

# SIMPLE STEPS TO SLOW COOKER SUCCESS

## Slow Cooker Balsamic Chicken

### Ingredients:

- 2 cups Brussels sprouts, halved
- 2 cups baby red potatoes, halved
- 4 (4 ounce) boneless skinless chicken breasts
- ¼ cup balsamic vinegar
- ½ cup low-sodium chicken broth
- 2 Tbsp. honey
- 2 Tbsp. Dijon mustard
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- ½ tsp. dried oregano
- Salt and pepper to taste
- 2 cloves garlic, minced



**Directions:** Place Brussels sprouts and potatoes in slow cooker. Place chicken breast on top of veggies. In a small bowl, whisk together remaining ingredients. Pour marinade over chicken and vegetables. Cover and cook 4½ - 5 hours on high (8-10 hours on low) until chicken has an internal temperature of 165°F.

**Nutrition (¼ of recipe):** 240 Calories, 3 grams Fat, 25 grams Carbs, 3 grams Fiber, 27 grams Protein

**Cut the excess fat:** Trim off excess fat from meat and remove skin from chicken before you start cooking to avoid greasy cooking liquid at the end.

**Cook overnight:** Dishes that don't require much stirring (like dried beans) are great for overnight cooking. Stews and chili's that taste better with more time for flavors to mix work great for night time cooking too.

**Layer:** Tougher slow-cooking root vegetables (like carrots/potatoes) at the bottom, next meat, then softer veggies. Pasta or rice it should be added towards the end of cooking and fresh herbs should be last.

**Don't miss out:** If you are limiting yourself to only using your slow cooker for meat then you are missing out. Applesauce, oatmeal, baked potatoes, and even lasagna can be made in a slow cooker.



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## Cooking Time Conversions

Standard Cooking Time	Slow Cooker Time: On High	Slow Cooker Time: On Low
15-30 minutes	1-2 hours	4-6 hours
30-60 minutes	2-3 hours	5-7 hours
1-2 hours	3-4 hours	6-8 hours
2-4 hours	4-6 hours	8-12 hours

**Thickening:** Liquid don't thicken much in a slow cooker. Instead coat meat in seasoned flour before cooking or mix up a cornstarch and cold water paste to stir in.

**Less liquid:** Most liquid won't "boil off" in a slow cooking since it has the lid on. When adapting a standard recipe decrease liquid by about one-third

**To clean stubborn slow cooker stains:** mix vinegar with baking soda, scrub, and rinse.

## Slow Cooker Butternut Squash Soup

### Ingredients:

- 2 cups vegetable broth
- 2 cloves garlic
- 1 carrot, peeled and diced
- 1 Granny Smith apple, cored and diced
- 1 medium butternut squash, peeled, seeded, and diced
- 1 sprig fresh sage
- 1 white onion, diced
- Salt and pepper to taste
- Pinch of ground cinnamon and nutmeg
- 1/2 cup unsweetened coconut milk



**Directions:** Add vegetable broth, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cinnamon and nutmeg in a slow cooker. Stir together. Cook for 6-8 hours on low or 3-4 hours on high until squash is completely tender and mashes easily with a fork. Remove and discard the sage sprig. Stir in the coconut milk. Use an immersion blender to puree soup until smooth (or transfer in two batches to a blender and puree).

**Nutrition (1 cup):** 120 Calories, 3 grams Fat, 23 grams carbs, 4 grams fiber, 2 grams Protein

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## Slow Cooker Black Beans

### Ingredients:

- 1 pound dry black beans, soaked overnight
- 4 tsp. diced jalapeño peppers
- 6 cups broth (vegetable or chicken)
- 1/2 tsp. garlic powder
- 1 Tbsp. chili powder
- 1 tsp cumin
- 1 tsp cayenne pepper
- 3/4 black pepper



**Directions:** Drain soaking water from black beans. Combine beans, jalapeños, broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, and pepper. Cook on high 4 hours. Reduce heat to low and continue cooking for 2 hours or until you are ready to eat.

**Nutrition (1 cup):** 125 Calories, 0 Fat, 36 grams Carbs, 22 grams Fiber, 14 grams Protein

**Keep the lid closed:** It can be tempting to peek but it can add 10-15 minutes of cooking time each time you crack open the lid.

**Avoid overcrowding:** For best results try to only fill your slow cooker between one-half and two-thirds of the way full.

## Slow Cooker Eggplant Parmesan

### Ingredients:

- 2 large eggplants, sliced into 1/2 inch slices
- 2 eggs, whisked
- 1 cup panko bread crumbs
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 2 cups marinara sauce
- 8 ounces shredded part-skim mozzarella
- 1/4 cup grated Parmesan
- Fresh Basil
- Salt and pepper



**Directions:** Place eggplant on paper-towel lined baking sheet and sprinkle each piece with salt. Let sit for 30 minutes and pat dry. Spread 1/3 of the sauce in the bottom of the slow cooker. Whisk together bread crumbs, garlic powder, Italian season, salt and pepper. Dip each eggplant piece into eggs and then dip in bread crumbs. Place an even layer of slices into slow cooker. Top with 2 more layers of sauce, mozzarella and eggplant. Cook on high for 4-5 hours (8-10 hours on low). Sprinkle with parmesan and garnish with basil.

**Nutrition (1 of 6 servings):** 285 Calories, 14 grams Fat, 27 grams Carbs, 6 grams Fiber, 18.5 grams Protein