



# Literally Nutritious

---

1.0: Slow Cooker Recipes

# Table of Contents

Introduction	2
Chicken Cacciatore	3
Tomato Sauce	5
Hamburger Helper	7
Chilli	8
Pizza Soup	9
Spaghetti Squash	11
Baked Beans	12
Rich & Hearty Chicken Soup	14
Minestrone Soup	16
Pork Pot Roast	18
Lentil & Root Vegetable Stew	20
Applesauce	22
Vegetable Broth	23
Additional Resource List	24

Click on our *flork* icon to  
come back to this page!



# Introduction

Literally Nutritious was born out of the need to support a variety of literacies that impact health and wellbeing, including nutritional, health, and reading literacies. Tri Country Regional Centre for Education (TCRCE) partnered with Nourish Nova Scotia to develop and facilitate Literally Nutritious, TCRCE's first virtual nutrition literacy program, highlighting simple and delicious recipes.

Comprehensive programs like Literally Nutritious can play a significant role in providing students with the knowledge, skills, confidence, and competence to become health literate and positively enhance their growth and development.

## Goals of Literally Nutritious

1. Introduce students to a variety of simple and nutritious slow cooker recipes that can be used in the classroom or at home.
2. Create hands-on cooking experiences providing the opportunity for students to develop and/or refine their kitchen skills, including knife skills such as chopping, dicing, and slicing.
3. Support the development of knowledge, skills, and confidence to support overall food literacy.





# 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:** seed and chop bell peppers, dice onion, mince garlic...

2



peel and chop carrots. slice mushrooms.

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.

Stir and set on HIGH for 30 minutes.

Serve and enjoy.



# Tomato Sauce

Prep Time: 25 minutes

Cook Time: 8-10 hours

Estimated Cost/Recipe: \$10.80



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free

## 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



bay leaf



salt



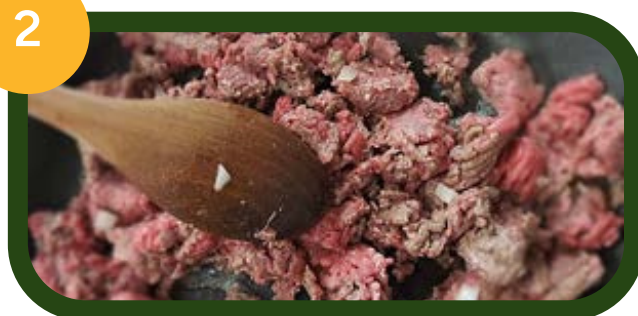


1



**Wash and prepare vegetables:** dice onion, mince garlic, peel and dice carrots, seed and chop bell pepper...

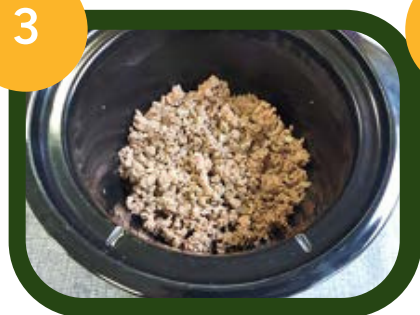
2



dice zucchini, slice mushrooms.

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.



Nut  
Free



Egg  
Free



Soy  
Free

## 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 1: Chili

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



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



## 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



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free

## 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.

-----  
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:** slice mushrooms, dice onion, 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



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



Vegan

## 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



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



Vegan

## 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



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

2



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

3



Wash and prepare vegetables: dice onion.

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



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

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



Nut  
Free



Soy  
Free

## 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:** peel and chop carrots, diced onion, chop turnip, chop sweet potato...

2



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



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



Vegan

## 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)

-----  
Cut out this list to use when grocery shopping!

## You Will Need

- Cutting board
- Knife
- Slow cooker
- Mixing spoon
- Vegetable peeler

## Tips and Tricks

Cannellini beans are also referred to as white kidney beans.



potato



carrots



green  
cabbage



zucchini



onion



garlic



vegetable oil



vegetable  
broth



diced  
tomatoes



dried basil



dried  
rosemary



salt



bay leaf



canellini  
beans



shredded  
cheese





1



**Wash and prepare vegetables:** roughly chop potatoes, peel and chop carrots, chop cabbage, slice zucchini...

2



Dice onion.



Mince garlic.



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

-----  
Cut out this list 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.



potato



onion



carrots



garlic



brown  
sugar



garlic  
powder



onion  
powder



pork  
shoulder



vegetable  
oil



balsamic  
vinegar



vegetable  
broth



salt &  
pepper



ground  
cinnamon



dried  
thyme



1

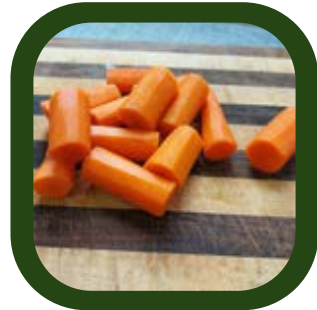


Prepare pork rub by mixing dry rub spices in a bowl. Rub over pork shoulder. Set aside.

2



**Wash and prepare all vegetables:** roughly chop potatoes, chop onions, peel and roughly chop carrots...



3



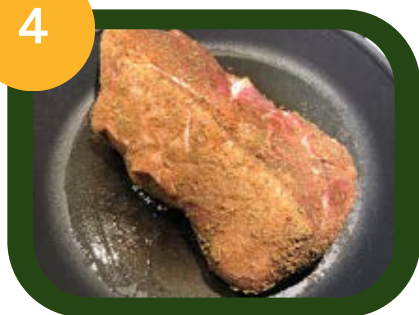
mince garlic.

3



Add vegetables into slow cooker.

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



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



Serve and enjoy.



# Lentil & Root Vegetable Stew

Prep Time: 20 minutes

Cook Time: 6 hours

Estimated Cost/Recipe: \$6.47



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free

## 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

-----  
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 all vegetables:** peel and chop turnips, peel and chop (sweet) potato, slice onions, peel and chop carrots...

2



seed and dice bell pepper.



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



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



Vegan

## 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



Dairy  
Free



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



Vegan

## 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.



# Additional Resource List

## Knife Skills

Holding your knife properly is an important cooking skill. This video about [Basic Knife Skills](https://youtu.be/G-Fg7I7G1zw) (https://youtu.be/G-Fg7I7G1zw) 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

This [Cooking Tips and Terms](#) document provides a list of helpful tips to get started with cooking.

This [Cooking with Kids](#) document gives ideas for food skills to develop by age and sample recipes.

---

## Literally Nutritious Slow Cooker Program: Video Links

- [Introduction Video](#)
  - [Ready, Set, Cook!](#)
  - [Pizza Soup](#)
  - [Lentil and Root Vegetable Stew](#)
  - [Baked Beans](#)
- 

## Nourish Nova Scotia Website

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

