b>	3 lbs	6 hours	4-5 hours
<b>Potatoes</b> (pricked, foil wrapped)	4-6 whole	8-10 hours	4.5-5 hours

## TRADITIONAL OVEN OR STOVETOP LOW

15-30 minutes  
35-45 minutes  
50 minutes- 3 hours

## LOW SLOW COOKER SETTING (ABOUT 200°F)

4-6 hours  
6-8 hours  
8-10 hours

## HIGH SLOW COOKER SETTING (ABOUT 300°F)

1-1/2 to 2-1/2 hours  
3-4 hours  
4-6 hours

### TIPS:

Place firm, slow-cooking root vegetables like potatoes and carrots at the bottom and meat (fat side up) on top  
Minimum internal meat temperatures Chicken (165 °F) Beef, Pork, Veal & Lamb (145 °F allow to rest for at least 3 minutes)  
For high-altitude cooking, add an additional 30 minutes for each hour of time in the recipe