

## Slow Cooker Asian Chicken Lettuce Wraps

Prep Time: 15 minutes

Cook Time: 3 hours

Yield: About 12 wraps, about 6 servings

### Ingredients

- 2 lbs ground chicken (not ground chicken breast)
- 3 cloves garlic, minced
- 1 red bell pepper, cored and finely chopped
- 1/2 cup finely chopped yellow onion
- 1/2 cup hoisin sauce
- 2 Tbsp soy sauce
- Salt and freshly ground black pepper
- 1 (8 oz) can sliced water chestnuts, drained and rinsed
- 1 1/2 cups cooked brown rice
- 3 green onions, sliced
- 1 Tbsp rice vinegar and 1 1/2 tsp sesame oil (optional)
- 2 heads iceberg lettuce

### Directions

Place ground chicken and garlic in a large microwave safe bowl. Microwave mixture, stirring occasionally, until chicken is no longer pink, about 5 - 6 minutes. Drain off liquid and pour mixture into a 5 - 7 quart slow cooker. Add bell pepper, onion, hoisin sauce, soy sauce, 1/2 tsp salt and 1/2 tsp pepper and toss mixture. Cover and cook on low heat 2 - 3 hours until chicken is tender.

Stir in water chestnuts, cooked rice, green onions, rice vinegar, and sesame oil, cook until heated through 3 - 5 minutes. Season with additional salt as desired. Separate iceberg lettuce leaves and serve with chicken filling.



## Slow Cooker Chicken Noodle Soup

Prep Time: 15 minutes

Cook Time: 7 hours

Yield: 4 - 5 servings

### Ingredients

- 1 1/2 lbs boneless skinless chicken breasts
- 5 medium carrots, peeled and chopped (1 3/4 cups)
- 1 medium yellow onion, chopped (1 1/2 cups)
- 4 stalks celery, chopped (1 1/4 cups)
- 3 - 5 cloves garlic, minced
- 3 Tbsp extra virgin olive oil
- 6 cups low-sodium chicken broth (3 - 15 oz cans)
- 1 cup water
- 3/4 tsp dried thyme
- 1/2 tsp dried rosemary, crushed
- 1/2 tsp dried sage (optional)
- 1/4 tsp celery seed, finely crushed\*
- 2 bay leaves
- Salt and freshly ground black pepper, to taste
- 2 cups uncooked wide egg noodles
- 1/4 cup chopped fresh parsley
- 1 Tbsp fresh lemon juice

**Directions:** To a slow cooker, add chicken (un-cut), diced carrots, onion, celery, and garlic. Drizzle olive oil over top then add in chicken broth, water, thyme, rosemary, celery seed, bay leaves and season with salt and pepper to taste. Cover and cook on low heat 6 - 7 hours.

Remove cooked chicken and allow to rest 10 minutes, then dice into bite size pieces. Meanwhile, add egg noodles and parsley to slow cooker. Increase temperature to high, cover and cook 10 minutes longer (or until noodles are tender). Stir in lemon juice and toss in cooked, diced chicken. Serve warm with saltine crackers or top with Parmesan cheese if desired.



## Beef & Veggie Sloppy Joes Recipe

TOTAL TIME: Prep: 35 min. Cook: 5 hours MAKES: 12 servings



### Ingredients

- 4 medium carrots, shredded (about 3-1/2 cups)
- 1 medium yellow summer squash, shredded (about 2 cups)
- 1 medium zucchini, shredded (about 2 cups)
- 1 medium sweet red pepper, finely chopped
- 2 medium tomatoes, seeded and chopped
- 1 small red onion, finely chopped
- 1/2 cup ketchup
- 3 tablespoons minced fresh basil or 3 teaspoons dried basil
- 3 tablespoons molasses
- 2 tablespoons cider vinegar
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 pounds lean ground beef (90% lean)
- 12 whole wheat hamburger buns, split

**Directions:** In a 5- or 6-qt. slow cooker, combine the first 13 ingredients. In a large skillet, cook beef over medium heat 8-10 minutes or until no longer pink, breaking into crumbles. Drain; transfer beef to slow cooker. Stir to combine.

Cook, covered, on low 5-6 hours or until heated through and vegetables are tender. Using a slotted spoon, serve beef mixture on buns. Yield: 12 servings.

## Slow Cooker Greek Chicken Pitas

Prep Time: 15 minutes Cook Time: 6 hours Yield: 4 -servings



### Ingredients

- 1 medium onion, cut in half and thinly sliced (about 3/4 cup)
- 2 garlic cloves, minced
- 1 pound boneless, skinless chicken thighs
- 1 1/2 teaspoons lemon pepper seasoning
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 1/2 cup nonfat Greek yogurt
- 4 pita breads, warmed, for serving
- 1/2 cup chopped cucumber, for serving
- 1 roma tomato, chopped, for serving
- Crumbled feta cheese (optional) for serving

### Directions

1. Ideal slow cooker size: Ideal Slow Cooker Size: 1-1/2 to 3-Quart
2. Coat the slow cooker with nonstick spray.
3. Place the onions and garlic in a microwave safe bowl. Microwave, stirring occasionally, until the onions are softened, 3 to 5 minutes. Transfer them to the slow cooker.
4. Coat the chicken thighs with the lemon pepper, oregano, allspice and salt and add to the slow cooker.
5. Cover and cook on LOW for 6 to 8 hours or until the chicken is tender.
6. Remove chicken from slow cooker and place on a cutting board. Stir the yogurt into the onion mixture in the slow cooker. Shred the chicken with 2 forks. Season to taste with salt and pepper. Stir back into the slow cooker.
7. To serve, with a slotted spoon, spoon the chicken mixture into the warm pitas. Top with cucumber, tomato and feta cheese if using.

## Slow Cooker Zucchini Lasagna with Meat Sauce

Prep Time: 25 minutes      Cook Time: 6-8 hours      Yield: 4 -servings

### Ingredients

- 4 small zucchinis, ends cut off (you can sub two large zucchinis)
- 1 pound cooked ground meat or chopped meatballs
- 1/2 cup of your favorite pasta sauce
- 8 oz mozzarella cheese, freshly shredded (about 2 cups), divided
- 15oz container of part-skim ricotta cheese
- 1/2 cup Parmesan cheese, freshly grated
- 2 eggs
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper



### Directions

1. Thinly slice (unpeeled) zucchini length-wise into thin strips, like lasagna noodles. It's easier to do this with a mandolin, but a large knife works just fine. (It's OK if some are only a few inches long.)
2. Create cheese filling by combining 1 cup mozzarella cheese, ricotta cheese, Parmesan cheese, eggs, parsley flakes, salt, and pepper.
3. Create a layer of zucchini at the bottom of your slow cooker. (It's OK if pieces overlap.)
4. Top zucchini with a rounded 1/2 cup of cheese filling, 1 cup meat, and 1-3 tablespoons sauce.
5. Continue layering zucchini, cheese, meat, and sauce until you only have enough zucchini left for top layer. (A 6-quart slow cooker will have 4-5 layers and a 4-quart slow cooker will have 6-8 layers.)
6. Before you add the top layer of zucchini, add whatever sauce, meat, and cheese you have left.
7. Top with zucchini and remaining 1 cup of mozzarella cheese.
8. Cover, and cook on low for 6-8 hours.
9. Turn off slow cooker and let rest for at least 30 minutes, so juices become more set.
- 10.

## Crock Pot Honey Pork with Apples

Prep Time: 10 minutes      Cook Time: 8 hours      Yield: 6 servings

### Ingredients

- 1 (3-4 lb) pork tenderloin
- 2 large granny smith apples. sliced
- ½ cup honey
- 2 tbsp cinnamon



### Directions

1. Slice slits in pork tenderloin.
2. Place 1-2 apple slices per slit.
3. Place ¾ of remaining apple slices in bottom of crockpot.
4. Drizzle ½ of the honey over apple slices.
5. Place pork on top of apple slices.
6. Sprinkle cinnamon over everything.
7. Place remaining apple slices on top and drizzle the remaining honey over everything.
8. Place lid on and cook on low for 8 hours.
9. Remove from slow cooker, slice and serve with apples on top.