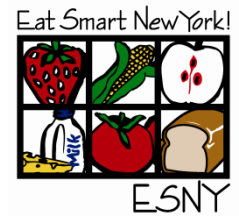


Cornell University  
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## Warm Up Your Winter with Your Slow Cooker

### Hawaiian Chicken

#### Ingredients

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6 lbs chicken breast, boneless, skinless, halved  
2-16 oz can pineapple slices, drained  
2 -15 oz cans mandarin oranges, drained  
4 Tbsp cornstarch  
4 Tbsp brown sugar, packed  
4 Tbsp lemon juice  
1/2 tsp salt  
1/2 tsp ground ginger



#### Directions

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Combine all ingredients in the crock pot. Stir Well. Cover and cook on low for 6 to 8 hours or on high for 3 hours.

Number of Servings: 16

Nutrition Info per serving: 277 calories, 2.3g fat, 19.7g carbohydrates, 42.5g protein, 1g fiber, 199mg sodium

Source: [Sparkpeople.com](http://Sparkpeople.com)

## Crock Pot Shredded Mexican Chicken

### Ingredients

---

5 lbs. skinless boneless chicken breast  
2 large onions, chopped  
2 large green bell peppers, chopped

For juice:

Lime zest  
4 limes  
2 oz. Tequila  
1/2 cup water  
1 Tbsp Sea Salt

1/2 Tbsp coarsely ground black pepper  
pinch of ground cayenne pepper to taste



### Directions

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Put chicken breasts into crock pot. Cover with onions and peppers.

*To make juice:*

Zest two of the limes into bowl. Set limes aside for juicing. Juice all four limes- keeping the pulp. Mix lime zest and juice with other ingredients and whisk together. Pour over ingredients in crock pot. Set crock pot on low for 8 hours. Toward the end, you will need to stir to shred the chicken.

Serve with tortillas or over brown rice.

Makes 10, 4-oz. servings.

Nutrition Info per serving 77 calories, 0.6g fat, 6.5g carbohydrate, 8.9g protein, 1g fiber, 25mg sodium

Source: Sparkpeople.com

## Crock Pot Pumpkin Steel Cut Oats

### Ingredients

---

2 cups steel cut oats  
1 - 15 oz can pumpkin  
3 1/2 cups fat free milk  
3 1/2 cups water  
1 Tbsp vanilla  
1 Tbsp pumpkin pie spice

### Directions

Combine all ingredients in slow cooker (4-6 quart). Cook on low 4-6 hours.

Makes 8 - 1 cup servings.

Nutrition Info per serving: 202 calories, 2.9g fat, 37.9g carbohydrates, 10.3g protein, 6g fiber, 60mg sodium

Source: Sparkpeople.com



## Italian Wedding Soup In A Crock Pot



### Ingredients

---

12-15 1/2 oz frozen turkey meatballs, quartered  
6 cups chicken broth  
1/4 cup chicken, chopped up. (one chicken breast)  
1/2 cup carrot, diced small  
1/2 cup celery, diced small  
1 cup bagged spinach salad or 1 bunch spinach, (stems removed)  
garlic salt, to taste  
lemon pepper, to taste  
1/4 cup Romano cheese  
1/4 cup tiny pasta (try mini Quinoa shells) , add during last hour of cooking  
**Optional:** 1 can garbanzo beans (or other cooked white beans\_

### Directions

Pop the meatballs in the microwave for a minute or two on defrost, so you can quarter them. Combine all ingredients (except pasta) in crock pot and cook all day on low or 3 hours on high. If the pasta is added during the last hour of cooking, you will see pasta, The first time I made it, I put it in at the beginning and it cooked down and thickened the soup some. This soup freezes well, too!

Number of Servings: 8

Nutrition Info per serving: 157 calories, 4.8g fat, 12.2g carbohydrates, 16.5g protein, 3g fiber, 436mg sodium

Source: Sparkpeople.com

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## Hot Fudge Crock Pot Cake

### Ingredients

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3 c. skim milk  
1 box sugar free cook and serve chocolate pudding  
1 box chocolate fudge cake mix  
1 1/3 c. water  
1/2 c. applesauce  
6 egg whites



### Directions

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Spray a crockpot container with cooking spray. Whisk skim milk with pudding mix in crockpot until dissolved. In a medium bowl, mix dry cake mix, water, applesauce and egg whites with whisk for two minutes until blended. Very gently pour cake mixture over pudding mixture. DO NOT MIX! Keep it as separated as possible! Cover and cook on HIGH for 2 1/2 hours. Serve hot

Number of Servings: 15

Nutrition Info per serving: 42 calories, 0.2g fat, 7.7g carbohydrates, 1.9g protein, 0.1g fiber, 45mg sodium

Source: Sparkpeople.com

# Crock Pot Pumpkin Chocolate Bread Pudding

## Ingredients

---

|  |                           |
|--|---------------------------|
| 1 cup cooked pumpkin                           | ½ cup brown sugar, packed |
| 1 Tbsp butter                                  | 1 Tbsp ground cinnamon    |
| 1 cup semi sweet chocolate chips mini          | 2 tsp vanilla extract     |
| 24 baking powder whole wheat drop biscuits     |                           |
| 32 Tbsp Fat Free Ultra-Pasteurized Half & Half |                           |
| 1 cup Egg substitute, liquid                   |                           |

## Directions

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Spray the inside of a large crock pot. Break up biscuits into 4 cup measure for 8 cups worth. Put in crock pot. Add chocolate chips, stir lightly. In a small bowl, combine egg substitute, half & half, butter, cinnamon, vanilla, pumpkin and brown sugar. Stir until well blended. Pour over biscuits. Make sure it's all covered with liquid. Turn crock pot on high and cook for 2 1/2 hours. Take lid off and let cook for another 20 minutes. Serve with whipped topping.

Serving Size: makes about 20 servings

Nutrition Info per serving: 188 calories, 6.1g fat, 36.3g carbohydrates, 7.3g protein, 4g fiber, 200mg sodium

Source: Sparkpeople.com

# Slow Cooker Butternut Squash Soup

## Ingredients

|  |                           |
|--|---------------------------|
| 2 cups onion, finely chopped                       | ¼ tsp ground coriander    |
| ¼ tsp ground nutmeg                                | ½ tsp salt (optional)     |
| 1 butternut squash (about 3 lbs), peeled and cubed | ¼ tsp cinnamon            |
| ¼ tsp ground cloves                                | ¼ tsp ground white pepper |
| 4 cups chicken broth                               | 2 Tbsp vegetable oil      |
| ¼ tsp curry powder                                 |                           |
| 1 cup applesauce                                   |                           |



## Directions

Use a 4-qt slow cooker. Heat vegetable oil in a large saucepan over medium until hot. Add onions and cook 5 minutes, until transparent. Move onions from saucepan to slow cooker. Add squash, chicken broth, applesauce, salt, pepper, nutmeg, cloves, curry powder, coriander and cinnamon. Cover and cook on low 4-6 hours (or on high for 2-3 hours). If desired, in a food processor or blender, process in small batches until smooth. Return soup to slow cooker. Cook on low for an additional 2-4 hours (or on high for ½ - 1 hour).

Makes 6, 1cup servings

Nutrition Info per serving: 190 calories, 45 calories from fat, 0g sat fat, 0mg cholesterol, 390mg sodium, 34g carbohydrate, 5g fiber, 12g sugars, 5g protein

Source: Adapted from Crock-Pot.com

## Southern-Style Blackeyes

Since Blackeyes are actually peas, they cause less gas than true beans, and therefore, do not need to be soaked as much. The method for preparing blackeyes for cooking is called “hotwashing”. To “hotwash”, combine 10 cups of cold water for each pound of blackeyes in a pot, heat on high to boiling. Set aside for 2-3 minutes, and then pour off the water.

### Ingredients

1 lb dry blackeyes  
½ medium onion, diced  
1 medium carrot, thinly sliced  
1 serrano pepper, seeded and thinly sliced (optional)  
4 oz smoke-flavored lean ham, visible fat removed, diced  
5 cups water or stock (beef, chicken or vegetable)



### Directions

First, prepare blackeyes according to “hotwash” method.

**For crockpot:** Place all ingredients in a crock pot. Cook on low setting for 8-10 hours, or until blackeyes are tender.

**For stove top:** Place all ingredients in a large pot. Add water or stock, bring to a boil and then reduce heat to medium. Cook for 1 hour or until beans are tender. If necessary, add more water to keep the mixture well-covered.

Serve over hot rice or a la carte.

Makes 8, 1 cup servings

Nutrition Info per serving: 211 calories, 2g fat, 11g fiber, 200mg sodium

Source: Blackeye Council and American Cancer Society

## Corned Beef and Cabbage

### Ingredients

|  |                       |
|--|-----------------------|
| 6 carrots, cut into chunks                       | 2 Tbsp yellow mustard |
| 2 onions, chopped                                | ¼ cup brown sugar     |
| 2-3 lb corned beef brisket with seasoning packet | 1 cup water           |
| 12 oz can beer (non-alcoholic is fine)           | 8 wedges cabbage      |

### Directions

In a 4-6 quart crockpot, combine carrots and onions. Rinse corned beef under cold running water and pat dry with paper towels. Place in crockpot and sprinkle with contents of seasoning mix.

Pour beer over brisket and spread mustard on brisket. In small bowl, mix brown sugar with water and pour over brisket. Cover crockpot and cook on low setting for 10-12 hours.

Remove corned beef from crockpot and cover with foil, then put into 200°F over to keep warm.

Add cabbage wedges to vegetables and liquid in crockpot. Cover crockpot and cook on high for additional 30-40 minutes or until cabbage is crisp tender.

To serve, cut corned beef across grain into thin slices. Remove vegetables from slow cooker with slotted spoon and serve with corned beef. Serve cooking juices over the food, if desired. Offer additional mustard on the side.

Makes 8 servings

Nutrition Info per serving: 380 calories, 23g fat, 7g sat fat, 110mg cholesterol, 1350 mg sodium, 22g carbohydrates, 23g protein

Source: About.com. <http://busycooks.about.com/od/slowcookerrecipes/a/crockpot101.htm>, 1/6/12

## Vegetarian Crock Pot Chili

### Ingredients

- 1 cup chopped onions
- 1 cup grated carrot
- 1 (16 oz) can pinto beans
- 1 (16 oz) can garbanzo beans
- 1 (15 oz) can black beans
- 2 (14.5 oz) cans Mexican style sliced stewed tomatoes
- seasonings to taste



### Directions

Drain and rinse all three cans of beans, and add to crock pot. Add onions and carrots. Add stewed tomatoes and seasonings to taste. Cook 6-8 hours on low.

Makes 12 servings

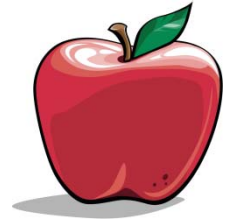
Nutrition Info per serving: 173 calories, 0.9g fat, 32.8g carbohydrates, 8.9g protein, 134mg sodium, 10g fiber

Source: Sparkpeople.com

## Slow Cooker Apple Crisp

### Ingredients

2 lbs Gala apples, peeled and sliced (about 6 medium apples)  
2/3 cup old-fashioned oats  
2/3 cup flour  
2/3 cup packed light brown sugar  
1/2 tsp cinnamon  
1/4 tsp ground nutmeg  
3/4 cup light margarine



### Directions

Add sliced apples to slow cooker. Combine oats, flour, sugar, cinnamon and nutmeg in medium mixing bowl. Cut in softened margarine until mixture is crumbly. Sprinkle over apples. Cover and cook on low 4 hours.

Makes 8 servings

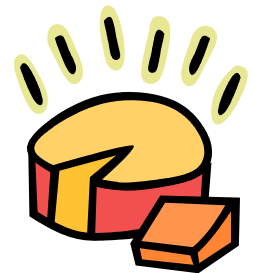
Nutrition Info per serving; 230 calories, 4.7g fat, 45.7g carbohydrates, 2.3g protein, 134mg sodium, 4g fiber

Source: Sparkpeople.com

## Macaroni and Cheese, Crock Pot Style

### Ingredients

8 oz elbow macaroni  
1 can fat-free evaporated milk  
1 cup fat-free milk  
2 large eggs  
3 cups low-fat cheddar or Colby cheese (divided)  
1/4 tsp salt  
1/4 cup parmesan cheese



### Directions

Spray inside of cooker with non-fat cooking spray. In cooker, combine lightly cooked macaroni, evaporated milk, milk, eggs, 2 cups cheddar or Colby cheese and salt. Top with remaining cheddar and parmesan cheese. Cover. Cook on low 3 hours.

Makes 8 servings

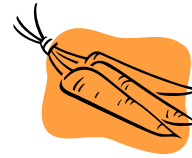
Nutrition Info per serving: 271 calories, 6.3g fat, 29.9g carbohydrates, 23.4g protein, 525mg sodium, 4g fiber

Source: Sparkpeople.com

## Crock Pot Vegetable Beef Soup

### Ingredients

3 potatoes, diced  
1 cup sliced carrots  
1 cup sliced celery  
1 (20 oz) can diced tomatoes – Italian style is good for added flavor  
3 oz lean beef  
4 cups water  
4 tsp Worcestershire sauce  
2 beef bouillon cubes  
½ cup ketchup  
2 Tbsp basil  
1 tsp thyme  
1 tsp bay leaf or 1 whole bay leaf



### Directions

Cut meat into bite-sized pieces and brown in olive oil in a frying pan. Place in crock pot. Cut all vegetables into bite-sized pieces and add to crock pot. Add the rest of the ingredients and cook on high for 6-8 hours or until vegetables are tender. If using whole bay leaf, remove before serving.

Makes 8, 1 ½ cup servings

Nutrition Info per serving: 189 calories, 2.6g fat, 34.4g carbohydrates, 6.2g protein, 300mg sodium, 4.5g fiber

Source: Sparkpeople.com

## Easy Crock Pot Pulled Pork

### Ingredients

3 lb boneless pork loin  
1 (12 oz) bottle chili sauce  
1 can jellied cranberry sauce  
2 large onions, sliced

### Directions

Trim pork loin roast taking off any visible fat, and place in crock pot. Mix the chili sauce and cranberry sauce together and pour over pork. Add onions. Cover and cook for 3 hours on high, then lower to low for 2-3 more hours until you can shred pork with a fork. Remove the roast; turn the crock pot to high to reduce the sauce. Shred the pork using 2 forks then add back to the sauce.

Makes 12 servings

Nutrition Info per serving: 278 calories, 7g fat, 20.7g carbohydrates, 31.9g protein, 246mg sodium, 1g fiber

Source: Sparkpeople.com

