

## 21 HEALTHY SLOW COOKER RECIPES

### 1. SLOW ROASTED CHICKEN WITH VEGETABLES

#### *6 Servings*

- 2 medium carrots, halved lengthwise and cut into 3" pieces
- 2 celery ribs, halved lengthwise and cut into 3" pieces
- 8 small red potatoes, quartered
- $\frac{3}{4}$  tsp salt, divided
- $\frac{1}{8}$  tsp pepper
- 1 medium lemon, halved
- 2 garlic cloves, crushed
- 1 broiler/fryer chicken (3-4lbs)
- 1 tbsp dried rosemary, crushed
- 1 tbsp lemon juice
- 1 tbsp olive oil
- $2\frac{1}{2}$  tsp paprika



1. Place carrots, celery and potatoes in slow cooker; toss with  $\frac{1}{4}$  tsp salt and pepper. Place lemon halves and garlic in chicken cavity. Tuck wings under chicken; tie drumsticks together. Place chicken over vegetables in slow cooker, breast side up. Mix rosemary, lemon juice, oil, paprika and remaining salt; rub over chicken.
2. Cook, covered, on low 6-8 hours.
3. Remove chicken to a serving platter; tent with foil. Let stand 15 minutes before carving. Serve with vegetables.

### 2. SOUTHWESTERN STUFFED PEPPERS

#### *4 Servings*

- 4 medium peppers
- 1 (15 oz) can black beans, rinsed and drained
- 1 cup (4 oz) shredded pepper jack cheese
- $\frac{3}{4}$  cup salsa
- 1 small onion, chopped
- $\frac{1}{2}$  cup frozen corn
- $\frac{1}{3}$  cup uncooked long grain rice
- $1\frac{1}{4}$  tsp chili powder
- $\frac{1}{2}$  tsp ground cumin
- Reduced fat sour cream, optional



1. Cut and discard tops from peppers; remove seeds. In a large bowl, mix beans, cheese, salsa, onion, corn, rice, chili powder and cumin; spoon into peppers. Place in slow cooker coated with cooking spray.
2. Cook, covered, on low 3-4 hours or until peppers are tender and filling is heated through. If desired, serve with sour cream. Yield: 4 servings.

### 3. SUNDAY POT ROAST

#### *14 Servings*

- 1 tsp dried oregano
- ½ tsp onion salt
- ½ tsp caraway seeds
- ½ tsp pepper
- ¼ tsp garlic salt
- 1 boneless pork loin roast (3½ - 4lbs), trimmed
- 6 medium carrots, peeled and cut into 1½" pieces
- 3 large potatoes, peeled and quartered
- 3 small onions, quartered
- 1 ½ cups beef broth, reduced sodium
- 1/3 cup all-purpose flour
- 1/3 cup cold water
- ¼ tsp browning sauce, optional



1. Combine first five ingredients; rub over roast. Wrap in plastic wrap; refrigerate overnight.
2. Place carrots, potatoes and onions in slow cooker; add broth. Unwrap roast; place in slow cooker. Cook, covered, on low until meat and vegetables are tender, 8-10 hours.
3. Transfer roast and vegetables to a serving platter; tent with foil. Pour cooking juices into a small saucepan. Mix flour and water until smooth; stir into pan. Bring to a boil; cook and stir until thickened, about 2 minutes. If desired, add browning sauce. Serve roast with gravy and vegetables.

### 4. EASY BEANS & POTATOES

#### *10 Servings*

- 1½ lbs fresh green beans, trimmed and cut into 2" pieces (4 cups)
- 4 medium potatoes, peeled and cut into ½" cubes
- 1 small onion, halved and sliced
- ¼ cup reduced-sodium chicken broth
- ½ tsp salt
- ¼ tsp pepper

1. In a slow cooker, combine all ingredients. Cover and cook on low for 6-8 hours or until potatoes are tender.



## 5. SEAFOOD CIOPPINO

### *8 Servings*

- 1 (28 oz) can diced tomato, undrained
- 2 medium onions, chopped
- 3 celery ribs, chopped
- 1 (8 oz) bottle clam juice
- 1 (6 oz) can tomato paste
- ½ cup vegetable broth
- 5 cloves garlic, minced
- 1 tbsp red wine vinegar
- 1 tbsp olive oil
- 1-2 tsp Italian seasoning
- 1 bay leaf
- ½ tsp sugar
- 1 lb haddock fillets, cut into 1" pieces
- 1 lb uncooked shrimp (41-50 per lb) peeled and deveined
- 1 (6 oz) can chopped clams, undrained
- 1 (6 oz) can lump crabmeat, drained
- 2 tbsp minced parsley

1. In a slow cooker, combine first 12 ingredients. Cook, covered, on low for 4-5 hrs.
2. Stir in seafood. Cook, covered, 20-30 minutes longer or until fish just begins to flake easily with fork and shrimp turn pink.
3. Remove bay leaf, stir in parsley.



## 6. CHIPOTLE BEEF CHILI

### *8 Servings*

- 2 lbs beef flank steak, cut into 1" pieces
- 2-4 chipotle peppers in adobo sauce, chopped
- ¼ cup chopped onion
- 1 tbsp chili powder
- 2 garlic cloves, minced
- 1 tsp salt
- ½ tsp ground cumin
- 3 (15 oz) cans tomato puree
- 1 (14.5 oz) can beef broth, reduced sodium
- ¼ cup minced fresh cilantro

1. In a slow cooker, combine the first nine ingredients. Cook, covered, on low 6-8 hours or until meat is tender. Stir in cilantro.

**Freeze option:** Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth or water if necessary.



## 7. LIME CHICKEN CHILI

### 6 Servings

- 1 medium onion, chopped
- 1 each: red, yellow, green pepper, chopped
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 lb ground chicken
- 2 (14.5 oz) cans diced tomatoes, undrained
- 1 (15 oz) can cannellini beans, rinsed and drained
- ¼ cup lime juice
- 1 tbsp each: all-purpose flour, baking cocoa,  
ground cumin, chili powder
- 2 tsp ground coriander
- 1 tsp grated lime peel
- ½ tsp each: salt, garlic pepper blend
- ¼ tsp pepper
- 2 (8") flour tortillas, cut into ¼" strips
- 6 tbsp reduced-fat sour cream



1. In a large skillet, sauté onion and peppers in oil for 7-8 minutes or until crisp-tender. Add garlic; cook 1 minute longer. Add chicken; cook and stir over medium heat for 8-9 minutes or until meat is no longer pink.
2. Transfer to slow cooker. Stir in the tomatoes, beans, lime juice, flour, cocoa, cumin, chili powder, coriander, lime peel, salt, garlic pepper and pepper.
3. Cover and cook on low for 4-5 hours or until heated through.
4. Place tortilla strips on a baking sheet coated with cooking spray. Bake at 400° for 8-10 minutes or until crisp. Serve chili with sour cream and tortilla strips.

## 8. HONEY-BUTTER PEAS AND CARROTS

### 12 Servings

- 1 lb carrots, sliced
- 1 large onion, chopped
- ¼ cup water
- 3 tbsp butter, cubed
- ¼ cup honey
- 4 garlic cloves, minced
- 1 tsp salt
- 1 tsp dried marjoram
- 1/8 tsp pepper
- 1 (16 oz) package frozen peas



1. In a slow cooker, combine first 9 ingredients. Cook covered, on low for 5 hours. Stir in peas, cook covered on high 15-25 minutes longer or until vegetables are tender.

## 9. PORK ROAST DINNER

### *8 Servings*

- 1 cup hot water
- ¼ cup sugar
- 3 tbsp cider vinegar
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp ketchup
- ½ tsp each: salt, pepper
- ¼ tsp each: garlic powder, chili powder
- 1 large onion, halved and sliced
- 1 boneless pork loin roast (2½ lbs), halved
- 4 medium potatoes, peeled and cut into 1" pieces
- 1 (16oz) package frozen, sliced carrots, thawed
- 2 tbsp cornstarch
- 2 tbsp cold water

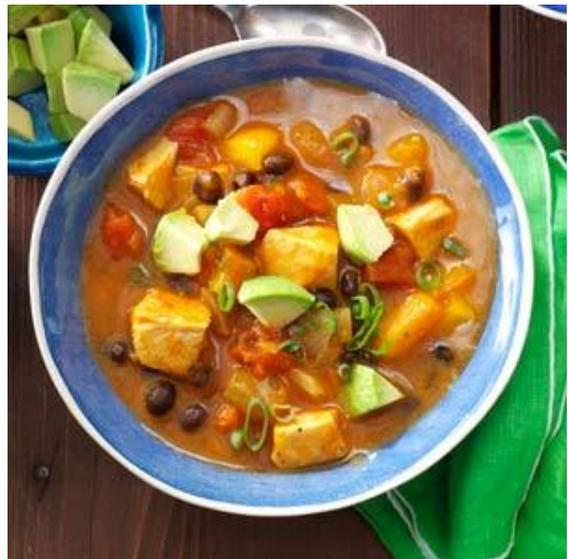


1. In a small bowl, whisk the first 7 ingredients until blended. Place onion in slow cooker. Place roast, potatoes and carrots over onion. Pour sauce mixture over top. Cook, covered, on low 6-8 hours or until pork and potatoes are tender.
2. Remove roast and vegetables from slow cooker; keep warm. Transfer cooking juices to a small saucepan; skim fat. Bring juices to a boil. In a small bowl, mix cornstarch and water until smooth; stir into cooking juices. Bring to a boil; cook and stir 1-2 minutes or until thickened. Serve with roast and vegetables.

## 10. BLACK BEAN 'N' PUMPKIN CHILI

### *10 Servings*

- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 medium pepper, chopped
- 3 garlic cloves, minced
- 2 (15 oz) cans black beans, rinsed and drained
- 1 (15 oz) can solid-packed pumpkin
- 1 (14.5 oz) can diced tomatoes, undrained
- 3 cups chicken broth
- 2½ cups cubed cooked turkey
- 2 tsp each: dried parsley flakes, chili powder
- 1½ tsp each: ground cumin, dried oregano
- ½ tsp salt
- Cubed avocado or thinly sliced green onions, optional



1. In a large skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir until tender. Add garlic; cook 1 minute longer.
2. Transfer to slow cooker; stir in the next 10 ingredients. Cook, covered, on low 4-5 hours. If desired, top with avocado and green onions.

## 11. SOUTHWESTERN CHICKEN & LIMA BEAN STEW

### 6 Servings

- 4 bone-in chicken thighs (1½ lbs), skin removed
- 2 cups frozen lima beans
- 2 cups frozen corn
- 1 large green pepper, chopped
- 1 large onion, chopped
- 2 (14 oz) cans fire-roasted diced tomatoes, undrained
- ¼ cup tomato paste
- 2 tbsp Worcestershire sauce
- 3 garlic cloves, minced
- 1½ tsp each: ground cumin, dried oregano
- ¼ tsp each: salt, pepper
- Chopped fresh cilantro or parsley



1. Place the first five ingredients in slow cooker. In a large bowl, combine tomatoes, tomato paste, Worcestershire sauce, garlic and dry seasonings; pour over top.
2. Cook, covered, on low 6-8 hours or until chicken is tender. Remove chicken from slow cooker. When cool enough to handle, remove meat from bones; discard bones. Shred meat with two forks; return to slow cooker and heat through. If desired, sprinkle with cilantro.

## 12. TURKEY WITH BERRY COMPOTE

### 12 Servings

- 1 tsp salt
- ½ tsp each: garlic powder, dried thyme, pepper
- 2 boneless turkey breast halves (2 lbs each)
- 1/3 cup water
- 2 medium apples, peeled, and finely chopped
- 2 cups each: raspberries, blueberries
- 1 cup white grape juice
- ¼ tsp crushed red pepper flakes
- ¼ tsp ground ginger



1. Mix salt, garlic powder, thyme and pepper; rub over turkey breasts. Place in slow cooker. Pour water around turkey. Cook covered, on low 3-4 hours.
2. Remove turkey from slow cooker; tent with foil. Let stand 10 minutes before slicing.
3. Meanwhile in a large saucepan, combine last 6 ingredients. Bring to a boil. Reduce heat to medium; cook, uncovered 15-20 minutes or until slightly thickened and apples are tender; stirring occasionally. Serve turkey with compote.

### 13. FRITTATA PROVENCIAL

#### 6 Servings

- ½ cup water
- 1 tbsp olive oil
- 1 medium Yukon Gold potato, peeled and sliced
- 1 small onion, thinly sliced
- ½ tsp smoked paprika
- 12 large eggs
- ¼ tsp dried thyme
- 1 tsp hot pepper sauce
- ½ tsp salt
- ¼ tsp pepper
- 1 (4 oz) log fresh goat cheese, coarsely crumbled, divided
- ½ cup chopped soft sun-dried tomatoes (not packed in oil)



1. Layer two 24-in. pieces of aluminum foil; starting with a long side, fold up foil to create a 1-in.-wide strip. Shape strip into a coil to make a rack for bottom of slow cooker. Add water to slow cooker; set foil rack in water.
2. In a large bowl, whisk eggs, thyme, pepper sauce, salt and pepper; stir in 2 ounces cheese. Pour over potato mixture. Top with remaining goat cheese. Place dish on foil rack.
3. Cook, covered, on low 3 hours or until eggs are set and a knife inserted near the center comes out clean.

### 14. LIME-CHIPOTLE CARNITAS TOSTADAS

#### 16 Servings

- ½ cup reduced-sodium chicken broth
- 4 tsp each: ground chipotle pepper, ground cumin
- 1 tsp salt
- 1 boneless pork shoulder roast (4-5 lbs), halved
- 1 large onion, peeled and halved
- 8 garlic cloves, peeled
- 1-2 limes, halved
- 16 tostada shells



Optional toppings: warmed refried beans, salsa, sour cream, shredded lettuce, chopped avocado, crumbled queso fresco, Pico de Gallo, minced fresh cilantro.

1. Add broth to slow cooker. Mix seasonings; rub over all sides of pork. Place in slow cooker. Add onions and garlic cloves. Cook, covered, on low 8-10 hours or until meat is tender.
2. Remove pork; cook slightly. Strain cooking juices, reserve garlic cloves. Discard onion. Skim fat from cooking juices. Mash garlic with fork. Shred pork with two forks.
3. Return cooking juices, garlic, and pork to slow cooker. Squeeze lime juice over pork; heat through, stirring to combine. Layer tostada shells with pork mixture and toppings as desired. Serve with lime wedges.

## 15. ITALIAN PULLED PORK SANDWICHES

### 12 Servings

- 1 tbsp each: fennel seeds, steak seasoning, cayenne pepper
- 1 boneless pork shoulder butt roast (3 lbs)
- 1 tbsp olive oil
- 2 medium peppers, thinly sliced
- 2 medium onions, thinly sliced
- 1 (14.5 oz) can diced tomatoes, undrained
- 12 whole wheat hamburger buns, split



1. In a small bowl, combine the fennel seed, steak seasoning and cayenne if desired. Cut roast in half. Rub seasoning mixture over pork. In a large skillet, brown roast in oil on all sides. Place in slow cooker. Add the peppers, onions and tomatoes; cover and cook on low for 7-9 hours or until meat is tender.
2. Remove roast; cool slightly. Skim fat from cooking juices. Shred pork with two forks and return to slow cooker; heat through. Using a slotted spoon, place 1/2 cup meat mixture on each bun.

## 16. SUNDAY CHICKEN

### 2 Servings

- 2 small carrots, cut into 2" pieces
- ½ medium onion, chopped
- ½ celery rib, cut into 2-inch pieces
- 1 cup cut fresh green beans (2" pieces)
- 2 small red potatoes, halved
- 2 bone-in chicken breast halves, skin removed
- ¾ cup hot water
- 1 tsp chicken bouillon granules
- ¼ tsp each: salt, dried thyme, dried basil
- Pinch pepper



1. In a slow cooker, layer the first seven ingredients in the order listed. Combine the water, bouillon, salt, thyme, basil and pepper; pour over the top. Do not stir.
2. Cover and cook on low for 6-8 hours or until vegetables are tender and meat thermometer reads 170°. Remove chicken and vegetables. Thicken cooking juices for gravy if desired.

## 17. TURKEY MEATBALLS AND SAUCE

### 8 Servings

- ¼ cup egg substitute
- ½ cup seasoned bread crumbs
- 1/3 cup chopped onion
- ½ tsp pepper
- ¼ tsp salt-free seasoning blend
- 1½ lbs lean ground turkey
- 1 (15 oz) can tomato sauce
- 1 (14.5 oz) can diced tomatoes, undrained
- 1 small zucchini, chopped
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 (6 oz) can tomato paste
- 2 bay leaves
- 2 garlic cloves, minced
- 1 tsp each: dried oregano, basil, parsley flakes
- ¼ tsp crushed red pepper flakes
- ¼ tsp pepper
- 1 (16 oz) package whole wheat spaghetti



1. In a large bowl, combine egg substitute, bread crumbs, onion, pepper, and seasoning blend. Crumble turkey over mixture and mix well. Shape into 1" balls; place on rack coated with cooking spray in shallow baking an. Bake at 400° for 15 minutes or until no longer pink.
2. Meanwhile, in a slow cooker, combine tomato sauce, tomatoes, zucchini, green pepper, onion, tomato paste, bay leaves, garlic, and seasonings. Stir in meatballs. Cover and cook on low for 6 hours. Cook spaghetti according to package directions; serve with meatballs and sauce.

## 18. JAVA ROAST BEEF

### 12 Servings

- 5 garlic cloves, minced
- 1½ tsp salt
- ¾ tsp pepper
- 1 boneless beef chuck roast (3-3½ lbs)
- 1½ cups strong brewed coffee
- 2 tbsp cornstarch
- ¼ cup cold water



1. Mix garlic, salt, and pepper; rub over beef. Transfer to slow cooker. Pour coffee around meat. Cook, covered, on low 8-10 hours or until meat is tender.
2. Remove roast to serving plate; keep warm. Transfer cooking juices to a small saucepan; skim off fat. Bring to a boil. In a small bowl, mix cornstarch and water until smooth; gradually stir into cooking juices. Bring to a boil; cook and stir 1-2 minutes or until thickened. Serve with roast.

## 19. BLACK-EYED PEAS & HAM

### 12 Servings

1 (16 oz) package dried black-eyed peas, rinsed and sorted  
½ lb fully cooked boneless ham, finely chopped  
1 medium onion, finely chopped  
1 medium sweet red pepper, finely chopped  
1 large jalapeño pepper, seeded and finely chopped  
2 garlic cloves, minced  
1½ tsp ground cumin  
1 tsp reduced-sodium chicken bouillon granules  
½ tsp each: salt, cayenne pepper  
¼ tsp pepper  
6 cups water  
Minced fresh cilantro, optional  
Hot cooked rice



1. Soak peas according to package directions.
2. Transfer peas to slow cooker; add the next 11 ingredients. Cover and cook on low for 5-7 hours or until peas are tender. Sprinkle with cilantro if desired. Serve with rice.

## 20. TOMATO-TOPPED ITALIAN PORK CHOPS

### 6 Servings

6 bone-in pork loin chops  
1 tbsp canola oil  
1 small onion, chopped  
½ cup chopped carrots  
1 (14.5 oz) can diced tomatoes, drained  
¼ cup reduced-fat balsamic vinaigrette  
2 tsp dried oregano

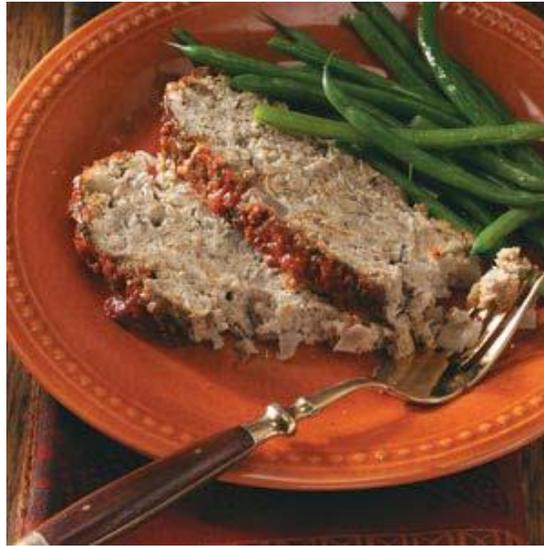


1. In a large skillet, brown chops in oil in batches. Transfer to slow cooker coated with cooking spray. Saute onion and carrot in drippings until tender. Stir in the tomatoes, vinaigrette and oregano; pour over chops.
2. Cover and cook on low for 8-10 hours or until meat is tender.

## 21. MUSHROOM MEAT LOAF

### 6 Servings

- 2 eggs, lightly beaten
- 1 1/3 cups soft bread crumbs
- 1/2 lb mushrooms, finely chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 3/4 tsp salt
- 1/2 tsp dried thyme
- 1/4 tsp pepper
- 1 lb lean ground turkey
- 1/4 cup chili sauce
- 2 tsp mustard
- 1/8 tsp cayenne pepper



1. Cut three 20-in. x 3-in. strips of heavy-duty foil; crisscross so they resemble spokes of a wheel. Place strips on the bottom and up the sides of slow cooker. Coat strips with cooking spray.
2. In a large bowl, combine the eggs, bread crumbs, mushrooms, onion, garlic, salt, thyme and pepper. Crumble turkey over mixture and mix well. Shape into a 7-1/2-in. x 4-in. loaf. Cook immediately or cover and freeze for up to 3 months
3. Place meat loaf in the center of the strips. Cover and cook on low for 3-4 hours or until no pink remains and a thermometer reads 160°
4. Combine the chili sauce, mustard and cayenne; pour over meat. Cover and cook 15 minutes longer or until heated through. Using foil strips as handles, remove the meat loaf to a platter.
5. **To use frozen meat loaf:** Thaw in the refrigerator overnight. Cook as directed.