



Healthtzyish
SLOW COOKER
RECIPES

Ulliance Employee Picks



APPETIZERS

Quick and Yummy Apps



BUFFALO CHICKEN DIP

Don't have a slow cooker? Bake it instead!



Ingredients

- **2 boneless, skinless chicken breasts (16 ounces)**
- **4 ounces 1/3 less fat cream cheese, softened**
- **1 cup fat-free Greek yogurt**
- **1/2 cup hot sauce**
- **1/2 cup crumbled blue cheese**
- **1 teaspoon white vinegar**
- **Scallions, optional for garnish**

Directions

To make shredded chicken in a slow cooker, cover chicken with water or broth and cook on high for 4 hours.

Shred the chicken and discard the liquid. Mix cream cheese, sour cream, vinegar, and hot sauce until smooth; add half the blue cheese.

Combine with chicken in the slow cooker and cook on low for 2-3 hours. Serve hot, topped with remaining blue cheese and scallions.

For a faster oven method, shred meat from a rotisserie chicken, preheat the oven to 350°F, mix with cream cheese, sour cream, vinegar, and hot sauce, then add half the blue cheese. Bake in a dish for 20-25 minutes until hot.



HEALTHYISH CHEX MIX

You can create a healthier Chex Mix-style snack in a crock pot using whole-grain cereals, nuts and nutritious seasonings.



Ingredients

- **3 cups whole-grain Chex (you can mix wheat and rice varieties)**
- **2 cups whole-grain pretzel sticks**
- **1 cup unsalted almonds or mixed nuts**
- **1/2 cup roasted chickpeas (optional for extra crunch and protein)**
- **1/4 cup olive oil or melted coconut oil**
- **2 tablespoons soy sauce (low sodium)**
- **1 tablespoon Worcestershire sauce**
- **1/2 teaspoon garlic powder**
- **1/2 teaspoon onion powder**
- **1/4 teaspoon smoked paprika (for a little flavor boost)**
- **1/4 teaspoon ground black pepper**
- **Optional: 1 tablespoon nutritional yeast (for a cheesy flavor without added fat)**

Directions

In a large bowl, combine the Chex, pretzels, nuts, and roasted chickpeas.

In a small bowl, whisk together the olive oil, soy sauce, Worcestershire sauce, garlic powder, onion powder, smoked paprika, black pepper, and nutritional yeast (if using).

Drizzle the seasoning mixture over the dry ingredients in the large bowl, gently stirring to coat everything evenly.

Transfer the mixture to your crock pot.

Cook on low heat for 2-3 hours, stirring every 30 minutes to prevent burning and ensure even cooking. Leave the lid slightly ajar during cooking to allow moisture to escape.

After the cooking time, spread the mix out on parchment paper to cool. Once cooled, store in an airtight container.



CRAB DIP

Decadent and delicious!



Ingredients

- **1 pound lump crab meat (fresh or canned, drained and picked through for shells)**
- **8 ounces low fat cream cheese, softened**
- **1 cup plain Greek yogurt**
- **1/2 cup olive oil mayonnaise**
- **1/2 cup low fat shredded mozzarella cheese**
- **1/2 cup shredded Parmesan cheese**
- **1 tablespoon Worcestershire sauce**
- **1 tablespoon lemon juice**
- **1 tablespoon Old Bay seasoning**
- **1 teaspoon garlic powder**
- **1/2 teaspoon onion powder**
- **1/4 teaspoon cayenne pepper**
- **2 green onions, finely chopped**
- **Salt and pepper to taste**
- **Fresh parsley for garnish (optional)**

Directions

Prepare the slow cooker: Lightly grease the inside of your slow cooker with non-stick spray.

Combine Ingredients: In a large mixing bowl, combine the cream cheese, yogurt, and mayonnaise. Stir in the mozzarella and Parmesan cheeses, Worcestershire sauce, lemon juice, Old Bay seasoning, garlic powder, onion powder, and cayenne pepper (if using). Mix well until smooth.

Add crab and green onions: Gently fold in the crab meat and green onions, being careful not to break up the crab too much.

Cook: Transfer the mixture to the prepared slow cooker.

Cover and cook on low for 2-3 hours, stirring occasionally, until the dip is heated through and bubbly.

Serve: Once done, taste and adjust seasoning with salt and pepper. Garnish with fresh parsley, if desired.

Enjoy: Serve warm with crackers, toasted baguette slices, or veggies.



SWEET-AND-HOT NUTS

Great holiday snack or put in a mason jar, tie a ribbon on the lid and give as a hostess gift.



Ingredients

- **Cooking spray**
- **1/4 cup pure maple syrup**
- **3 tablespoons unsalted butter, melted**
- **2 teaspoons ground cinnamon**
- **2 teaspoons finely grated orange zest**
- **1 teaspoon kosher salt**
- **1/8 teaspoon cayenne pepper**
- **2 cups raw pecans**
- **2 cups unsalted, roasted cashews**

Directions

Line a 6-quart slow cooker with heavy-duty foil and apply cooking spray.

In a bowl, whisk together maple syrup, butter, cinnamon, orange zest, salt, and cayenne.

Add pecans and cashews, ensuring they are well coated.

Place nuts in the slow cooker, cover, and cook on high for about 1 hour until syrup forms.

Reduce heat to low, stir the nuts, and cook for an additional hour, stirring every 20 minutes until glazed and dry.

Turn off the slow cooker and let nuts harden for up to 2 hours, stirring occasionally.

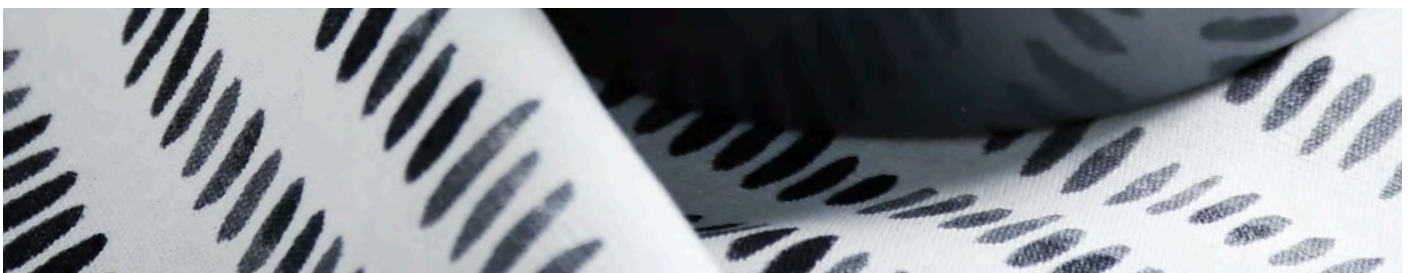
Store in an airtight container for up to 5 days if not serving immediately.





MAIN COURSES

Quick and Easy Main Dishes



CABBAGE AND SAUSAGE

Slow Cooker Cabbage and Sausage is an easy family meal for busy nights. With minimal prep—just browning kielbasa and chopping veggies—you can simply add everything to the pot, set it for 3 hours, and let it cook.

Ingredients

- **Green cabbage:** Pick one with tight leaves, bright green color, and feels heavy for its size.
- **Sausage:** I use smoked Polish kielbasa, but feel free to use any kind you prefer.
- **Olive oil:** For browning the meat.
- **Chicken broth:** Canned is fine, but for the best flavor, it's hard to top broth from scratch!
- **Apple cider vinegar:** The acidity balances out this savory dish.
- **Spices and seasonings:** A teaspoon each of dried oregano, garlic powder, smoked paprika, salt, and onion powder. For heat, a little fresh-ground pepper, and chili flakes.



Directions

Prep the vegetable. Core the head by slicing in half, then cutting on either side of the stem in a triangle shape. Afterward, chop into square chunks about an inch thick. Place all of the veggies in your slow cooker.

Sear the kielbasa. Slice into rounds, then cook until brown with caramelized edges. Save the rendered fat.

Assemble. Add all the spices, seasonings, meat, and sausage grease on top of the veggies. Stir well to distribute everything evenly.

Cook. Set for 3 hours on high.

Serve. Enjoy hot with chopped parsley on top!

Recipe Variations

Use other sausages: Aside from kielbasa, other delicious options are Andouille, mild or hot Italian, chorizo, beef, or pork. For a lighter version, try this with chicken or turkey sausage.

Include other veggies: Add some halved baby potatoes, mushrooms, carrot chunks, broccoli, and caramelized onions.

Use other seasonings: Cajun seasoning, Old Bay, or curry powder really bumps up the flavor!



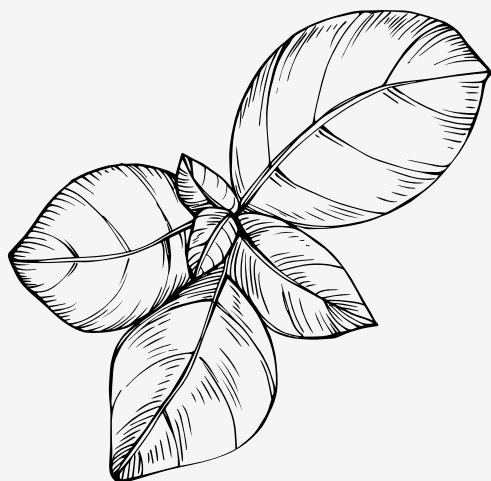
CHICKEN PESTO PASTA

The kitchen was filled with the aroma of fresh basil and garlic as creamy pesto coated the pasta, complemented by grilled chicken and nutty Parmesan cheese.

~ Shaylynn

Ingredients

- **Boneless, skinless chicken breast/thighs**
- **6 ounce jar of pesto**
- **4 tablespoon butter**
- **½ cup of Parmesan cheese**
- **2 cups of mozzarella cheese**
- **1 tablespoon lemon juice**
- **1 box of your favorite noodles (I typically use rotini)**
- **1 tablespoon basil**



Directions

Season chicken how you prefer and lay in bottom of slow cooker.

Add lemon juice and pesto.

Slice butter and set on top of chicken.

Cook for 5-6 hours on low.

Remove chicken from slow cooker and shred or cube.

Boil noodles outside of slow cooker and drain them (saving a little pasta water).

Add back in shredded chicken along with mozzarella cheese, Parmesan cheese, noodles, and basil – stir everything together.

Let it cook for 15 more minutes in the slow cooker and serve!

CHIPOTLE HONEY CHICKEN TACOS

Not into tacos? Swap out the tortilla and make it bowl. Serve on brown rice with all the toppings. Counting carbs? Make it a lettuce wrap. Enjoy!

Ingredients

- **1½ pounds boneless, skinless chicken thighs**
- **3 tablespoons honey**
- **1 teaspoon onion powder**
- **1 teaspoon garlic powder**
- **½ teaspoon ground cumin**
- **1 teaspoon kosher salt**
- **1 to 4 chipotles from a can of chipotles in Adobo sauce, finely chopped, plus 2 tablespoons adobo sauce**
- **1 (15-ounce) can black beans, rinsed and drained**
- **Juice of 1 lime**
- **Warmed tortillas, for serving**
- **Pickled or sweet onion for serving**
- **Chopped cilantro for serving**
- **Sliced or cubed avocado, for serving**



Directions

Combine the chicken, honey, onion and garlic powders, cumin, salt and chipotle chiles and Adobo sauce in a 5- to 8-quart slow cooker. Stir well.

Cook for at least 3 hours and up to 5 hours on low. If it's more convenient, you can let the slow cooker switch to warm after 5 hours. The dish will hold on warm for about another 3 hours before the chicken starts to become quite dry.

Using two forks, coarsely shred the chicken in the sauce.

Stir in the black beans and lime juice. Cover and let the beans warm through, about 5 minutes.

Taste and add more salt or lime juice if necessary.

Serve in tortillas with pickled or sweet onion, cilantro and avocado.



CREAMY ITALIAN CHICKEN WITH MUSHROOMS AND BROCCOLI

This is so easy and total comfort food.



Ingredients

- **4 boneless skinless chicken breasts**
- **1 envelope Italian salad dressing mix**
- **¼ cup water**
- **1 - 8 ounce package cream cheese, softened**
- **1 - 10 ¾ can cream of chicken soup**
- **4 ounces fresh mushrooms, sliced**
- **½ head of fresh broccoli, chopped**
- **Salt and pepper to taste**

Directions

Place chicken in greased 3 ½ to 5-quart slow cooker.

Combine salad dressing mix and water. Pour over chicken.

Cover and cook on high for 3 hours
In a small mixing bowl, beat cream cheese and soup until blended.

Stir mushrooms and broccoli into soup mixture. Pour over chicken.

Cook 2 hours longer on high heat or until chicken juices run clear.

Shred chicken in slow cooker.

Serve over noodles, mashed potatoes, rice or your favorite base.



COCONUT CURRY CHICKEN

Experience a delightful tropical flavor! This meal is impressive, full of flavor, visually appealing, and simple to prepare. Enjoy every bite!

Ingredients

- **2 pounds skinless, boneless chicken breasts, cut into cubes**
- **1 onion, chopped**
- **1 clove garlic, minced**
- **1 can lite unsweetened coconut milk**
- **1 cup chicken broth**
- **1 teaspoon sesame oil**
- **1 teaspoon curry powder**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **1 teaspoon soy sauce**
- **1 red bell pepper, chopped**
- **1 can of drained and rinsed chick peas**
- **1 tablespoon cornstarch**
- **Garnish with cilantro**

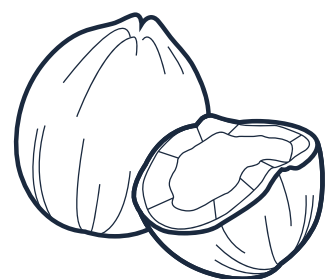


Directions

Place chicken, onion, garlic, coconut milk, chicken broth, curry powder, salt, and black pepper in a slow cooker.

Cook on Low for 4 hours. Add sesame oil, red bell pepper, soy sauce and chick peas and continue to cook for 45 minutes. Stir in cornstarch and cook until thickened, about 15 minutes more.

Serve with your favorite starch and top with cilantro.





GLUTEN FREE PASTA AND SPAGHETTI CHICKEN

Gluten free friendly and lower fat/calorie too!

Directions

Pour sauce and chicken broth into slow cooker and add seasonings. Mix.

Add chicken breasts and make sure they are covered in sauce.

Cook on low for 4 hours until chicken is cooked through.

Shred chicken in slow cooker.

Add in Greek yogurt and cheese and swirl it in. Add spinach and lightly swirl it in.

Cover and cook for another 10-15 minutes.

While that is cooking, cook your favorite pasta.

Drain and rinse if using chick pea pasta.

Add in cooked pasta and toss with the sauce in slow cooker.

Serve with additional grated cheese or parsley and a veggie salad!

Ingredients

- **3 lean chicken breasts**
- **Jar of favorite spaghetti sauce**
- **Spices to taste (oregano, garlic, basil, onion, paprika, salt and pepper)**
- **Cup of low sodium chicken broth**
- **Cup of fat free plain Greek yogurt (trust me works great!)**
- **Cup of shredded Parmesan Reggiano**
- **Two large handfuls of fresh spinach**
- **Pasta – I use gluten free pasta like Banza chick pea gemelli/cavatappi pasta as it is hardy and doesn't get mushy (or use protein pasta or whatever you like)**



GROUND TURKEY SPINACH-AND- PARMESAN MEATBALLS

Try this delicious, low fat version of an Italian favorite.



Ingredients

- **1 (24-ounce) jar marinara**
- **3 tablespoons grated Parmesan, plus more for serving**
- **3 tablespoons panko breadcrumbs**
- **1/3 c. chopped fresh flat-leaf parsley**
- **2 cloves garlic, pressed**
- **Kosher salt and freshly ground black pepper**
- **1/2 pound chicken or turkey Italian sausage, casings removed**
- **1/2 pound ground turkey or chicken**
- **1 cup baby spinach, chopped**



Directions

Pour marinara sauce into a 5 or 6-quart slow cooker. Prepare a rimmed baking sheet by lining it with aluminum foil.

Preheat the oven to broil, positioning the rack 4 inches from the heat source. In a bowl, combine Parmesan, panko, parsley, and garlic, seasoning with salt and pepper.

Incorporate sausage, ground turkey or chicken, and spinach, mixing gently to combine.

Form the mixture into 20 meatballs, each about 1 1/4 inches in size, and arrange them on the prepared baking sheet. Broil for 2 to 3 minutes until they are lightly browned.

Transfer the meatballs to the marinara sauce in the slow cooker. Cover and cook until the meatballs are fully cooked, which will take about 3 to 4 hours on high or 5 to 6 hours on low.

Serve with your favorite starch.

HONEY GARLIC CHICKEN AND VEGGIES

Honey garlic chicken is a versatile dish featuring tender chicken in a sweet-savory sauce, enhanced by colorful vegetables like potatoes, green beans, and carrots. It's also very easy to make! ~ Rebecca

Ingredients

- **8 bone-in, skin-on chicken thighs**
- **16 ounces baby red potatoes, halved**
- **16 ounces baby carrots**
- **16 ounces green beans, trimmed**
- **2 tablespoons chopped fresh parsley leaves**

For the sauce

- **1/2 cup reduced sodium soy sauce**
- **1/2 cup honey**
- **1/4 cup ketchup**
- **2 cloves garlic, minced**
- **1 teaspoon dried basil**
- **1/2 teaspoon dried oregano**
- **1/4 teaspoon crushed red pepper flakes**
- **1/4 teaspoon ground black pepper**



Directions

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper.

Place chicken thighs, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 7-8 hours or high for 3-4 hours, basting every hour.

Add green beans during the last 30 minutes of cooking time.

OPTIONAL: Preheat oven to broil. Place chicken thighs onto a baking sheet, skin side up, and broil until crisp, about 3-4 minutes.

Serve chicken immediately with potatoes, carrots and green beans, garnished with parsley, if desired.





ITALIAN BEEF

So good you'll slap your mamma! ~ Stephanie

Directions

Salt and pepper roast.

Heat a large skillet over medium-high heat and add oil. Sear the roast for 2-3 minutes on each side. Once seared, put it in the slow cooker.

Pour juice from pepperoncini into a bowl and whisk with the Italian dressing seasoning –pour over roast then add the sliced peppers.

Cook on low for 8-10 hours or high for 5-6 hours. Shred the roast with a fork when done.

Serve on hoagies with provolone cheese and your favorite toppings! (I like a Dijon mustard when I'm feeling fancy!)

Ingredients

- **Chuck roast – 3 or 4 pounds**
- **Salt & pepper to taste**
- **Olive/canola/veggie oil**
- **Dry Italian salad dressing seasoning**
- **Jar sliced pepperoncini – Don't drain it y'all**
- **Hoagie rolls**
- **Provolone cheese**



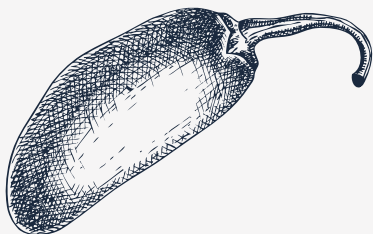
LINDSEY'S BARBACOA BOWLS

*Makes a fabulous prep ahead meal and game day favorite—
do I hear bowl bar?*



Ingredients

- **4 pounds beef chuck roast, cut into 3-inch chunks**
- **1 yellow onion, diced**
- **5 to 6 chipotles in Adobo sauce, finely diced**
- **5 garlic cloves, minced**
- **¼ cup fresh lime juice**
- **2 tablespoons apple cider vinegar**
- **1 tablespoon ground cumin**
- **½ tablespoon dried oregano**
- **2 teaspoons kosher salt**
- **1 teaspoon ground black pepper**
- **¼ teaspoon ground cloves**
- **¾ cup beef stock**
- **3 bay leaves**
- **Your desired amount of cooked jasmine rice**



Directions

Add ingredients 1-12 to the bowl of a slow cooker.

Use tongs to gently toss and mix it all together. Then add the bay leaves, and cover. Cook on low for 8 to 9 hours, or on high for 4 to 5 hours. The beef should be tender and fall apart easily when shredded with a fork. If it doesn't shred easily, cook it a bit longer.

Remove the beef to a cutting board and use two forks to shred it.

Place the shredded beef back in the slow cooker, give it a stir, and let it absorb the juices.

Serve the barbacoa on top of cooked jasmine rice and garnish with chopped cilantro and lime wedges (garnishes are optional).

Pro Tip:

Salsa, shredded cheese, shredded lettuce, whole milk plain Greek yogurt (instead of sour cream), hot sauce, lime slices, chopped cilantro – All to be served with the bowls & put on top in desired amount. All optional.

PATTY'S MEXICAN CHICKEN

Perfect for a cozy evening in or a casual gathering, this dish is sure to become a favorite in your recipe collection.



Ingredients

- **14 ½ ounces boneless skinless chicken breasts**
- **15 ounce cans tomatoes (fire-roasted diced)**
- **1 cup black beans (drained and rinsed)**
- **4 ounces canned or frozen sweet Corn**
- **2 tablespoons green chiles (diced)**
- **Taco seasoning**
- **½ cup chicken broth**
- **Top with cubed avocado**

Directions

Add all ingredients to slow cooker.

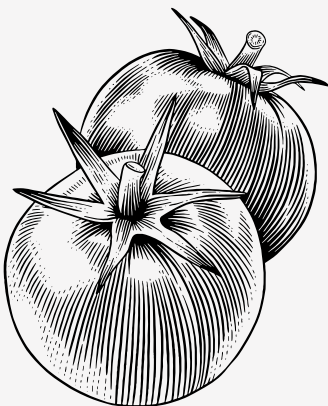
Cover and cook on high for 3-4 hours or low for 6-8 hours.

Remove chicken, shred with two forks, and return it to slow cooker.

Let it set for 15 minutes to thicken before serving.

Top with avocado.

Serve with warm bread or over a bed of fluffy rice for a comforting, hearty meal. Garnish with freshly chopped parsley or cilantro for a pop of color and added flavor. Enjoy your delicious, home-cooked meal with family and friends, savoring the rich aromas and satisfying tastes that only a slow-cooked dish can deliver.



POT ROAST

A fool proof recipe with fall apart tender beef that's been deliciously seasoned, served with carrots and potatoes!

~ Heather



Ingredients

- **5 pounds chuck roast**
- **2 teaspoons salt**
- **1 teaspoon pepper**
- **2 tablespoons olive oil**
- **2 pounds potatoes**
- **1 pound carrots**
- **2 large onions**
- **5 cloves garlic**
- **3 cups beef broth**
- **1 tablespoon Worcestershire sauce**
- **4 sprigs thyme**
- **2 sprigs rosemary**
- **2 tablespoons cornstarch**
- **2 tablespoons water**



Directions

Season the chuck roast generously with salt and pepper. Use your hands to rub in the salt and pepper in all the cracks and crevasses, to ensure maximum flavor.

Heat the olive oil in a large skillet over medium-high heat. Add the chuck roast to the skillet and sear on all sides until brown, about 4 minutes per side.

Transfer the pot roast to the insert of your slow cooker. Add the potatoes, carrots, onion, and garlic, beef broth, Worcestershire sauce, and herbs to the slow cooker.

Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours, until the roast is tender.

Transfer the pot roast to a platter and let it rest for 15 minutes. Discard the herbs from the slow cooker. Use a spoon to skim any visible fat from the surface of the liquid.

Whisk the cornstarch with the water and add to the slow cooker. Stir everything together and cook on high for 20 minutes or so until the sauce thickens up a bit. Add more cornstarch if you're looking for more of a thicker gravy.

Slice the beef or shred it with a couple forks. Serve the beef with the potatoes and carrots and drizzle with gravy.

WHITE CHICKEN CHILI

This comforting dish features tender chicken, creamy white beans, and spicy green chilies, enhanced with sour cream or cheese a great one pot meal. ~ Lauren

Ingredients

- **1 pound boneless skinless chicken breasts trimmed of excess fat**
- **2 cloves garlic minced**
- **24 ounces chicken broth (low sodium)**
- **2-15 ounce cans Great Northern beans drained and rinsed**
- **1-4 ounce can diced green chiles**
- **1-15 ounce can whole kernel corn drained**
- **1 teaspoon salt**
- **1/2 teaspoon black pepper**
- **1 teaspoon cumin**
- **3/4 teaspoon oregano**
- **1/2 teaspoon chili powder**
- **1/4 teaspoon cayenne pepper**
- **small handful fresh cilantro chopped (if desired)**
- **4 oz reduced fat cream cheese softened (or can use regular cream cheese)**
- **1/4 cup half and half**



Directions

Place chicken breasts in a slow cooker and season with salt, pepper, cumin, oregano, chili powder, and cayenne pepper.

Add diced onion, minced garlic, Great Northern beans, green chiles, corn, chicken broth, and cilantro. Stir.

Cook on low for 8 hours or high for 3-4 hours. Shred the chicken and return it to the slow cooker.

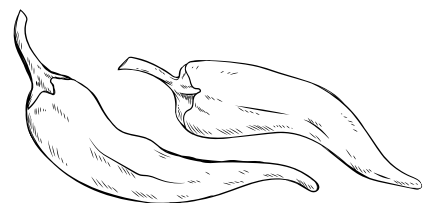
Mix in cream cheese and half and half; cook on high for 15 minutes until creamy.

For smoother cream cheese, blend it with chili before adding to the slow cooker.

Stir well and serve with toppings.

Toppings:

- sliced jalapenos
- sliced avocados
- dollop of sour cream
- minced fresh cilantro
- tortilla strips
- shredded monterey jack or Mexican cheese



ZESTY ITALIAN TACO CHICKEN

*One of my favorites and goes over well with the kids.
~ Ashley*



Ingredients

- **3-4 boneless chicken breasts**
- **1 packet of taco seasoning**
- **1 cup of Italian dressing**
- **1/2-3/4 cup salsa (optional)**
- **3/4 cup water**

Directions

Combine ingredients in slow cooker and cook on low for 4-6 hours.

Shred chicken.

Mix in one cup of instant rice.

Serve when rice is tender.

Pro Tip:

Serve with hard shell tacos, soft shell tortillas or tortilla chips and of course any other toppings (cheese, lettuce, sour cream)



The Basics

*Nothing basic about these
staple recipes!*





BASIC CHICKEN

*Basic chicken in the slow cooker but
can be used a few different ways!*

-Christin

Directions

Simply place your frozen chicken in the slow cooker.

Add Rotel or salsa, canned corn, black beans, chopped green chilis, cream cheese - anything goes!

Let it cook all day then shred the chicken.

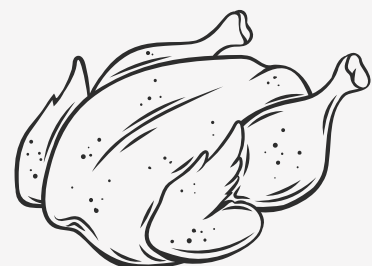
Enjoy!

Pro Tip

You can add to lettuce wraps, soft or hard taco shells, chips for nachos, etc. Then if there are leftovers, you can put it all back in the slow cooker the next morning and turn it into a soup! Add chicken or vegetable broth (whatever you have), add more corn and/or beans, maybe some carrots, celery, green onions, etc. Top with sour cream, cheese and avocado. Toss in a couple of tortilla chips and now you have chicken tortilla soup on day 2!

Ingredients

- **Frozen chicken (breast, tenderloins, or whatever you prefer)**
- **Rotel or salsa,**
- **Canned corn**
- **Black beans**
- **Chopped green chilis**
- **Cream cheese**



SLOW COOKER PULLED PORK

-Christina



Ingredients

- **1 (2 pound) pork tenderloin**
- **1 (12 fluid ounce) can or bottle root beer**
- **1 (18 ounce) bottle of your favorite barbecue sauce**
- **8 pretzel buns, split and lightly toasted**

Directions

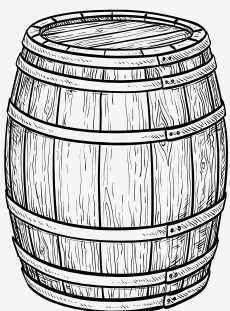
Place the pork tenderloin in a slow cooker; pour the root beer over the meat.

Cover and cook on low until well cooked and the pork shreds easily, 6 to 7 hours. Note: the actual length of time may vary according to individual slow cooker.

Drain well. Stir in barbecue sauce.

Serve over pretzel buns.

Enjoy!



Soup

Quick and Easy Soups



BONE BROTH

Use chicken, pork, or beef bones to create a rich broth in just 10 minutes of prep. The delicious broth will enhance soups, stews, and various culinary dishes!

Ingredients

- **cooking spray**
- **1 (6 ounce) can tomato paste**
- **2 pounds beef bones**
- **6 cups cool water, or as needed**
- **2 onions, thickly sliced**
- **2 carrots**
- **3 cloves garlic, crushed**
- **2 bay leaves**



Directions

Place the bones in a preheated oven and bake until they start to brown, which should take around 30 minutes.

Next, transfer the bones to a slow cooker and add enough water to fully cover them. Incorporate onions, carrots, garlic, and bay leaves into the broth mixture.

Set the slow cooker to low and allow it to cook for a minimum of 24 hours.

Finally, strain the broth using a fine-mesh strainer into a container and refrigerate it.



CHICKEN FAJITA SOUP

Super easy to make changes to your tastes! You can add more beans and corn so there is less broth and it is more stew like.

-Franchesta

Ingredients

- **Chicken breasts (mine were frozen) or chicken thighs**
- **Diced tomatoes, 14.5 oz**
- **Chicken Broth**
- **Taco seasoning**
- **Minced garlic**
- **Onion, chopped**
- **Green bell pepper chopped**
- **Red bell pepper chopped**



Directions

Combine all the ingredients in the slow cooker.

Cook on high for 3 hours or low for 6-8 hours, we prefer to cook on low.

Shred or chop the chicken. Stir the chicken back into the slow cooker to combine the flavors.

Serve with tortillas or tortilla chips.

If you like a little extra heat, add a few dashes of red pepper flakes or chili powder to this slow cooker soup.

Topping Ideas

- If you are sticking with low carb, try topping with extra cheese and sour cream. We love to add onion to the top of the soup also. I make sure to get some extra chicken in my bowl as well!
- Tortilla chips are a great addition to this soup too (if you're not following a low carb or keto diet)! I add them to my soup when I am not eating low carb. It is so good and gives it that extra crunch! So yummy!

CHICKEN & SAUSAGE CHILI

This dish is a game day classic! Finish it off with a sprinkle of cheddar cheese, crunchy tortilla chips, and fresh green onions.

Ingredients

- **3 cans stewed tomatoes, chopped (14.5 ounces each)**
- **½ cup beer**
- **1 can reduced fat cream of mushroom soup**
- **2 beef bouillon cubes**
- **1 tablespoon brown sugar**
- **½ teaspoon chili powder**
- **½ teaspoon paprika**
- **¼ teaspoon hot sauce**
- **¼ teaspoon dried oregano**
- **¼ teaspoon garlic powder**
- **⅛ teaspoon cayenne pepper**
- **1 teaspoon olive oil**
- **½ red onion, chopped**
- **1 pound ground chicken**
- **8 ounces bulk turkey Italian sausage**
- **1 can kidney beans (15 ounces), rinsed and drained**
- **2 cans tomato paste (6 ounces each)**



Directions

Combine stewed tomatoes, beer, soup, bouillon cubes, brown sugar, chili powder, paprika, hot sauce, oregano, garlic powder, and cayenne pepper in a slow cooker, then cover it. Cook on high for 1 hour.

In a skillet, warm olive oil over medium heat. Add red onion and sauté until it becomes tender. Next, incorporate ground chicken and cook while stirring until it is fully browned. Transfer this mixture to the slow cooker.

Using the same skillet, cook turkey sausage until it is completely browned and crumbly, then add it to the slow cooker. Stir in kidney beans and tomato paste into the chili, and continue cooking on high for an additional 2 hours. Lastly, reduce the heat to low and let it simmer for 4 more hours.



CREAM OF MUSHROOM BARLEY SOUP

Really filling and a nice vegetarian offering.

-Rene'



Ingredients

- **1 ounce dried mushroom**
- **1 tablespoon olive oil**
- **1 onion, chopped**
- **3 garlic cloves minced**
- **1 carrot, chopped**
- **1 celery rib, chopped**
- **1 cup pearl barley**
- **8 ounces mushrooms, sliced**
- **6 cups vegetable broth**
- **1 ½ teaspoons dried thyme**
- **salt**
- **pepper**
- **2 tablespoons chives, minced**
- **1 cup fat free Greek yogurt**

Directions

- Place the dried mushrooms in a heatproof measuring cup and cover with hot water. Let sit until softened. Drain, reserving 1/2 cup of the liquid. Slice mushrooms. Set aside.
- In a small skillet heat oil over medium heat. Add onion, garlic, carrot and celery and cook until softened (5 minutes).
- Transfer vegetables to slow cooker and add barley, both kinds of mushrooms, broth, reserved mushroom soaking liquid, thyme and salt and pepper. Cover and cook on low for 6 hours.
- Stir in yogurt during the last 15 minutes.
- Serve garnished with chives.



MARRY ME CHICKEN SOUP

This easy one-pot dish requires around an hour to prepare, primarily featuring hands-off cooking on the stovetop.

Ingredients

- **½ cup drained julienne-cut sun-dried tomatoes in oil**
- **1 tablespoon oil from the jar**
- **1 ½ cups chopped yellow onion**
- **4 medium garlic cloves, minced**
- **3 tablespoons tomato paste**
- **2 (32-ounce) packages chicken broth**
- **1 cup unsweetened evaporated milk**
- **4 teaspoons chopped fresh basil (plus more for garnish)**
- **2 teaspoons kosher salt**
- **1 ½ teaspoons dried Italian seasoning**
- **1 teaspoon garlic powder**
- **¼ teaspoon crushed red pepper (plus more for garnish)**
- **8 ounces uncooked medium shell pasta**
- **3 cups chopped fresh baby spinach**
- **2 cups shredded rotisserie chicken**
- **8 ounces fat free Greek yogurt**
- **1 ½ ounces finely shredded Parmesan cheese (plus more for garnish)**



Directions

Heat oil from sun-dried tomatoes in a Dutch oven over medium heat. Sauté onion and garlic until softened (3-4 minutes).

Add tomato paste and sun-dried tomatoes, cooking until the paste deepens in color (about 2 minutes). Stir in broth, cream, basil, salt, Italian seasoning, garlic powder, and crushed red pepper; bring to a boil (about 12 minutes).

Add pasta, reduce heat to medium-low, and cook until al dente (about 12 minutes).

Lower heat, then mix in spinach, chicken, cream cheese, and Parmesan, cooking until melted and heated (about 5 minutes).

Garnish with extra Parmesan, basil, and red pepper before serving.



Beverages

Quick and Easy Beverages



HOT BUTTERED RUM

Pro tip: Serve with a cinnamon stick for extra spice.



Ingredients

- **3 cups good dark rum**
(for alcohol free add rum flavoring to 3 cups of hot water)
- **2 quarts hot water**
- **2 cups brown sugar**
- **½ cup butter**
- **3 cinnamon sticks**
- **6 whole cloves**
- **1 whole nutmeg**
- **1 teaspoon real vanilla**
- **1 teaspoon allspice**
- **Pinch of cayenne pepper**
(optional)

Directions

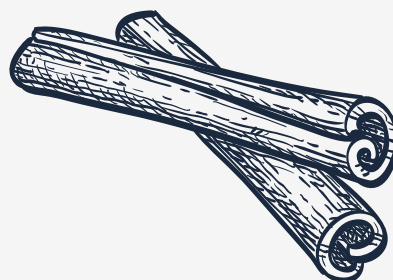
Add all ingredients to slow cooker and stir.

Cook on high for 2 hours.

Turn to low and cook for another 3 hours.

Can be left on warm for up to 7 more hours.

Ladle into warmed mugs.



HOT APPLE CIDER

Pro tip: Visit your local cider mill and get donuts to go with your cider.



Ingredients

- **8 gala apples quartered**
- **4 sticks cinnamon**
- **1 tablespoon whole cloves**
- **1 teaspoon whole allspice**
- **10 cups water**
- **1/2 cup brown sugar**
- **1 orange thickly sliced, optional**

Directions

Place your quartered apples and sliced orange, if using, into a slow cooker. Add in cinnamon sticks, whole cloves, and allspice in there and pour in the 10 cups of water.

Cook on high for 3 hours.

Mash the apples with a potato masher. Add in brown sugar. Cook an additional 1-3 hours on low.

Strain the solids from the liquids. Discard solids and store liquids in an airtight container for up to 1 week or freeze for later use.

Enjoy!



Desserts

Quick and Easy Sweet Treats



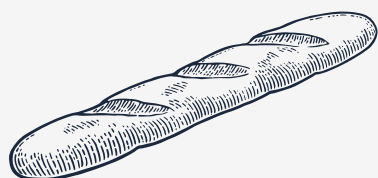
BREAD PUDDING

Make it your own, add dried fruit and nuts.



Ingredients

- **Day old French bread**
- **Raisins (optional)**
- **Milk**
- **Heavy cream**
- **Eggs**
- **Granulated sugar**
- **Light brown sugar**
- **Salted butter**
- **Vanilla extract**
- **Ground cinnamon**
- **Ground nutmeg**



Directions

Spray a 6-quart slow cooker with cooking spray and add bread cubes and raisins.

In a bowl, whisk milk, heavy cream, eggs, sugars, butter, vanilla, cinnamon, and nutmeg.

Pour the mixture into the slow cooker, stir to coat the bread, and let sit for 20 minutes.

Stir again, cover, and cook on low for 2 ½ – 3 hours until a knife comes out clean.

For the sauce, combine sugar, butter, heavy cream, and milk in a saucepan, whisk, and heat until sugar dissolves; stir in vanilla.

Serve sliced bread pudding with the warm vanilla sauce on top.

SLOW COOKER CHEESECAKE

You won't believe how simple it is to make a creamy cheesecake in your slow cooker.



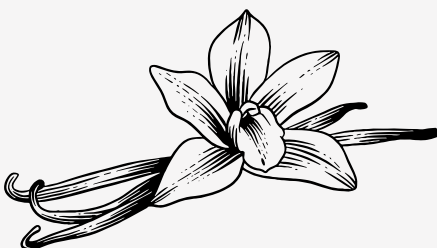
Ingredients

Cheesecake Filling

- **24 ounces cream cheese (softened to room temperature)**
- **3 Large eggs**
- **¾ cup granulated sugar**
- **1 ½ teaspoons pure vanilla extract**

Graham Cracker Crust

- **6 whole graham crackers (crushed into crumbs)**
- **3 tablespoons unsalted butter (melted)**



Directions

Spray a 6-inch springform pan with cooking spray, line the bottom with parchment paper, and spray again.

Fill a slow cooker with ½ inch of hot water and place three aluminum foil balls in the center. Wrap the lid with a kitchen towel to catch condensation.

Mix cream cheese and sugar until smooth, then add eggs one at a time, mixing well. Stir in vanilla and set aside.

Combine graham cracker crumbs and melted butter until sandy, then press firmly into the bottom of a heatproof bowl or small springform pan. Pour the cream cheese mixture over it.

Place the cheesecake on the foil balls in the slow cooker, adding 2 to 3 cups of water around it.

Cover and cook on high for 2 to 2.5 hours, until set.

Let cool for 30 minutes to 1 hour, then chill in the refrigerator for at least an hour before serving, optionally with a fruit topping.

SLOW COOKER PUMPKIN SPICE LATTE CAKE

It's a simple pumpkin cake with spices and nuts, perfect with hot tea or a creamy latte on a chilly day.



Ingredients

- 28 ounces pumpkin puree can
- 2 cups whole-wheat pastry flour
- 3 eggs
- 1 2/3 cups coconut palm sugar
- chopped walnuts
- 2/3 cup almond milk
- 1/4 cup canola oil
- 2 tablespoons pumpkin pie spice
- 2 teaspoons baking powder
- 2 teaspoons vanilla or maple extract
- 2 tablespoons espresso powder or decaf instant coffee (optional)
- 1/2 cup honey
- nonstick olive oil cooking spray
- Non dairy whipped topping

Directions

Combine half a can of pumpkin puree, flour, 2 eggs, coconut sugar, almond milk, canola oil, 1.5 tablespoons of pumpkin pie spice, baking powder, vanilla, and espresso powder in a large bowl. Mix until smooth.

In a second bowl, whisk together the remaining pumpkin, 1 egg, 1/2 tablespoon pumpkin pie spice, and honey.

Spray a 7-quart slow cooker with nonstick spray. Spread half the cake batter, add the pumpkin mixture, then top with the remaining batter and chopped walnuts. Cook on low for 2-3 hours.

Check the cake every 20-30 minutes after 2 hours until the center springs back when touched.

Let cool slightly, then serve topped with non-dairy whipped topping. Enjoy!



UNCLE MATT'S DIABETIC FRIENDLY BERRY COBBLER

Pro tip: frozen berries work just as well as fresh.



Ingredients

- **2 cups mixed berries (strawberries, raspberries, blackberries, and blueberries; fresh or frozen)**
- **1/4 cup erythritol (or your preferred keto-friendly sweetener)**
- **1 teaspoon lemon juice**
- **1/2 teaspoon vanilla extract**
- **1 teaspoon xanthan gum (optional for thickening)**

For the Cobbler Topping:

- **1 cup almond flour**
- **1/4 cup coconut flour**
- **1/4 cup erythritol**
- **1 teaspoon baking powder**
- **1/4 teaspoon salt**
- **1/4 cup unsalted butter, melted**
- **1 large egg**
- **1/2 teaspoon vanilla extract**
- **1/4 teaspoon cinnamon (optional for extra flavor)**

Directions

Lightly grease the slow cooker with non-stick spray or butter.

In a bowl, mix berries, 1/4 cup erythritol, lemon juice, and vanilla extract. Thaw frozen berries slightly. Add xanthan gum for thickness if desired.

Pour the mixture into the slow cooker.

In another bowl, whisk almond flour, coconut flour, erythritol, baking powder, and salt.

Add melted butter, egg, vanilla extract, and cinnamon, stirring until a thick, crumbly dough forms.

Drop spoonfuls of dough over the berry mixture, leaving some berries visible.

Cover and cook on low for 2-3 hours until topping is golden and filling is bubbly.

Cool for 10-15 minutes, then serve warm with keto-friendly whipped cream or low-carb vanilla ice cream.



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