



10 EASY SLOW COOKER RECIPES

DESIGNED TO HELP YOU
STAY ON TRACK

Honey Garlic Chicken & Vegetables

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 pound red potatoes, halved
- 1 pound baby carrots
- 1 pound green beans, trimmed
- 1/2 cup reduced sodium soy sauce
- 1/3 cup honey
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground black pepper



Directions:

1. Put chicken breasts, potatoes and carrots in a 6-7 quart slow cooker.
 2. In a separate bowl whisk together soy sauce, honey, garlic, basil, oregano and pepper.
 3. Pour the soy sauce mixture over the chicken and vegetables. Cook on low for 7-8 hours or on high for 3-4 hours.
 4. Add the green beans during the last 30 minutes of cooking time.
- Enjoy!

White Chicken Chili

Ingredients:

4 (6 ounce) boneless, skinless chicken breasts
1 tablespoon butter
1 tablespoon olive oil
1 medium onion, diced
4 cloves garlic, minced
2 (4 ounce) cans chopped green chilis
1 pound dried great northern beans, rinsed
8 cups low sodium chicken broth
2-3 teaspoons ground cumin
1/2 teaspoon paprika
1/2 teaspoon cayenne pepper
salt and pepper to taste
1 cup whole milk
2 tablespoons masa (cornflour) or cornmeal
optional toppings: grated cheese, sour cream, fresh cilantro, tortilla chips



Directions:

1. Add butter and olive oil to a large skillet over medium heat. Sauté onions and garlic for 2-3 minutes. Add green chilis and cook for 1-2 more minutes. Set aside.
2. Put chicken breasts and dried beans in the bottom of a large (6-7 quart) slow cooker. Add the sautéed onion mix and chicken broth, cumin, paprika, cayenne pepper, salt and pepper.
3. Cook on low for 6-8 hours or on high for 4 hours. When there is 30 minutes to an hour of cooking time left, mix together the milk and masa and add to the slow cooker.
4. When the beans are soft and the chili has thickened, shred the chicken with two forks, stir, and serve with your favorite toppings.

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Lightened & Loaded Potato Soup

Ingredients:

4 potatoes, washed and cut into cubes
3 slices Oven Baked Bacon, crumbled
1 tablespoon butter
1/2 cup chopped green onion
1 cup chopped celery
1 clove garlic, minced
4 cups chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cup skim milk
1 cup sour cream
1 cup shredded sharp cheddar cheese



Directions:

1. Wash the potatoes well {no need to peel them} and then cut them into 1/2 inch cubes.
2. Melt the butter in a large skillet over medium heat. Add the celery, onion, and garlic and cook until tender.
3. Add potatoes, cooked veggies, crumbled bacon, chicken broth, salt and pepper to a large Crock Pot or other slow cooker.
4. Cook on low for 8-10 hours, or on high for 4-6 hours.
5. When the soup has an hour left to cook, add milk, sour cream, and shredded cheese. Stir well and continue to let cook and thicken.
6. Serve with a little bit more cheese and maybe even a little bit of bacon. Enjoy!!

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Ridiculously Easy Salsa Chicken

Ingredients:

- 4 boneless, skinless chicken breasts*
 - 2 cups salsa
 - 1 (15oz) can corn
 - 1 (15oz) can black beans, drained and rinsed
- *Can use frozen chicken, just allow for longer cooking time.

Directions:

1. Put chicken breasts on the bottom of the slow cooker (aka CrockPot).
2. Dump salsa, corn, and black beans on top of the chicken. Give a quick stir and cook on low for 6-10 hours (or on high for 4 hours).
3. Shed the chicken with two forks and serve over greens or in tortillas.

*** I always make plenty of this recipe and then use it in different ways during the week. See the next page for more serving ideas. ***



5 Ways to Serve Ridiculously Easy Salsa Chicken

1. Use it as a filling in Homemade Corn Tortillas or lettuce leaves with a little avocado, cheese and sour cream.

2. Serve in Baked Mini Taco Salad Bowls for a fun dinner for little hands!

3. Salsa Chicken Salad - Top lots of greens with the salsa chicken and Homemade Baked Tortilla Strips - this is one of my favorite lunches!

4. Create a tasty rice bowl with this quick and easy Cilantro-Lime Brown Rice.

5. Use the salsa chicken as a topping for Mexican Pizza, or as a filling in cheese quesadillas with Whole Wheat Tortillas.



Creamy Chicken & Potatoes

Ingredients:

- 2 cups baby carrots
- 1 pound small red or yellow potatoes
- 1 small onion, chopped
- 1 clove garlic, chopped or pressed
- 3 pounds chicken breast
- 1 cup chicken stock
- 3 tablespoons cornstarch
- 1/2 teaspoons dried thyme
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 package (10 ounces) frozen peas
- 1/2 cup heavy cream

Directions:

1. In a 5-6 quart slow cooker, combine carrots, potatoes, onion, and garlic. Put chicken breasts on top of veggies.
2. In a separate bowl mix together chicken stock, cornstarch, thyme, salt, and pepper with a fork and pour mixture over chicken and veggies.
3. Cover slow cooker with lid and cook on low for 8 hours or on high for 6 hours.
4. With tongs or slotted spoon, transfer chicken and veggies to a deep platter. Cover platter to keep warm.
5. Stir peas and cream into the cooking liquid and heat through.
6. Spoon sauce over chicken and veggies on the platter and then serve.



Chicken Enchilada Soup

Ingredients:

2 boneless skinless chicken breasts (about 1 pound)
2 cups good-quality chicken stock
1 1/4 cup (or 1 10-ounce can) red enchilada sauce, homemade or store-bought
2 (14-ounce) cans black beans, rinsed and drained
1 (14-ounce) can fire-roasted diced tomatoes, with juice
1 (15-ounce) can whole-kernel corn, drained
1 (4-ounce) can diced green chiles
2 cloves garlic, minced
1 white onion, peeled and diced
1 teaspoon ground cumin
1 teaspoon salt, or more/less to taste
optional garnishes: chopped fresh cilantro, diced avocado, diced red onion, shredded cheese, sour cream, tortilla strips/chips



Directions:

1. Add all ingredients to a slow cooker, and stir to combine.
2. Cook for 3-4 hours on high heat or 6-8 hours on low heat, until the chicken is cooked through and shreds easily. Use two forks to shred the chicken.
3. Serve warm, with optional garnishes.
4. You can also refrigerate in a sealed container for up to 5 days. Or freeze it for up to 3 months.

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Beef & Broccoli

Ingredients:

2 pound - beef roast
4 cup - broccoli
1 cup - beef broth
1/2 cup - soy sauce, low sodium
3 clove - garlic
1/4 cup unpacked - brown sugar
1 tablespoon - sesame oil
1/4 teaspoon - red pepper/chili flakes
2 tablespoon - cornstarch
1/4 cup - water



Directions:

1. Chop beef and broccoli. Set broccoli aside and place beef into slow cooker. Add broth, soy sauce, minced garlic, brown sugar, sesame oil, and chili flakes to slow cooker. In a small bowl whisk corn starch into water until dissolved. Add to slow cooker and stir.
2. Cover and cook on high for 2-3 hours or low 4-5 hours.
3. Just before beef is finished, steam broccoli by adding 1/2 cup of water and the chopped broccoli to a small pot. Cover and bring to a boil. Cook on high for 2-3 minutes. Remove from heat, drain, and stir broccoli into the slow cooker.

Mexican Quinoa

Ingredients:

- 1 tablespoon - olive oil
- 3 clove - garlic
- 2 cup - quinoa, uncooked
- 2 cup - vegetable broth
- 30 ounce - black beans, canned
- 30 ounce - fire-roasted tomatoes, canned
- 2 cup - corn, canned
- 1 teaspoon - chili powder
- 1/2 teaspoon - cumin, ground
- 1/8 teaspoon - salt
- 1/8 teaspoon - black pepper, ground
- 1 medium - avocado
- 1 medium - lime
- 4 tablespoon - cilantro



Directions:

1. Spray slow cooker with nonstick spray.
2. Heat olive oil in a large pot over medium heat. Add garlic and cook, stirring frequently until fragrant, about 1 minute.
3. Add quinoa, broth, beans, tomatoes, corn, spices and cooked garlic to the slow-cooker.
3. Cook on high for 3-4 hours or until the quinoa is fully cooked.
4. Remove the lid and stir everything together well. Leave the lid off and cook on low for another 30 minutes, or until the liquid is mostly absorbed.
5. Mix in lime juice and cilantro. Top each serving with chopped avocado and enjoy!

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Chicken & Wild Rice Soup

Ingredients:

4 carrots, peeled and chopped
1 medium white onion, chopped
3 garlic cloves, finely minced
1 cup uncooked wild rice, rinsed and drained
2 dried bay leaves
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon celery salt
Salt and black pepper, to taste
2 pounds boneless skinless chicken breasts
10 cups low-sodium chicken broth
Handful of chopped fresh parsley



Directions:

1. In a large 6 quart slow cooker combine carrots, onion, garlic, wild rice, bay leaves, thyme, basil, celery salt, salt, and pepper. Top with chicken breast and add chicken broth.
2. Put the lid on the slow cooker and cook on low for 6-7 hours or on high for 3-4 hours. Remove chicken and shred. Return chicken to the slow cooker and stir. Remove bay leaves and add chopped parsley.
3. Season to taste and serve.

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