

# Slow Cooker Roasted Garlic

Easy "Roasted" Garlic in your Slow Cooker



For those of you who are just starting out in the kitchen, or if you just simply haven't tried it before, I hope that I can convert you to the glories of Roasted Garlic. Where regular raw garlic has a sharp bite to it, Roasted Garlic is Raw Garlic's cool cousin that pulls up riding a Harley and blasting "Born In The USA", before riding off with your girlfriend.... nerd. It has a deep flavor that is much smoother than regular garlic. Its "bite" is so mild that you can even eat it on its own, like macho candy, without flinching.

As a busy dad who has errands to run, roasting garlic in the oven isn't always practical, so doing it in the slow cooker is perfect. Throw a bunch of garlic in, come back 6 hours later, done.

## Serving Info:

Yield: A bunch 'o garlic  
Servings: n/a  
Serving Size: n/a

## Range:

No points on any plan, period.

## What You'll Need:

- Slow Cooker
- Whole Heads of Raw Garlic, as many as you want
- Aluminum Foil Wrap
- Cooking Spray \*\*\*
- Pinch of Salt
- Commercial-grade gas mask (optional)

## Directions:

1. On a cutting board, use a knife to cut off the top 1/4 to 1/2 inch (depending on size of the garlic) from the top of each head. Remove some of the flaky papery skin from around the garlic.
2. Make an aluminum foil pouch that's at least 2 layers thick (a large piece of foil folded in half, to help avoid burning) and large enough to contain all of the cut heads of garlic.

3. Spray 5 times into the pouch with the olive oil cooking spray, coating all of the heads in a thick layer, then close the foil pouch. Leave a small slit or two.
4. Place a small cup or dish on the bottom of your slow cooker, and then place your foil pouch on top of it to help reduce the chance of burning. Cover and cook on the LOW setting for 6 hours.
5. Remove Garlic from the slow cooker and allow it to cool on a cutting board until you can handle it with your bare fingers. Careful, it's hot. Squeeze the soft garlic out of the skins, and store in a plastic ziplock bag in the freezer. Break off a few cloves whenever you need some. They thaw very quickly once removed from the freezer.

## Notes:

- You can also roast garlic in your oven. It's essentially the same process. Bake the foil-wrapped garlic at 400 degrees for 35-40 minutes. Done.
- I prefer to have my slow cooker make this in my back yard. If you cook this inside your house for 6 hours your house will smell like a pizza parlor for days.
- Studies have shown that roasting garlic in this manner helps to prevent Vampire nests from forming on/near your property.
- Eating lots of garlic has been shown to work as a repellent for unwanted harassment and physical advances.

