



# HEALTHY SLOW COOKER COOKBOOK

MT. AUBURN DO RIGHT! BLOCK BY BLOCK PILOT PROGRAM

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# MAIN DISHES

# MEATS

## BEST EVER BEEF STEW

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Recipe From: Spoonful.com

**Makes 6-8 Servings**

### Ingredients:

- |  |                                  |
|--|----------------------------------|
| 1 large Onion, halved and thinly sliced                            | 1 clove Garlic, crushed          |
| 2 medium Carrots, peeled and thinly sliced                         | 3 cups Low-sodium Beef Stock     |
| 2 large Potatoes, cut into ½-inch chunks                           | 2 tablespoons Light Brown Sugar  |
| 1 - 1 ½ cups Peeled and Diced Rutabaga<br>(about ½ small rutabaga) | ¾ teaspoon Salt                  |
| 1 cup Fresh Green Beans, in bite-size pieces                       | 2 teaspoons Worcestershire Sauce |
| 1 pound Beef Stew-Meat Chunks                                      | Pepper to taste                  |
| 1 Bay Leaf   | 3 tablespoons All-purpose Flour  |
| ½ teaspoon Dried Thyme   | 2 teaspoons Tomato Paste         |

### Preparation:

1. Put everything but the flour and the tomato paste in a slow cooker; stir to combine. Cover and cook on the low setting for 8 to 9 hours or on high for 4 to 5, until the beef is tender and the potatoes are just fork tender.
2. Stir the stew once or twice as it cooks, if possible. About 30 minutes before serving, transfer a ladleful of the broth to a small mixing bowl.
3. Add the flour and tomato paste and whisk until smooth. Stir the mixture into the stew and cook for the remaining half hour.

## BRAISED PORK WITH SALSA

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Recipe From: Eatingwell.com

**Makes: 8 Servings**

### Ingredients:

3 pounds Boneless Pork Shoulder or Butt

1 ½ cups Prepared Tomatillo salsa, (see Ingredient Note)

1 ¾ cups Reduced-sodium Chicken Broth

1 medium Onion, thinly sliced

1 teaspoon Cumin Seeds or Ground Cumin

3 Plum Tomatoes, (about ½ pound), thinly sliced

½ cup Chopped Fresh Cilantro, divided

½ cup Reduced-fat Sour Cream

### Preparation:

1. Trim and discard pork surface fat. Cut meat apart following layers of fat around muscles; trim and discard fat. Cut into 2-inch chunks and rinse with cold water. Place in a 5- or 6-quart slow cooker. Turn heat to high.
2. Combine salsa, broth, onion and cumin seeds in a saucepan and bring to a boil over high heat. Pour over the meat. Add tomatoes and mix gently. Put the lid on and cook until the meat is pull-apart tender, 6 to 7 hours.
3. With a slotted spoon, transfer the pork to a large bowl; cover and keep warm. Pour the sauce and vegetables into a large skillet; skim fat. Bring to a boil over high heat. Boil, skimming froth from time to time, for about 20 minutes, to intensify flavors and thicken slightly. Add the pork and ¼ cup cilantro; heat through.
4. To serve, ladle into bowls and garnish each serving with a dollop of sour cream and a sprinkling of the remaining ¼ cup cilantro.

**Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 3 months. Reheat on the stovetop, in a microwave or in the oven.

**Ingredient Note:** Tomatillo salsa (sometimes labeled salsa verde or green salsa) is a blend of green chiles, onions and tomatillos. It is sold in supermarkets.

## Company Pot Roast

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Recipe From: MyRecipe.com

**Makes: 8 Servings**

### Ingredients:

- |   |   |
|---|---|
| 1 (2 pound) Boneless Chuck roast, trimmed and cut in half | 1 (16 oz) package Carrots, cut into 2-inch pieces |
| ¼ cup Low-sodium Soy Sauce                                | 16 small Red Potatoes (about 2 pounds), halved    |
| 2 cloves Garlic, minced                                   | 1 tablespoon Canola Oil                           |
| 1 cup Beef Broth  | 1 ½ tablespoons All-purpose Flour                 |
| 1 (.35 oz) package Dried Morels                           | 3 tablespoons Water                               |
| 1 tablespoon Black Pepper                                 | Rosemary Sprigs (optional)                        |
| 3 tablespoons Sun-dried Tomato Paste                      |   |
| 2 medium Onions, quartered                                |   |

### Preparation:

1. Combine roast, soy sauce, and garlic in a large zip-top plastic bag; seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally.
2. Bring broth to a boil in a small saucepan; add mushrooms. Remove from heat; cover and let stand 20 minutes. Drain mushrooms through a cheesecloth-lined colander over a bowl, reserving broth mixture.
3. Remove roast from bag, reserving marinade. Sprinkle roast with pepper, gently pressing pepper into roast. Combine reserved marinade, mushroom broth mixture, and tomato paste; stir well, and set aside.
4. Place mushrooms, onion, carrot and potato in a 6-quart electric slow cooker; toss gently.

5. Heat oil in a large skillet over medium-high heat. Add roast, browning well on all sides.  
Place roast over vegetables in slow cooker. Pour tomato paste mixture into pan, scraping to loosen browned bits. Pour tomato paste mixture over roast and vegetables. Cover with lid; cook on high-heat setting 1 hour. Reduce to low-heat setting, and cook 8 hours or until roast is tender.
6. Place roast and vegetables on a serving platter; keep warm. Reserve liquid in slow cooker; increase to high-heat setting.
7. Place flour in a small bowl. Gradually add water, stirring with a whisk until well blended. Add flour mixture to liquid in slow cooker. Cook, uncovered, 15 minutes or until slightly thick, stirring frequently. Serve gravy with roast and vegetables.



## MEDITERRANEAN BEEF WITH PASTA

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Recipe From: Better Homes & Gardens

**Makes: 6 Servings**



### Ingredients:

- |   |  |
|---|--|
| 1 ½ pounds Lean Beef Stew Meat, cut into 1-inch pieces          | ¼ teaspoon Ground Black Pepper   |
| 1 tablespoon Olive Oil  | 1 can Diced Tomatoes (14 ½ oz), undrained  |
| 3 medium Carrots, cut into 1/2-inch slices                      | ½ cup Low-sodium Beef Broth  |
| 1 medium Yellow Sweet Pepper, seeded and cut into 1-inch pieces | 1 ¼ cups Zucchini and/or Yellow Summer Squash, halved lengthwise and cut into ¼ - inch pieces (1 medium) |
| 1 medium Onion, cut into thin wedges                            | 6 oz Dried Whole Grain Penne Pasta   |
| 2 cloves Garlic, minced   | 2 tablespoons Shredded Parmesan Cheese   |
| 1 teaspoon Dried Italian Seasoning, crushed                     | 2 tablespoons Fresh Basil, chopped   |
| ¼ teaspoon Salt   |  |

### Preparation:

1. In a large skillet cook meat, half at a time, in hot oil over medium-high heat until brown. Drain off fat. Transfer meat to slow cooker. Add carrots, sweet pepper, onion, garlic, Italian seasoning, salt, and black pepper. Pour tomatoes and broth over mixture in cooker.
2. Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3 ½ to 4 ½ hours.
3. If using low-heat setting, turn to high-heat setting. Stir in zucchini and/or yellow squash. Cover and cook for 30 minutes more. Meanwhile, cook pasta according to package directions; drain. Serve meat mixture over pasta. Sprinkle with Basil and Cheese.

## PULLED BEEF TOSTADAS

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Recipe From: Prevention.com

**Makes: 8 Servings**

### Ingredients:

3 pounds Flank Steak, Brisket, or Chuck  
Roast, fat-trimmed  
1 teaspoon Salt  
1 large White Onion, cut into large chunks

4 cloves Garlic  
4 cups Water  
8 (6" diameter) Corn Tortillas

### Preparation:

1. Place meat, salt, onion, and garlic in 4-quart or larger slow cooker. Add water.
2. Cover. Cook on low 8 to 9 hours, or until thermometer inserted into center of meat reads 160°F. Remove meat from cooker and place in shallow bowl. Let stand at room temperature until cool enough to shred with 2 forks.
3. Preheat oven to 450°F. Coat baking sheet with cooking spray. Place tortillas in single layer on baking sheet and bake 5 minutes, or until edges are crisp and brown.
4. Spoon shredded meat on top of tortillas and garnish with your favorite toppings like tomatoes, cheese, lettuce, beans, or salsa.

## SPAGHETTI BOLOGNESE

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Recipe From: RealSimple.com

**Makes: 4 Servings**

### Ingredients:

1 pound Ground Beef Chuck	1 teaspoon Dried Oregano
1 (28 oz) can Whole Peeled Tomatoes	1 teaspoon Dried Thyme
2 Carrots, finely chopped	1 Bay Leaf
1 medium Onion, chopped	1 teaspoon Salt
1 Celery Stalk, chopped	¼ teaspoon Black Pepper
2 cloves Garlic, chopped	¾ pound Spaghetti Noodles
¼ cup Tomato Paste	Grated Parmesan, for serving
¼ cup Dry White or Red Wine	

### Preparation:

1. In a 4- to 6-quart slow cooker, mix together the beef, tomatoes, carrots, onion, celery, garlic, tomato paste, wine, oregano, thyme, bay leaf, 1 teaspoon salt, and ¼ teaspoon pepper.
2. Cover and cook until the vegetables are tender and the meat is cooked through, on low for 7 to 8 hours or on high for 4 to 5 hours.
3. 20 minutes before serving, cook the spaghetti according to the package directions; drain and return it to the pot. Toss the spaghetti with the Bolognese and sprinkle it with the Parmesan.

**Tip:** If you have a 6-quart slow cooker, make a double batch to serve to a crowd or to freeze for later.

# POULTRY

## CHICKEN TACOS

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Recipe from: Spoonful.com

**Makes: 4-8 Servings (depending on other fillings used)**

### Ingredients:

1 can Green Chiles, diced	2 cloves Garlic, minced
1 (12 oz) jar Salsa, (mild or spicy to taste)	2 pounds Boneless, Skinless Chicken Thighs or Breasts
1 teaspoon Ground Cumin	Taco shells, Flour or Corn Tortillas depending on taste
1 whole Onion, chopped	

### Preparation:

1. Place chicken in the slow cooker. Top with salsa, diced green chilies, cumin, onion and garlic. Cover and set on low. Cook for 8 hours.
2. Remove chicken from pot, shred, and return to juices.
3. Spoon chicken into taco shells, with whatever toppings your family likes. Or use the meat to make burritos, tostadas or as a filling for enchiladas.

## CHICKEN WITH POTATOES AND CARROTS

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Recipe From: MyRecipes.com

**Makes: 6 Servings**

### Ingredients:

- |  |   |
|--|---|
| 1 $\frac{3}{4}$ cups Onion, vertically sliced                            | 1 teaspoon minced Garlic                            |
| Cooking spray  | $\frac{3}{4}$ teaspoon Salt, divided                |
| 2 cups Baby Carrots  | $\frac{1}{2}$ teaspoon Ground Black Pepper, divided |
| 6 small Red Potatoes (about 1 pound), cut into $\frac{1}{4}$ inch slices | 1 teaspoon Paprika                                  |
| $\frac{1}{2}$ cup Fat-free, Low-sodium Chicken Broth                     | 6 (6 oz) Bone-in Chicken Thighs, skinned            |
| $\frac{1}{2}$ cup Dry White Wine   | 1 teaspoon Olive Oil                                |
| 1 tablespoon chopped Fresh Thyme   | Chopped Fresh Thyme (optional)                      |

### Preparation:

1. Place onion in a 6-quart electric slow cooker coated with cooking spray; top with carrots and potatoes.
2. Combine broth, wine, thyme, garlic,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Pour over vegetables.
3. Combine paprika, remaining  $\frac{1}{4}$  teaspoon salt, and remaining  $\frac{1}{4}$  teaspoon pepper; rub over chicken. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken. Cook 3 minutes on each side or until browned. Arrange chicken on top of vegetables.
4. Cover and cook on LOW for 3  $\frac{1}{2}$  hours or until chicken is done and vegetables are tender. Garnish with additional thyme, if desired.

## CREAMY CHICKEN NOODLE SOUP

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Recipe From: Better Homes & Gardens

**Makes: 8 Servings**

### Ingredients:

1 (32 oz) container Reduced-Sodium  
Chicken Broth  
3 cups Water  
2 ½ cups Chopped Cooked Chicken (about  
12oz)  
1 ½ cups sliced Carrots (about 3 medium)  
1 ½ cups sliced Celery Stalks (about 3 stalks)

1 ½ cups Mushrooms, sliced (4 oz)  
¼ cup chopped Onion  
1 ½ teaspoons Dried Thyme, crushed  
¾ teaspoon Garlic Pepper  
3 oz Reduced-fat Cream Cheese  
(Neufchatel), cut up  
2 cups Dried Egg Noodles

### Preparation:

1. In a 5- to 6-quart slow cooker combine chicken broth, the water, chicken, carrots, celery, mushrooms, onion, thyme, and garlic pepper.
2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
3. If using low-heat setting, turn cooker to high-heat setting. Stir in cream cheese until combined. Stir in uncooked noodles. Cover and cook for 20 to 30 minutes more or just until noodles are tender.

## MEDITERRANEAN CHICKEN

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Recipe From: MyRecipes.com

**Makes: 6 Servings**

### Ingredients:

- |  |   |
|--|---|
| 1 small Lemon  | 12 bone-in Chicken Thighs (about 3 pounds), skinned |
| 1 $\frac{3}{4}$ cups coarsely chopped Onion                        | $\frac{1}{4}$ teaspoon ground Black Pepper          |
| $\frac{1}{4}$ cup Pitted Kalamata Olives, halved (about 12 olives) | 1 tablespoon Olive Oil                              |
| 2 tablespoons drained Capers                                       | Chopped Fresh Rosemary (optional)                   |
| 1 (14.5 oz) can Whole Plum Tomatoes, drained and coarsely chopped  | Chopped Fresh Parsley (optional)                    |

### Preparation:

1. Grate rind and squeeze juice from lemon to measure 1 teaspoon and 1 tablespoon, respectively. Place lemon rind in a small bowl. Cover and refrigerate. Combine lemon juice, onion, olives, capers, and tomatoes in a 5-quart electric slow cooker.
1. Sprinkle chicken with pepper. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Place half of chicken in pan; cook 3 minutes on each side or until browned. Place chicken in slow cooker. Repeat procedure with remaining chicken. Cover and cook on LOW for 4 hours or until chicken is done.
2. Place chicken thighs on plates. Stir reserved lemon rind into sauce. Serve sauce over chicken. Garnish with rosemary and parsley, if desired.

**Flavor Tip:** Piquant, sharp, and tangy are just a few words to describe capers. Use capers sparingly to infuse sauces, salads, pizzas, dressings, and pasta or vegetable dishes with flavor.

## SESAME TURKEY

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Recipe From: Better Homes & Gardens

**Makes: 8 Servings**

### Ingredients:

3 pounds Turkey Breast Tenderloins	1 tablespoon Toasted Sesame Oil
¼ teaspoon ground Black Pepper	2 cloves Garlic, minced
⅛ teaspoon Cayenne Pepper	2 tablespoons Cornstarch
¼ cup Reduced-sodium Chicken Broth	2 tablespoons Cold Water
¼ cup Reduced-sodium Soy Sauce	2 tablespoons sliced Green Onion (about 1)
4 teaspoons grated Fresh Ginger	1 tablespoon Sesame Seeds, toasted
1 tablespoon Lemon Juice	

### Preparation:

1. Place turkey in a 3 ½- or 4-quart slow cooker. Sprinkle with black pepper and cayenne pepper. In a small bowl, combine broth, soy sauce, ginger, lemon juice, sesame oil, and garlic. Pour over turkey. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 ½ to 3 hours.
2. Transfer turkey to a serving platter, reserving cooking liquid. Cover turkey and keep warm.
3. For sauce, strain cooking liquid into a small saucepan. In a small bowl, combine cornstarch and the water; stir into cooking liquid. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more.
4. If desired, slice turkey. Spoon sauce over turkey. Sprinkle with green onion and sesame seeds.



## SPICY CHICKEN STEW

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Recipe From: MyRecipes.com

**Makes: 6 Servings**

### Ingredients:

2 Baking Potatoes, peeled and cut into chunks (3  $\frac{1}{3}$  cups)  
1 (10 oz) package Frozen Whole-kernel Corn  
2 Celery Stalks, chopped  
2 Carrots, peeled and cut into chunks (1 cup)  
1 Onion, cut into  $\frac{1}{2}$ -inch-thick slices  
2 cloves Garlic, minced  
1 cup Bottled Salsa  
1  $\frac{1}{2}$  teaspoons Ground Cumin

1 teaspoon Chili Powder  
 $\frac{1}{2}$  teaspoon ground Black Pepper  
1 pound Skinless, Boneless Chicken Breast  
4 Skinless, Boneless Chicken Thighs (about 10.5 oz)  
2  $\frac{1}{2}$  cups Fat-free, Low-sodium Chicken Broth  
4 (6-inch) Fresh Corn Tortillas, cut into strips  
Chopped Fresh Parsley (optional)

### Preparation:

1. Place potatoes, corn, celery, carrots, onion, and garlic in an electric slow cooker. Stir in salsa, cumin, chili powder, and pepper. Place chicken on top of vegetables, and add broth. Cover and cook on HIGH for 4 hours.
2. Remove chicken from slow cooker; shred with 2 forks. Return chicken to slow cooker. Stir tortilla strips into stew. Garnish with parsley, if desired.

## THYME-GARLIC CHICKEN BREASTS

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Recipe From: Better Homes & Gardens

**Makes: 6-8 Servings**

### Ingredients:

3-4 pounds Bone-in Chicken Breast Halves

6 cloves Garlic, minced

1 ½ teaspoons Dried Thyme, crushed

½ teaspoon Salt

¼ cup Orange Juice

1 tablespoon Balsamic Vinegar

1 (8-10 oz) package Mixed Greens

½ cup Cherry Tomatoes, halved or quartered

¼ cup Pitted Kalamata Olives, halved

¼ cup Crumbled Feta Cheese (1 oz)

½ cup Bottled Vinaigrette Dressing

### Preparation:

1. Remove and discard skin from chicken. Sprinkle chicken with garlic, thyme, and salt. Place chicken in 3 ½- or 4-quart slow cooker. Pour orange juice and vinegar over chicken.
2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-½ hours. Remove chicken from slow cooker; cover and keep warm. Discard cooking juices.
3. In a large bowl, toss together greens, tomatoes, olives, and feta; divide among serving plates.
4. Slice chicken from the bones, discarding the bones. Top each salad with some of the chicken. Drizzle dressing over salads.

## WHITE TURKEY CHILI

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Recipe From: Spoonful.com

**Makes: 4-6 Servings**

### Ingredients:

- |  |                                    |
|--|------------------------------------|
| 1 pound Ground Turkey                    | 1 teaspoon Dried Oregano           |
| 2 cans Cannellini Beans, (drained)       | 1 teaspoon Ground Cumin            |
| 1 (4 oz) can Diced Green Chiles, drained | 1 teaspoon Salt                    |
| 1 small Onion, chopped                   | ½ teaspoon White Pepper            |
| 1 small Green Pepper, chopped            | ½ teaspoon Ground Cayenne Pepper   |
| 1 bunch Green Onions                     | Reduced-fat Sour Cream for garnish |
| 4 tablespoons Olive Oil, divided         |                                    |

### Preparation:

1. Cook ground turkey, onion and green pepper in 2 tablespoons oil until turkey is no longer pink and vegetables begin to soften -- about 10 minutes. Drain well.
2. Stir in green chilies, beans, and seasonings until well blended. Pour into a slow cooker and lid tightly. Cook on LOW setting for 4 hours.
3. Slice green onions thinly (white and green parts) and cook in remaining 2 tablespoons of oil until crisp and just beginning to brown. Remove with a slotted spoon and spread on paper towel to drain.
4. Serve chili topped with sour cream and fried green onions.

## WINE AND TOMATO BRAISED CHICKEN

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Recipe From: [EatingWell.com](http://EatingWell.com)

**Makes: 10 Servings**

### Ingredients:

4 slices Bacon	1 cup Dry White Wine (see Tip)
1 large Onion, thinly sliced	1 (28 oz) can Whole Tomatoes, with juice, coarsely chopped
4 cloves Garlic, minced	1 teaspoon Salt
1 teaspoon Dried Thyme	10 Bone-in Chicken Thighs (about 3 $\frac{3}{4}$ pounds), skin removed, trimmed
1 teaspoon Fennel Seeds	$\frac{1}{4}$ cup finely chopped Fresh Parsley
1 teaspoon Ground Black Pepper	
1 Bay Leaf	

### Preparation:

1. Cook bacon in a large skillet over medium heat until crisp, about 4 minutes. Transfer to paper towels to drain. Crumble when cool.
2. Drain off all but 2 tablespoons fat from the pan. Add onion and cook over medium heat, stirring, until softened, 3 to 6 minutes. Add garlic, thyme, fennel seeds, pepper and bay leaf and cook, stirring, for 1 minute. Add wine, bring to a boil and boil for 2 minutes, scraping up any browned bits. Add tomatoes and their juice and salt; stir well.
3. Place chicken thighs in a 4-quart (or larger) slow cooker. Sprinkle the bacon over the chicken. Pour the tomato mixture over the chicken. Cover and cook until the chicken is very tender, about 3 hours on High or 6 hours on Low. Remove the bay leaf. Serve sprinkled with parsley.

**Tip:** If you prefer, substitute 1 cup reduced-sodium chicken broth mixed with 1 tablespoon fresh lemon juice for the wine.

**Make Ahead Tip:** Prepare Steps 1 & 2, cover and refrigerate bacon and sauce separately for up to 1 day. To finish, bring the sauce to a simmer and continue with Step 3. The cooked chicken and sauce can be refrigerated for up to 3 days.

**Variation:** Turn 2 cups each of leftover chicken and sauce into Braised Chicken Gumbo. Heat 1 tablespoon extra-virgin olive oil in a large saucepan over medium heat. Add 1 diced medium red or green bell pepper and 2 tablespoons all-purpose flour and cook, stirring, until the pepper is beginning to soften and the flour is golden brown, about 2 minutes. Add 2 cups shredded chicken, 2 cups sauce, 2 cups reduced-sodium chicken broth, 1 cup sliced okra (fresh or frozen, thawed),  $\frac{3}{4}$  cup instant brown rice (see Tip) and  $\frac{1}{8}$ - $\frac{1}{4}$  teaspoon cayenne pepper. Bring to a boil. Reduce the heat and simmer until the flavors meld and the okra is tender, about 10 minutes.

**Tip:** If you want to use rice that is not “instant,” stir in 1 cup of any leftover cooked rice instead. Or, if you have time, add  $\frac{1}{2}$  cup of quicker-cooking whole-grain rice, such as Bhutanese red rice or Kalijira rice, and an additional  $1\frac{1}{4}$  cups of chicken broth before adding the okra. Cook until the rice is almost tender, about 25 minutes (or according to package instructions) then add the okra and simmer until it is tender.

# VEGETARIAN

## CHICKPEA CHILI

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Recipe From: MyRecipes.com

**Makes: 8 Servings**

### Ingredients:

- |                                  |   |
|----------------------------------|---|
| 1 cup Dried Chickpeas            | 2 ½ cups Fat-free, Low-sodium Chicken Broth |
| 2 quarts Boiling Water           | ½ cup Water                                 |
| 2 tablespoons Olive Oil, divided | ⅔ cup sliced Pimiento-stuffed Olives        |
| 1 ½ cups chopped Onion           | ½ cup Golden Raisins                        |
| 5 cloves Garlic, minced          | 1 (28 oz) can Crushed Tomatoes              |
| 1 tablespoon Tomato Paste        | 4 cups chopped, Peeled Butternut Squash     |
| 1 ½ teaspoons Ground Cumin       | 1 cup Frozen Green Peas, thawed             |
| 1 teaspoon Salt                  | 6 cups Hot Cooked Couscous                  |
| ½ teaspoon Ground Red Pepper     | 8 Lime Wedges                               |
| ½ teaspoon Ground Cinnamon       | ¼ cup chopped Fresh Cilantro                |
| ¼ teaspoon Ground Turmeric       |   |

### Preparation:

1. Place chickpeas in a saucepan; add 2 quarts boiling water. Cover and let stand 1 hour; drain. Place beans in a 6-quart slow cooker.
2. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add onion; sauté 4 minutes, stirring occasionally. Add garlic; sauté 1 minute, stirring constantly. Stir in tomato paste, cumin, salt, red pepper, cinnamon, & turmeric; sauté 30 seconds, stirring constantly. Add onion mixture to slow cooker. Add broth, water, olives, raisins, and tomatoes to slow cooker; cover and cook on HIGH 8 hours.
3. Heat a large skillet over medium-high heat. Add remaining 1 tablespoon oil; swirl to coat. Add squash; sauté 5 minutes. Add squash to slow cooker. Cover and cook on HIGH 1 hour; stir in peas. Sprinkle with cilantro. Serve over couscous with lime wedges.

## Chili Bean Stuffed Peppers

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Recipe From: Better Homes & Gardens

**Makes: 4 Servings**

### Ingredients:

4 small to medium Green, Red, or Yellow Sweet Peppers  
1 cup cooked Rice  
1 (15 oz) can Chili Beans  
1 (15 oz) can or 2 (8 oz) cans No-Salt Added Tomato Sauce

$\frac{1}{3}$  cup finely chopped Onion  
3 oz ( $\frac{3}{4}$  cup) Monterey Jack cheese, shredded  
Chili powder (optional)

### Preparation:

1. Remove tops, membranes, and seeds from sweet peppers. Chop enough tops to make  $\frac{1}{3}$  cup; set aside. If necessary, cut a thin slice from the bottom of each pepper so they sit flat.
2. In a medium bowl stir together rice and undrained beans; spoon into peppers. Pour tomato sauce into the bottom of a  $4\frac{1}{2}$ -quart or larger slow cooker; stir in reserved chopped pepper and onion. Place peppers, filled side up, in cooker.
3. Cover and cook on low-heat setting for 6 to  $6\frac{1}{2}$  hours or on high-heat setting for 3 to  $3\frac{1}{2}$  hours.
4. To serve, transfer peppers to serving plate and cut in half, if desired. Spoon tomato sauce over peppers and sprinkle with cheese and, if desired, chili powder.

## PESTO LASAGNA WITH SPINACH AND MUSHROOMS

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Recipe From: MyRecipes.com

**Makes: 8 Servings**

### Ingredients:

- |   |   |
|---|---|
| 4 cups Spinach, torn                              | ¾ cup (3 oz) grated Fresh Parmesan Cheese, divided            |
| 2 cups sliced Cremini Mushrooms                   |   |
| ½ cup Commercial Pesto                            | 1 (25.5 oz) Bottle Fat-free Tomato-Basil Pasta Sauce          |
| ¾ cup (3 oz) shredded Part-skim Mozzarella Cheese | 1 (8 oz) can Tomato Sauce                                     |
| ¾ cup (3 oz) shredded Provolone Cheese            | Cooking spray   |
| 1 (15 oz) carton Fat-free Ricotta Cheese          | 1 (8 oz) package Precooked Lasagna Noodles (about 12 noodles) |
| 1 large Egg, lightly beaten                       |   |

### Preparation:

1. Arrange the spinach in a vegetable steamer; steam, covered, 3 minutes or until spinach wilts. Drain, squeeze dry, and coarsely chop. Combine spinach, mushrooms, and pesto in a medium bowl, stirring to combine; set aside.
2. Combine mozzarella, provolone, ricotta, and beaten egg in a medium bowl, stirring well to combine. Stir in ¼ cup Parmesan, and set aside. Combine the pasta sauce and the tomato sauce in a medium bowl.
3. Spread 1 cup pasta sauce mixture in the bottom of a 6-quart electric slow cooker coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with 1 cup cheese mixture and 1 cup spinach mixture. Repeat the layers, ending with spinach mixture.
4. Place remaining 3 noodles over sauce mixture; spread remaining sauce mixture over noodles. Sprinkle with the remaining ½ cup Parmesan. Cover with lid; cook on LOW 5 hours or until done.



## PINTO BEAN STEW WITH JALAPENO-CORN DUMPLINGS

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Recipe From: [EatingWell.com](http://EatingWell.com)

**Makes: 8 Servings**

### **Ingredients:**

#### Stew

- |   |                            |
|---|----------------------------|
| 1 pound Dry Pinto Beans, soaked (see Tip) | 2 cloves Garlic, minced    |
| 6 cups Water                              | 2 tablespoons Chili Powder |
| 1 medium Onion, chopped                   | 2 teaspoons Ground Cumin   |
| 1 medium Red Bell Pepper, diced           | 2 tablespoons Lime Juice   |
| 2 stalks Celery, sliced                   | 1 ½ teaspoons Salt         |
| 1 cup Frozen Corn, thawed                 |                            |

#### Dumplings

- |  |   |
|--|---|
| ½ cup All-purpose Flour                | 2 tablespoons Cold Butter, cut into cubes |
| ½ cup Cornmeal, preferably Whole-grain | 1 fresh Jalapeño, finely chopped          |
| ½ teaspoon Baking Powder               | Zest of 1 Lime                            |
| ¼ teaspoon Salt                        | ½ cup Buttermilk                          |

#### Garnish

- ½ cup chopped Fresh Cilantro
- ½ cup sliced Radishes

### **Preparation:**

1. Drain the soaked beans. Combine the beans, water, onion, bell pepper, celery, corn, garlic, chili powder and cumin in a 5- to 6-quart slow cooker. Cook on High for 4 hours (or on Low for 8 hours).

2. To prepare dumplings: Just before the end of the 4 (or 8) hours, whisk flour, cornmeal, baking powder and salt in a medium bowl. Add butter and use a pastry blender, two knives or a fork to cut the butter into the dry ingredients until the mixture resembles coarse meal. Add jalapeño and lime zest and toss to coat. Add buttermilk and stir to form a dough.
3. After the stew has cooked for 4 (or 8) hours, stir in lime juice and salt. Using generous table-spoonfuls of dough, drop 8 dumplings on top of the stew. Cover and cook on High for 1 hour. Serve each portion of stew topped with a dumpling. Garnish with cilantro and radish.

**Make Ahead Tip:** Soak beans; prep vegetables, cover and refrigerate for up to 1 day; measure seasonings.

**Tip:** Before using beans in a slow-cooker recipe, soak them to ensure even cooking. Start by sorting beans to remove any pebbles; rinse well with cold water.

**To soak beans overnight:** Place beans in a large bowl, cover with 3 inches of cold water and soak at room temperature for 8 to 24 hours.

**To “quick soak” beans:** Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.

## PUMPKIN, SPINACH, AND RED LENTIL STEW

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Recipe From: Better Homes & Gardens

**Makes: 6 Servings**

### Ingredients:

1 pound Pie Pumpkin or Winter Squash,  
peeled, seeded, and cut into 1-inch cubes

1 (15 oz) can Chickpeas (Garbanzo beans),  
rinsed and drained

3 medium Carrots, sliced ½ inch thick

1 cup Chopped Onion (1 large)

1 cup Red Lentils, rinsed and drained

2 tablespoons Tomato Paste

1 tablespoon grated Fresh Ginger

1 tablespoon Lime Juice

1 teaspoon Ground Cumin

¼ teaspoon Salt

¼ teaspoon Ground Turmeric

¼ teaspoon Ground Black Pepper

4 cups Chicken or Vegetable Broth

¼ cup Chopped Peanuts

2 tablespoons chopped Fresh Cilantro

Plain nonfat yogurt (optional)

### Preparation:

1. In a 3 ½ to 4-quart slow cooker, combine pumpkin, chickpeas, carrots, onion, lentils, tomato paste, ginger, lime juice, cumin, salt, turmeric, and pepper. Pour broth over all in cooker.
2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Top each serving with peanuts, cilantro, and if desired, yogurt.

## RED BEANS AND RICE

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Recipe From: MyRecipes.com

**Makes: 4 Servings**

### Ingredients:

- |                                 |   |
|---------------------------------|---|
| 3 cups Water                    | ½ teaspoon Ground Black Pepper  |
| 1 cup Dried Red Kidney Beans    | ½ (14 oz) package Turkey, Pork, and Beef<br>smoked Sausage, thinly sliced (such as<br>Healthy Choice) |
| 1 cup chopped Onion             | 1 Bay Leaf  |
| 1 cup chopped Green Bell Pepper | 5 cloves Garlic, minced   |
| ¾ cup chopped Celery            | ½ teaspoon Salt   |
| 1 teaspoon Dried Thyme          | 3 cups hot, cooked, Long-grain Rice   |
| 1 teaspoon Paprika              | ¼ cup chopped Green Onion   |
| ¾ teaspoon Ground Red Pepper    |   |

### Preparation:

1. Combine all ingredients except for Salt, rice and green onions in an electric slow cooker. Cover with lid; cook on high heat for 5 hours. Discard bay leaf; stir in salt.
2. Serve over rice; sprinkle servings evenly with green onions.

## VEGETABLE AND CHICKPEA CURRY

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Recipe From: MyRecipes.com

**Makes: 6 Servings**

### Ingredients:

- |   |   |
|---|---|
| 1 tablespoon Olive Oil                    | 1 cup diced Green Bell Pepper             |
| 1 ½ cups chopped Onion                    | 1 cup cut Green Beans                     |
| 1 cup (¼ inch-thick) slices Carrot        | ½ teaspoon Salt                           |
| 1 tablespoon Curry Powder                 | ¼ teaspoon Black Pepper                   |
| 1 teaspoon Brown Sugar                    | ⅛ teaspoon Ground Red Pepper              |
| 1 teaspoon grated, peeled Fresh Ginger    | 1 (14.5 oz) can Diced Tomatoes, undrained |
| 2 cloves Garlic, minced                   | 1 (14 oz) can Vegetable Broth             |
| 1 Serrano chili pepper, seeded and minced | 3 cups Fresh Baby Spinach                 |
| 3 cups Cooked Chickpeas (Garbanzo Beans)  | 1 cup Light Coconut Milk                  |
| 1 ½ cups cubed, peeled Baking Potato      | 6 Lemon Wedges                            |

### Preparation:

1. Heat oil in a large nonstick skillet over medium heat. Add onion and carrot; cover and cook 5 minutes or until tender. Add curry powder, sugar, ginger, garlic, and chili; cook 1 minute, stirring constantly.
2. Place onion mixture in a 5-quart electric slow cooker. Stir in chickpeas, potatoes, bell peppers, green beans, salt, black pepper, red pepper, tomatoes, and broth. Cover and cook on HIGH 6 hours or until vegetables are tender. Add spinach and coconut milk; stir until spinach wilts. Serve with lemon wedges.

## VEGETARIAN CHILI

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Recipe From: FoodNetwork.com

**Makes: 4-6 Servings**

### Ingredients:

- |  |   |
|--|---|
| 1 (28 oz) can Diced Tomatoes                               | 1 tablespoon minced Pickled Jalapeños (from can or jar) |
| 4 cups Reduced-sodium Vegetable Broth                      | 2 tablespoons Chili Powder                              |
| 1 (15 oz) can Black Beans, rinsed and drained              | 2 tablespoons Dried Oregano                             |
| 1 (15 oz) can White (Cannellini) Beans, rinsed and drained | 2 teaspoons Ground Cumin                                |
| 1 (15 oz) can Red Kidney Beans, rinsed and drained         | 1 teaspoon Ground Coriander                             |
| 1 cup Frozen Baby or Regular Lima Beans                    | 1-2 teaspoons Hot Sauce                                 |
| 1 cup chopped Onion  | $\frac{1}{3}$ cup Couscous                              |
| 1 Green Bell Pepper, seeded and chopped                    | $\frac{1}{2}$ cup shredded Monterey Jack Cheese         |
| 2 cloves Garlic, minced                                    | $\frac{1}{3}$ cup chopped Fresh Cilantro                |
|  | Salt and Ground Black Pepper                            |

### Preparation:

1. In a slow cooker, combine all ingredients but the couscous, shredded cheese, cilantro and salt and pepper. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
2. Five to 10 minutes before serving (depending on temperature of slow cooker) add couscous, cover and cook, until couscous is tender. Season, to taste, with salt and black pepper.
3. Just before serving, top each serving with shredded cheese and cilantro.

# SIDE DISHES

## BALSAMIC COLLARD GREENS

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Recipe From: MyRecipes.com

**Makes: 5 Servings**

### Ingredients:

3 Bacon Slices

1 cup chopped Onion

1 (16 oz) package Fresh Collard Greens,  
chopped

¼ teaspoon Salt

2 cloves Garlic, minced

1 Bay Leaf

1 (14.5 oz) can Fat-free, Low-sodium  
Chicken Broth

3 tablespoons Balsamic Vinegar

1 tablespoon Honey

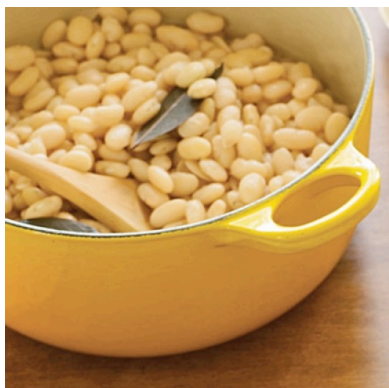
### Preparation:

1. Cook bacon in a large Dutch oven over medium heat until crisp. Remove bacon from pan; crumble. Add onion to drippings in pan; sauté 5 minutes or until tender. Add collard greens, and cook 2 to 3 minutes or until greens begin to wilt, stirring occasionally.
2. Place collard green mixture, salt, garlic, bay leaf, and broth in a 3-quart electric slow cooker. Cover and cook on LOW for 3 ½ to 4 hours.
3. Combine balsamic vinegar and honey in a small bowl. Stir vinegar mixture into collard greens just before serving. Sprinkle with bacon.



## BASIC WHITE BEANS

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Recipe From: Spoonful.com

**Makes: 6 Servings**

### Ingredients:

1 pound Dried Great Northern Beans

1 Bay Leaf

### Preparation:

1. Rinse and drain the beans, picking out any damaged beans or small stones. In a large bowl, soak the beans, covered by 3 inches of water, for 8 hours or overnight.
2. Drain the beans and rinse them well with fresh water. Transfer them to a slow cooker. Add 7 cups of water and the bay leaf. Cook the beans in the slow cooker on high until they are just tender, 3 to 4 hours. Drain them, but save the liquid if you're planning to freeze them (see below).

**Eat 'em right away:** Stir the cooked beans into your favorite tomato soup to add protein, or serve warm beans over tortilla chips, topped with salsa, shredded cheese, and lettuce.

**Freeze 'em for later:** Divide the beans into 2-cup portions, place them in freezer bags, and cover them with cooking liquid. Store them for up to three months.

**Why White Beans?** In a sea of blacks, reds, and pintos, the white bean is easy to overlook. We love these pale beauties for their creamy texture and adaptability. Our recipe uses great northern beans, but feel free to sub in other varieties, such as cannellini or navy beans. Just don't overcook them. Their delicate texture can turn mushy if they're simmered too long.

## GARLIC MASHED POTATOES

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Recipe From: Food.com

**Makes: 8-10 Servings**

### Ingredients:

2 pounds Baking Potatoes, cubed (or 1 lb Baking Potatoes and 1 lb Red Potatoes)

¼ cup Water

2 tablespoons Butter

1 ¼ teaspoons Salt

½ teaspoon Black Pepper

4 cloves Garlic, crushed (or ½ teaspoon Garlic Powder)

1 cup 1% or Skim Milk

### Preparation:

1. Toss potatoes, water, butter, salt, pepper, and garlic and put them into the slow cooker.
2. Cook the potatoes for 4 hours on high or 7 hours on low in the slow cooker.

Add milk and mash the potatoes.

## Spiced Red Cabbage with Apples or Pears

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Recipe From: Food.com

**Makes: 8-10 Servings**

### Ingredients:

2 pounds Red Cabbage, shredded finely  
4 large Onions, peeled & finely diced  
4 large Apples or 4 large Pears, NOT peeled,  
finely diced  
4 cloves Garlic, peeled & finely minced  
4 tablespoons Brown Sugar

½ teaspoon Cinnamon  
½ teaspoon Ground Nutmeg  
½ teaspoon Ground Cloves  
Salt & Pepper to taste  
3 tablespoons Red Wine Vinegar  
1 oz Butter

### Preparation:

1. Discard outer leaves of the red cabbage and cut into quarters. Cut out the central woody root and then shred the quarters very finely. Place in a bowl. Cut the apples or pears into quarters, core them & then slice into fine dice and set aside in another bowl.
3. Place peeled and diced onions into another bowl & make sure all the other ingredients are measured and to hand!
4. Start layering the ingredients: Red cabbage, then salt & pepper; Apples or pears, onions & garlic, then the spices & brown sugar; keep layering this way until everything has been used up. (If you would like it slightly spicier, add a little more spices, but no more than 1 teaspoon per spice, as it will be too spiced & will detract from the apple/pear & red cabbage flavors!).
5. Dot the top of the red cabbage with the butter and pour the red wine vinegar over the cabbage. Season once more with salt & pepper and cook for 6 to 12 hours on High in the crockpot, until everything has broken down, is soft and it is a rich red color.

## SPICY CHICKPEAS

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Recipe From: Food.com

**Makes: 6 Servings**

### Ingredients:

- |                                     |  |
|-------------------------------------|--|
| 1 tablespoon Olive Oil              | ½ teaspoon Ground Black Pepper   |
| 2 Onions, peeled and finely chopped | ½ teaspoon Cayenne Pepper (reduce if that's too spicy for your tastes) |
| 4 cloves Garlic, finely chopped     | 2 teaspoons Balsamic Vinegar   |
| 2 tablespoons minced Fresh Ginger   | 2 cups coarsely chopped Tomatoes, canned or fresh                      |
| 2 teaspoons Ground Coriander        | 2 (19 oz) cans Chickpeas, rinsed and drained                           |
| 1 teaspoon Cumin Seed               |  |
| 1 teaspoon Salt                     |  |

### Preparation:

1. In a skillet, heat oil over medium heat, cook onions, stirring, just until they begin to brown; then add garlic and all spices and cook, stirring, for 1 minute.
2. Add vinegar and tomatoes and bring to a boil, then place mixture in your slow cooker; add chickpeas and combine well.
2. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours, or until the mixture is hot and bubbling.
3. Serve with hot naan or pita bread or over rice.

## SWEET AND SPICY BAKED BEANS

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Recipe From: MyRecipes.com

**Makes: 10 Servings**

### Ingredients:

2 cups chopped Onion

Cooking spray

$\frac{3}{4}$  cup Ketchup

$\frac{1}{3}$  cup packed Brown Sugar

$\frac{1}{3}$  cup Pure Maple Syrup

$\frac{1}{4}$  cup Cider Vinegar

$\frac{1}{4}$  cup Water

1 tablespoon Dry Mustard

3 (16 oz) cans Light Red Kidney Beans,  
rinsed and drained

6 Bacon slices, cooked and crumbled  
(drained)

### Preparation:

1. Sauté onion in a large nonstick skillet coated with cooking spray over medium-high heat 4 minutes or until tender.
2. Place onion and remaining ingredients in a 3  $\frac{1}{2}$  to 4-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 6 hours.

# OTHER RECIPES

## CHEESY SPINACH-ARTICHOKE DIP

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Recipe From: MyRecipies.com

**Makes: 5 ¼ cups of Dip**

### Ingredients:

- |   |   |
|---|---|
| 11 (6-inch) Pita Bread Rounds   | ¾ cup Grated Parmesan Cheese                  |
| ⅓ cup chopped Sun-dried Tomatoes, packed without oil                        | ¾ cup Skim Milk                               |
| 1 cup boiling Water   | ½ cup (2 oz) crumbled Reduced-fat Feta Cheese |
| 1 (14 oz) can quartered Artichoke Hearts, drained and coarsely chopped      | ½ cup diced Onion                             |
| 1 (10 oz) package Frozen Chopped Spinach, thawed, drained, and squeezed dry | ½ cup Fat-free Mayonnaise                     |
| 1 (8oz) tub Light Cream Cheese, softened                                    | 1 tablespoon Red Wine Vinegar                 |
| 1 (8 oz) carton Low-fat Sour Cream  | ¼ teaspoon Ground Pepper                      |
|   | 2 cloves Garlic, crushed                      |

### Preparation:

1. Preheat oven to 350°. Split each pita bread round in half horizontally; cut each half into 6 wedges. Place pita wedges in a single layer on baking sheets; bake at 350° for 10 minutes or until toasted.
2. Combine sun-dried tomatoes and boiling water in a bowl; let stand for 1 hour or until soft. Place artichokes, spinach, cream cheese, sour cream, Parmesan cheese, milk, feta, onion, mayonnaise, vinegar, pepper and garlic in a 3 ½ quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 1 hour.
3. Drain tomatoes; stir into dip. Cover and cook 1 hour. Serve warm with toasted pita wedges.

## CINNAMON APPLE SAUCE

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Recipe From: Food.com

**Makes: 8 Servings**

### **Ingredients:**

3 ½ pounds Granny Smith Apples, peeled, cored, and sliced

½ cup firmly packed Brown Sugar

1 ½ tablespoons Fresh Lemon Juice

¼ teaspoon Ground Cinnamon

### **Preparation:**

1. In a 3 ½ quart electric slow cooker, toss together the apples, brown sugar, and lemon juice. Cover and cook on the high heat setting 3 hours or until the apples are very tender.
2. Mash up the apples with a potato masher. Stir in the cinnamon. Serve.



## SLOW COOKER OATMEAL

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Recipe From: Shape Magazine

**Makes: 8 Servings**

### Ingredients:

1 cup Steel-cut Oats

⅓ cup chopped Dates

⅓ cup Raisins

⅓ cup chopped Dried Figs

½ teaspoon Ground Cinnamon

⅓ cup chopped Almonds or Walnuts

4 cups Water

½ cup Plain Nonfat Yogurt

### Preparation:

1. Mix all ingredients together in a slow cooker before you head to bed.
2. Set to low and cook for 6-10 hours.
3. Stir and serve.