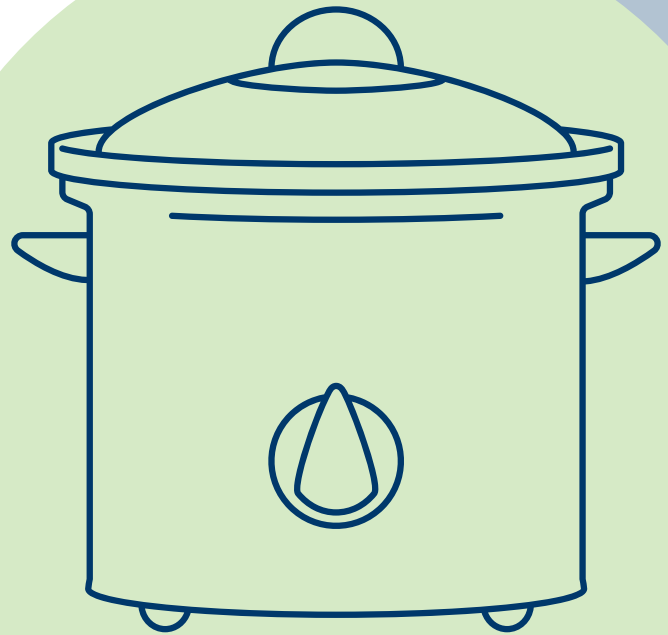


# Literally Nutritious

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## *Slow Cooker Recipes*



Brought to you by...



**Tri-County**  
Regional Centre for Education



# Chicken Cacciatore

**Prep Time:** 20 minutes  
**Cook Time:** 8.5 hours  
**Estimated Cost/Recipe:** \$13.21



DAIRY  
FREE



NUT  
FREE



EGG  
FREE



GLUTEN  
FREE



SOY  
FREE

## You Will Use

- 2 Bell peppers, **seeded** and **chopped**
- 1 Onion, **diced**
- 2 Garlic cloves, **minced**
- 4 Carrots, **peeled** and **chopped**
- 2 Cups (500 mL) Mushroom, **sliced**
- 6 Chicken thighs, bone-in
- 1 Can (796 mL) Crushed tomatoes
- 1 tsp (5 mL) Italian seasoning
- 1 tsp (5 mL) Salt

## You Will Need

- Cutting board
- Knife
- Garlic press (optional)
- Can opener
- Slow cooker
- Mixing spoon
- Measuring spoons

## Tips and Tricks

- Chicken is cooked when internal temperature reaches 165°F (74°C).
- Serve with:
  - Rice
  - Noodles
  - Spaghetti squash



Cut out this list to use when grocery shopping!



bell pepper



onion



garlic



carrots



mushrooms



chicken thighs



crushed tomatoes



Italian seasoning



salt



1. Wash and prepare vegetables: (a) **seed** and **chop** bell peppers, (b) **dice** onion, (c) **mince** garlic, (d) **peel** and **chop** carrots.



1. Wash and prepare vegetables (continued): (e) **slice** mushrooms.

2. Add all ingredients to slow cooker. Cook on **LOW** for 8 hours.

3. Remove chicken from slow cooker. Remove bone and any loose skin. Add meat back into slow cooker.



4. **Stir** and set on **HIGH** for 30 minutes.

5. Serve and enjoy.



## Tomato Sauce

Prep Time: 25 minutes  
 Cook Time: 8-10 hours  
 Estimated Cost/Recipe: \$10.80



### You Will Use

- ¼ Onion, **diced**
- 1 Garlic clove, **minced**
- 2 Carrots, **peeled** and **diced**
- 1 Bell pepper, **seeded** and **chopped**
- 1 Zucchini, **diced**
- ½ Cup (125 mL) Mushrooms, **sliced**
- ½ Tbsp (7.5 mL) Vegetable oil
- 1 lb (450 g) Ground beef
- 1 Can (796 mL) Crushed tomatoes
- 1 ½ Cups (375 mL) Vegetable broth
- ½ Tbsp (7.5 mL) Dried basil
- 1 tsp (5 mL) Dried oregano
- 1 tsp (5 mL) Dried rosemary
- 1 Bay leaf
- 1 tsp (5 mL) Salt

### You Will Need

- Vegetable peeler
- Cutting board
- Knife
- Frying pan
- Can opener
- Measuring spoons
- Measuring cups
- Slow cooker
- Mixing spoon
- Garlic press (optional)

### Tips and Tricks

- This is a great base recipe to turn into many meals! Here are some suggestions:
  - Serve on a whole wheat roll as a sloppy joe
  - Put on a baked potato and top with shredded cheese
  - Serve on spaghetti squash
  - Serve on pasta of your choice
- If you wish to make this a vegetarian sauce, simply omit the ground beef.



Cut out this list to use when grocery shopping!



onion



garlic



carrots



bell pepper



zucchini



mushrooms



vegetable oil



ground beef



crushed tomatoes



vegetable broth



dried basil



dried oregano



dried rosemary



bay leaf



salt



1. Wash and prepare vegetables: **(a) dice** onion, **(b) mince** garlic, **(c) peel** and **dice** carrots, **(d) seed** and **chop** bell pepper.



1. Wash and prepare vegetables (continued): **(e) dice** zucchini, **(f) slice** mushrooms.

2. Heat oil in a large pan over medium high heat. Add ground beef, onion and garlic. Cook until browned, making sure to crumble the beef as it cooks. Drain excess fat.



3. Place ground beef mixture into slow cooker.

4. Add in remaining vegetables, crushed tomatoes, broth, spices and salt. **Stir** to combine.

5. Cover and cook on **LOW** for 8-10 hours. Remove bay leaf before serving.



## Tomato Sauce

### Variation 1: "Hamburger Helper"



Building on the recipe for Tomato Sauce, you can transform it into "**Hamburger Helper**" with a few easy additions.

### You Will Add

- ½ lb (227 g) Whole wheat macaroni
- 1 Cup (114 g) Shredded cheese



whole wheat macaroni



shredded cheese

Follow **Steps 1-4** of the recipe for Tomato Sauce. Beginning at **Step 5**:



**5.** Cover and cook on **LOW** for 8-10 hours.



**6.** Add dry pasta during last 30 minutes of cooking. **Stir.** Cover and continue to cook.



**7.** Check that pasta is fully cooked at the end of cooking time. Remove bay leaf before serving. Top with cheese and enjoy.



## Tomato Sauce

### Variation 2: Chili



Building on the recipe for Tomato Sauce, you can transform it into **Chili** with a few easy additions.

### You Will Add

- 1 Can (540 mL) Red kidney beans
- 1 Tbsp (15 mL) Cumin
- ½ Tbsp (7.5 mL) Chili powder



red kidney beans



chili powder



cumin

Follow **Steps 1-3** of the recipe for Tomato Sauce. Beginning at **Step 4**:



- 4.** Add in remaining vegetables, crushed tomatoes, broth, spices and salt. **Stir** well. Also add cumin, chili powder and kidney beans. **Stir** again.



- 5.** Cover and cook on **LOW** for 8-10 hours.



- 6.** Remove bay leaf before serving and enjoy.



## Pizza Soup

**Prep Time:** 15 minutes

**Cook Time:** 6-7 hours

**Estimated Cost/Recipe:** \$8.76



### You Will Use

- 1 Cup (250 mL) Mushrooms, **sliced**
- 1 Onion, **diced**
- 1 Bell pepper, **seeded** and **chopped**
- 1 Can (796 mL) Crushed tomatoes
- 1 Tbsp (15 mL) Italian seasoning
- 2 Cups (500 mL) Vegetable broth
- 1 Tbsp (15 mL) Tomato paste
- ½ lb (227 g) Ground pork
- ½ tsp (2.5 mL) Salt
- ½ tsp (2.5 mL) Pepper
- Shredded cheese (optional)

### You Will Need

- Slow cooker
- Cutting board
- Knife
- Mixing spoon
- Measuring spoons
- Measuring cups
- Can opener
- Mixing bowl

### Tips and Tricks

- Ground pork is cooked when internal temperature reaches 160°F (71°C).
- Try ground turkey, chicken or beef in place of pork.



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Cut out this list to use when grocery shopping!



mushrooms



onion



bell pepper



crushed tomatoes



Italian seasoning



vegetable broth



tomato paste



ground pork



salt & pepper



shredded cheese





1. Wash and prepare vegetables: (a) **slice** mushrooms, (b) **dice** onion, (c) **seed** and **chop** bell pepper.



2. Add vegetables, crushed tomatoes, Italian seasoning, broth and tomato paste to slow cooker. **Stir**.



3. In a bowl, mix ground pork with salt and pepper. Shape pork into marble sized balls.



4. Gently **stir** meatballs into soup mixture. Cover and cook on **LOW** for 6-7 hours.



5. Serve in bowls. Top with shredded cheese (if using) and enjoy.



# Spaghetti Squash

Prep Time: 5 minutes  
 Cook Time: 5-6 hours  
 Estimated Cost/Recipe: \$5.97



## You Will Use

- 1 3lb (1.36 kg) Spaghetti squash



spaghetti squash

## You Will Need

- Cutting board
- Knife
- Slow cooker
- Fork

## Tips and Tricks

- A 3 lb squash requires 5-6 hours of cook time on the LOW setting. For each additional lb of squash, add 1 hour to the cooking time.
- This recipe makes a great base for tomato sauce.



**1.** Wash skin of squash. Prick the skin several times with a paring knife or fork.



**2.** Place squash into slow cooker. Cover and cook on **LOW** for 5-6 hours.



**3.** To check the squash is done, quickly and firmly press the outside of the squash with your finger. It should dent easily but not feel completely mushy. Let cool.

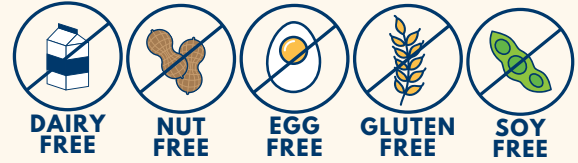


**4.** When cooled, cut in half and **seed**. Using a fork, pull apart the inside of squash.



## Baked Beans

**Prep Time:** 15 minutes  
**Cook Time:** 9-10 hours  
**Estimated Cost/Recipe:** \$6.01



### You Will Use

- 2 lbs (900 grams) Dry beans (Soldier or Navy)
- 2 Onions, **diced**
- 4 tsp (20 mL) Dry mustard
- ½ Cup (125 mL) Brown sugar
- ½ Cup (125 mL) Molasses
- 2 tsp (10 mL) Salt
- 6 Cups (1.5 L) Water, boiling
- 4 tsp (20 mL) Vinegar (Cider or other)

### You Will Need

- Mixing bowls (2)
- Slow cooker
- Cutting board
- Knife
- Measuring spoons
- Measuring cups
- Strainer
- Mixing spoon
- Kettle (optional)

### Tips and Tricks

- Beans must soak overnight before cooking.



Cut out this list to use when grocery shopping!



navy or soldier beans



onion



dry mustard



brown sugar



molasses



salt



water



vinegar



1

1. Place dry beans in a large bowl. Cover with a few inches of water. Allow beans to soak overnight (10-12 hours).



2

2. After soaking, drain and rinse beans. Place in slow cooker.



3

3. Wash and prepare vegetables: **(a) dice** onion.



4

4. In a mixing bowl, add dry mustard, brown sugar, salt and molasses. Add 2 cups (500 mL) of boiling water. **Stir** well until dissolved. Add mixture to slow cooker.



5

5. Add remaining 4 cups (1 L) boiling water and onion to slow cooker. **Stir** to combine.



6

6. Cook on **LOW** for 9-10 hours. When done, **stir** in vinegar. Serve.



## Rich & Hearty Chicken Soup

**Prep Time:** 20 minutes  
**Cook Time:** 7 hours  
**Estimated Cost/Recipe:** \$10.23



### You Will Use

- 2 Carrots, **peeled** and **chopped**
- 1 Cup (250 mL) Onion, **diced**
- 1 Cup (250 mL) Turnip, **chopped**
- 1 Cup (250 mL) Sweet potato, **chopped**
- 1 tsp (5 mL) Garlic, **minced**
- 6 Chicken thighs, boneless and skinless
- ½ tsp (2.5 mL) Poultry seasoning
- 4 ½ Cups (1125 mL) Chicken broth
- 1 ¼ cup (310 mL) Egg noodles
- 2 Tbsp (30 mL) Butter
- ¼ Tbsp (3.75 mL) Dried parsley
- Salt & pepper (to taste)

### You Will Need

- Cutting board
- Knife
- Slow cooker
- Mixing spoon
- Measuring spoons
- Measuring cups
- Vegetable peeler
- Garlic press (optional)

### Tips and Tricks

- Chicken is cooked when internal temperature reaches 165°F (74°C).
- If you are using bone-in thighs, remove bones during Step 5.



Cut out this list to use when grocery shopping!



carrots



onion



turnip



sweet potato



garlic



chicken thighs



poultry seasoning



chicken broth



egg noodles



butter



dried parsley



salt & pepper



1. Wash and prepare vegetables: (a) **peel** and **chop** carrots, (b) **diced** onion, (c) **chop** turnip, (d) **chop** sweet potato.



1. Wash and prepare vegetables (continued): (e) **mince** garlic.

2. Add vegetables, chicken thighs and poultry seasoning to slow cooker. Pour in broth.

3. Cover and cook on **HIGH** for 5 hours.



4. Remove chicken, set aside. Add noodles to slow cooker. **Stir**. Cook 30 minutes more or until noodles are tender.

5. **Chop** meat into bite size pieces and return to the slow cooker. When noodles are cooked, **stir** in parsley and butter. Add salt and pepper to taste.

6. Serve in bowls and enjoy.



## Minestrone Soup

**Prep Time:** 20 minutes

**Cook Time:** 7 hours

**Estimated Cost/Recipe:** \$6.61



### You Will Use

- 1 Cup (250 mL) Potato, **roughly chopped**
- 1 Cup (250 mL) Carrots, **peeled and chopped**
- 1 Cup (250 mL) Green cabbage, **chopped**
- 1 Cup (250 mL) Zucchini, **sliced**
- ¾ Cup (175 ml) Onion, **diced**
- 1 Garlic clove, **minced**
- 2 Tbsp (30 ml) Vegetable Oil
- 3 ½ Cups (875 mL) Vegetable broth
- 1 Can (796 mL) Diced tomatoes
- ½ tsp (2.5 mL) Dried basil
- ¼ tsp (1.25 mL) Dried rosemary
- ½ tsp (2.5 mL) Salt
- 1 Bay leaf
- 1 Can (540 mL) Cannellini beans
- Shredded cheese (optional)

### You Will Need

- Cutting board
- Knife
- Slow cooker
- Mixing spoon
- Vegetable peeler
- Measuring spoons
- Measuring cups
- Can opener
- Garlic press (optional)

### Tips and Tricks

- Cannellini beans are also referred to as white kidney beans.



Cut out this list to use when grocery shopping!



potato



carrots



green cabbage



zucchini



onion



garlic



vegetable oil



vegetable broth



diced tomatoes



dried basil



dried rosemary



salt



bay leaf



cannellini beans



shredded cheese



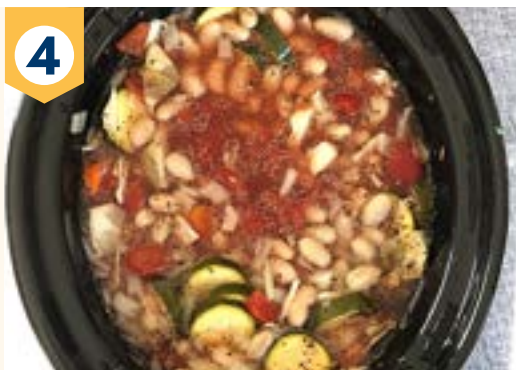
1. Wash and prepare all vegetables: (a) **roughly chop** potatoes, (b) **peel** and **chop** carrots, (c) **chop** cabbage, (d) **slice** zucchini.



1. Wash and prepare all vegetables (continued): (e) **dice** onion, (f) **mince** garlic.

2. Add all ingredients except cannellini beans and cheese in a slow cooker. **Stir**.

3. Cover and cook on **LOW** for 6 hours.



4. Add cannellini beans. **Stir**. Cover and cook on **LOW** for 1 hour or until vegetables are tender.

5. Remove and discard bay leaf. Serve and top with cheese (optional).





## Pork Pot Roast

**Prep Time:** 20 minutes

**Cook Time:** 6-8 hours

**Estimated Cost/Recipe:** \$14.11



DAIRY  
FREE



NUT  
FREE



EGG  
FREE



GLUTEN  
FREE



SOY  
FREE

## You Will Use

### Pork Roast

- 6 Potatoes, **roughly chopped**
- 1 Onion, **chopped**
- 6 Carrots, **peeled** and **roughly chopped**
- 4 Garlic cloves, **minced**
- 3 lbs (1.36 kg) Pork shoulder roast, boneless
- 2 Tbsp (30 mL) Vegetable oil
- 2 Tbsp (30 mL) Balsamic vinegar
- 1 Cup (250 mL) Vegetable broth

### Pork Dry Rub

- ¼ Cup (60 mL) Brown sugar
- 1 Tbsp (15 mL) Garlic powder
- 2 tsp (10 mL) Onion powder
- 1 tsp (5 mL) Salt
- 1 tsp (5 mL) Pepper
- 1 tsp (5 mL) Ground cinnamon
- 2 tsp (10 mL) Dried thyme



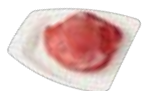
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Cut out these lists to use when grocery shopping!

## You Will Need

- Small bowl
- Large mixing bowl
- Vegetable peeler
- Garlic press (optional)
- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Slow cooker
- Frying pan
- Mixing spoon

## Tips and Tricks

- Pork shoulder is cooked when internal temperature reaches 160°F (71°C).
- Fully cooked meat is tender when pierced with a fork.





1

1. Prepare pork rub by mixing dry rub spices in a bowl. Rub over pork shoulder. Set aside.



2



2. Wash and prepare all vegetables: (a) roughly chop potatoes, (b) chop onions, (c) peel and roughly chop carrots.

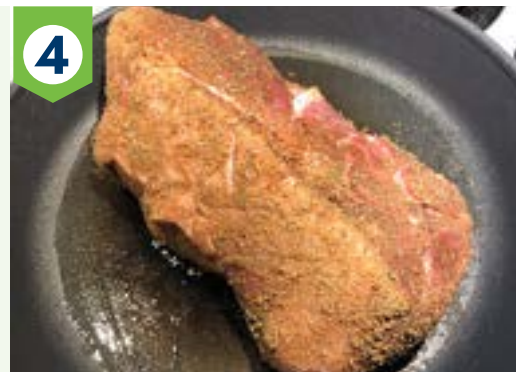


2. Wash and prepare vegetables (continued): (d) mince garlic.



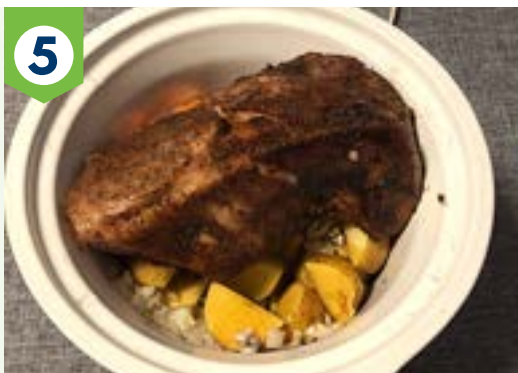
3

3. Add vegetables into slow cooker.



4

4. Heat 2 Tbsp (30 mL) of oil in a large pan over medium high heat. When oil is hot, sear and brown pork shoulder for 2 minutes on each side.



5

5. Transfer pork into your slow cooker on top of vegetables. Pour balsamic vinegar and broth on top of the pork. Cook on **HIGH** for 6-8 hours. If possible, flip pork roast at 3 hours.



6

6. Serve and enjoy.



## Lentil & Root Vegetable Stew

Prep Time: 20 minutes

Cook Time: 6 hours

Estimated Cost/Recipe: \$6.47



### You Will Use

- 1 ½ Cups (375 mL) Turnip, **peeled** and **chopped**
- 1 Cup (250 mL) Sweet potato or potato, **peeled** and **chopped**
- 1 Onion, **sliced**
- 2 Carrots, **peeled** and **chopped**
- 1 Bell pepper, **seeded** and **diced**
- 1 Cup (250 mL) Dried red lentils
- 3 ½ Cups (875 mL) Vegetable broth
- ½ tsp (2.5 mL) Dried oregano
- ⅛ tsp (0.6 mL) Red pepper flakes
- 1 Tbsp (15 mL) Vegetable oil
- Salt and pepper to taste

### You Will Need

- Cutting board
- Knife
- Slow cooker
- Mixing spoon
- Vegetable peeler
- Measuring spoons
- Measuring cups



Cut out this list to use when grocery shopping!



turnip



sweet potato

OR



potato



onion



carrots



bell pepper



dried red lentils



vegetable broth



dried oregano



red pepper flakes



vegetable oil



salt & pepper



1. Wash and prepare vegetables: (a) peel and chop turnips, (b) peel and chop (sweet) potato, (c) slice onions, (d) peel and chop carrots.



1. Wash and prepare vegetables (continued): (e) seed and dice bell pepper.

2. Add vegetables, broth, lentils, oregano and red pepper flakes to slow cooker. Stir.

3. Cover and cook on **LOW** for 6 hours. At the end of cook time, stir in oil, salt and pepper.



4. Serve and enjoy.



## Applesauce

Prep Time: 10 minutes  
 Cook Time: 5 hours  
 Estimated Cost/Recipe: \$3.90



### You Will Use

- 6 Apples
- ½ Cup (125 mL) Water
- 1 tsp (5 mL) Ground cinnamon

### You Will Need

- Measuring spoons
- Measuring cups
- Vegetable peeler
- Cutting board
- Knife
- Slow cooker
- Mixing spoon
- Blender (optional)

### Tips and Tricks

- If you do not have a blender, **peel** the apples before placing in slow cooker. When cooking is done, mash with a potato masher or large fork.
- Applesauce can be enjoyed in many ways: served warm or cold on its own, as a topping on pancakes or waffles, or with yogurt and granola (to name a few).



apple



water



ground cinnamon



**1.** Wash apples well. Cut apples into 4 pieces and remove center (core). There is no need to peel the apples as the peels will be pureed if using a blender.



**2.** Add all ingredients into the slow cooker on HIGH for approximately 3 hours, **stirring** occasionally.



**3.** Using a blender (immersion or regular), puree the apples. Serve in small bowls or cups and enjoy!



## Vegetable Broth

Prep Time: 5 minutes  
 Cook Time: 10-12 hours  
 Estimated Cost/Recipe: \$0.05



### You Will Use

- Assorted vegetable scraps (enough to fill slow cooker  $\frac{3}{4}$  full)
- 1 Bay leaf

### You Will Need

- Slow cooker
- Mixing spoon
- Strainer

### Tips and Tricks

- Examples of scraps include onion skins, carrot peels, celery leaves or mushroom stems.
- Broth can be refrigerated for 5 days or frozen for 3 months. The liquid will expand when frozen so be sure not to overfill the containers!



onion skins



carrot peels



celery leaves



mushroom stems



bay leaf



**1.** Place vegetable scraps and bay leaf into slow cooker. Cover with water.



**2.** Cook on **LOW** for 10-12 hours. Let cool.



**3.** Strain liquid and store in mason jars or containers.

**Chop:** cutting food into medium-sized squares. Chopped items do not have to be even, but aim for about 1 inch (2.5 cm).



**Dice:** cutting food into small similar-sized pieces. Aim for about ½ inch (about 1 cm).



**Peel:** using a vegetable peeler or a knife to remove enough of the outer skin of a vegetable or fruit to reveal the inside.



**Seed:** cutting a vegetable or fruit in half and scooping out all the seeds inside.



**Stir:** mixing ingredients together using a circular motion.



**Roughly chop:** cutting food into large-sized chunks that are roughly the same size.



**Mince:** cutting food into the smallest pieces you can, usually ⅛ inch (about 0.5 cm).



**Sear/Brown:** cooking the surface of meat at medium to high heat for a short amount of time until browned on the outside.



**Slice:** cutting food into long thin strips.



### Knife Skills

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Holding your knife properly is an important cooking skill. This video about [Basic Knife Skills](https://youtu.be/G-Fg7l7G1zw) (https://youtu.be/G-Fg7l7G1zw) is a great introduction to proper knife use and can help with teaching participants safe and effective ways to chop, mince, and more!

### Cooking Tips

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This [Ready, Set, Cook!](https://bit.ly/3ligONc) document (https://bit.ly/3ligONc) provides a list of helpful tips to get started with cooking.

This [Cooking with Kids](https://bit.ly/3G5q59t) document (https://bit.ly/3G5q59t) gives ideas for food skills to develop by age and sample recipes.

### *Literally Nutritious* Slow Cooker Program: Video Links

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- [Introduction Video](https://youtu.be/iCNF8q96_ow) (https://youtu.be/iCNF8q96\_ow)
- [Ready, Set, Cook!](https://youtu.be/aqCONwJwm7Q) (https://youtu.be/aqCONwJwm7Q)
- [Pizza Soup](https://youtu.be/BfMWwr0YR80) (https://youtu.be/BfMWwr0YR80)
- [Lentil and Root Vegetable Stew](https://youtu.be/GuYs7oJCu0c) (https://youtu.be/GuYs7oJCu0c)
- [Baked Beans](https://youtu.be/-xL2lPeDHM0) (https://youtu.be/-xL2lPeDHM0)

### Nourish NS Website

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Check out the [Nourish NS Website](https://www.nourishns.ca/) (https://www.nourishns.ca/) for further resources about food literacy, cooking, and more!