



Slow Cooker Bread

Servings 8 | Prep time 30 mins. | Total time 2 hours 30 mins.

Equipment: 5- or 6-Quart Slow cooker, Parchment paper, Large bowl, Baking sheet, Zip-close bag

Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

- 1 envelope active dry yeast
- 1 tablespoon sugar
- 1 1/2 cups lukewarm water
- 2 1/2 cups all-purpose flour, and 1/4 extra for kneading
- 1 cup whole wheat flour
- 2 tablespoons olive oil OR vegetable oil
- 1 teaspoon salt
- Optional: 3 teaspoons herbs, such as rosemary, thyme, or herbal mix

Nutritional Information:

Calories 230
Total Fat 4g
Sodium 300mg
Total Carbs 42g
Protein 6g

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Line slow cooker with parchment paper. Cut paper to fit the size of the bottom of the slow cooker, put sheet around the edges so all of the slow cooker is covered.
3. In a large bowl, combine yeast and sugar. Add lukewarm water and stir until combined. Add all-purpose flour and whole wheat flour, oil, salt and stir until combined and a shaggy dough begins to form.
4. Sprinkle extra flour onto work area, spreading thinly. Knead the dough by pressing it into a ball, and rolling the edge of dough closest to oneself over the other end with the heel of hands. Rotate ball 1/4 turn and repeat kneading motion until dough is smooth and stretchy, about five minutes.
5. Roll dough into a ball, then place in the center of the slow cooker. Cook on high until golden on the bottom and cooked through, about 2 hours. (The internal temperature should be about 200 degrees, but bread will not be golden on top.) Carefully remove bread from slow cooker.
6. To crisp up the crust, transfer to a baking sheet and broil until golden, 2 to 5 minutes. Prop loaf leaning up on its side against something to prevent settling and let cool for at least 20 minutes.
7. Store in a zip-close bag and squeeze the air out of the zip-close bag before sealing to ensure freshness.