

SLOW COOKING RECIPES:

50 TOP RATED RECIPES FOR YOUR SOUL

A SIMPLE A WAY TO MAKE DELICIOUS SLOW COOKING RECIPES

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SLOW COOKING RECIPES:
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Table of Contents

[BAKED POTATOES FROM THE SLOW COOKER](#)

[SLOW COOKER APPLE BUTTER](#)

[CHUNKY APPLESAUCE](#)

[SLOW COOKER POT CANDY](#)

[ORIGINAL SLOW COOKER PIZZA](#)

[STEEL CUT OATMEAL FOR THE SLOW COOKER](#)

[CHICKEN WINGS WITH BBQ SAUCE FOR THE SLOW COOKER](#)

[SLOW COOKER CARAMELIZED ONIONS](#)

[MY SLOW COOKER SPAGHETTI SAUCE](#)

[BACON AND TATER TOTS SLOW COOKER BREAKFAST](#)

[SLOW COOKER CHILI PORK CHOPS](#)

[SLOW COOKER PORK TENDERLOIN](#)

[PEACHY SLOW COOKED PORK CHOPS](#)

[DIJON PORK ROAST WITH CRANBERRIES](#)

[EASY SLOW COOKER PORK ROAST](#)

[SPICY AND TENDER SLOW COOKER PORK CHOPS](#)

[SLOW COOKER PORK CHOPS AND MUSHROOMS](#)

[DELICIOUS APRICOT GLAZED PORK ROAST](#)

[SLOW COOKER MEXICAN PORK](#)

[SLOW COOKER GINGER TERIYAKI PORK CHOPS](#)

[SLOW COOKED GARLIC CHICKEN](#)

[SLOW-COOKED CHICKEN CHILI](#)

[SLOW-COOKED ORIENTAL CHICKEN](#)

[INTERESTING SLOW COOKED CHICKEN](#)

[SLOW COOKED HONEY CURRY CHICKEN](#)

[SLOW COOKER ROTISSERIE CHICKEN](#)

[SLOW COOKER PEANUT CHICKEN](#)

[SLOW COOKER THAI CHICKEN THIGHS](#)

[SLOW COOKER HAWAIIAN CHICKEN](#)

[EASY SLOW COOKER BBQ CHICKEN \(LOW FAT\)](#)

[SLOW COOKER POTATO CHOWDER](#)

[SLOW COOKED CINNAMON APPLESAUCE](#)

[SLOW COOKER MASHED POTATOES](#)

[SLOW-COOKER CHEESY CHICKEN](#)

[SLOW COOKER MACARONI & CHEESE](#)

[OMLET CASSEROLE IN A CROCK POT](#)

[SLOW COOKER CHIVE-AND-ONION CREAMED CORN](#)

[SLOW COOKED GREEN BEANS & BACON](#)

[SLOW COOKED BEANS](#)

[LENTIL-VEGGIE SOUP](#)

[SLOW COOKED PUMPKIN SPICED LATTE](#)

[BITTERSWEET HOT CHOCOLATE](#)

[PEANUT BUTTER COCOA IN A CROCK POT](#)

[SLOW COOKER HOT CARAMEL APPLE CIDER](#)

[VIENNESE COFFEE](#)

[SLOW COOKED BANANAS FOSTER](#)

[SLOW COOKER APPLE OR CHERRY COBBLER](#)

[FRESH PEACH COBBLER SLOW COOKER STYLE](#)

[SLOW COOKER CARAMEL PIE](#)

[SLOW COOKER RICE PUDDING](#)

UNIQUE SLOW COOKING RECIPES

BAKED POTATOES FROM THE SLOW COOKER

Prep Time: 5 mins

Total Time: 4 hrs 5 mins

Servings: 10



INGREDIENTS

10 -12 small baking potatoes

Aluminum foil

DIRECTIONS

- 1.Prick the potatoes using a fork. And then wrap them individually with aluminum foil.
- 2.Place wrapped potatoes into the slow cooker crock pot and then cover.
- 3.Cook for about 8-10 hours over low setting or until done.

Note: Do not put water into the crock pot.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (122 g)		Total Fat 0.1g	0%
Servings Per Recipe: 10		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 106.4		Sugars 1.0 g	
Calories from Fat 1	14%	Sodium 4.9mg	0%
		Total Carbohydrate 24.6g	8%
		Dietary Fiber 2.2g	8%
		Sugars 1.0 g	4%
		Protein 2.2g	4%

Variations:

- Roll the potatoes in some olive oil and then rub with salt before wrapping with aluminum foil.
- Rub with olive oil and seasonings

SLOW COOKER APPLE BUTTER

Prep Time: 10 mins

Total Time: 10 mins

Servings: 8



INGREDIENTS

11 apples

1/2 cup water

1/2 cup sugar

2 teaspoons cinnamon

1/2 cup brown sugar

DIRECTIONS

1. Rinse and divide the apples into quarters. Place them in the slow cooker.
2. Add up the rest of ingredients and then cover.
3. Cook for the whole day at low setting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (291 g)		Total Fat 0.3g	0%
Servings Per Recipe: 8		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 200.3		Sugars 45.4 g	
Calories from Fat 3	52%	Sodium 7.7mg	0%
		Total Carbohydrate 52.5g	17%
		Dietary Fiber 4.8g	19%
		Sugars 45.4 g	181%
		Protein 0.5g	1%

Variations:

- Add up a little amount of ginger or some red hot candies into the mixture.

CHUNKY APPLESAUCE

Prep Time: 10 mins

Total Time: 8 hrs 10 mins

Servings: 6



INGREDIENTS

6 medium apples, peeled and cut into chunks

1/3 cup water

1/2 cup sugar

3/4 teaspoon cinnamon (optional)

DIRECTIONS

1. Incorporate the INGREDIENTS together in a crock pot.
2. Place the lid and then cook over low setting for 8 hours.
3. Puree.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (212 g)		Total Fat 0.2g	0%
Servings Per Recipe: 6		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 136.2		Sugars 30.9 g	
Calories from Fat 2	51%	Sodium 1.6mg	0%
		Total Carbohydrate 35.7g	11%
		Dietary Fiber 3.3g	13%
		Sugars 30.9 g	123%
		Protein 0.3g	0%

Variations:

- Add up $\frac{3}{4}$ cup of water, $\frac{3}{4}$ cup of splenda and 1 tsp. of cinnamon powder.
- Use organic apples and organic sugar.

SLOW COOKER CANDY

Prep Time: 5 mins

Total Time: 2 hrs 5 mins

Servings: 24



INGREDIENTS

- 1 (16 ounce) packages dry roasted salted peanuts
- 1 (16 ounce) packages unsalted dry roasted peanuts
- 1 (12 ounce) packages semi-sweet chocolate bits
- 1 (4 ounce) German chocolate bars
- 32 ounces white almond bark

DIRECTIONS

- 1.Place the peanuts in the crock pot's base and then add up the rest of ingredients.
- 2.Cover and cook at low heat for 2 hours.
- 3.Arrange spoonful of the mixture in a wax paper and let cool.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (86 g)		Total Fat 42.9g	66%
Servings Per Recipe: 24		Saturated Fat 5.9g	29%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 504.6		Sugars 3.0 g	
Calories from Fat 386	76%	Sodium 544.2mg	22%
		Total Carbohydrate 19.4g	6%
		Dietary Fiber 7.0g	28%
		Sugars 3.0 g	12%
		Protein 19.0g	38%

Variations:

- Omit the nuts and use rice crisp cereals. And then add up toasted coconuts before removing from the crock pot.
- Use chocolate chips and white chocolate chips and 4 ounces of a really good dark chocolate bar. (1 bag chocolate chips, 2 bags white choc chips)

ORIGINAL SLOW COOKER PIZZA

Prep Time: 15 mins

Total Time: 2 hrs 15 mins

Serves: 4-6, Yield: 4.0 1 cup servings



INGREDIENTS

Crust

1 1/2 cups biscuit mix or 1 1/2 cups Bisquick, clone

1/2-3/4 cup water

Sauce and Toppings

1 (16 ounce) jars pizza sauce

1 -2 cup mozzarella cheese

Pizza toppings, of your choice

2 tablespoons olive oil

DIRECTIONS

1. Place little amount of olive oil in the slow cooker and then place at least 1 quarter of pizza sauce in the slow cooker's base.
2. Prepare the pizza crust by combining the crust ingredients and place over the sauce in the slow cooker. Spread the rest of sauce over the crust and cover the crust completely.

3. Sprinkle cheese over the sauce and arrange your favored toppings.
4. Cook over low setting for 4-5 hours.
5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (150 g)		Total Fat 21.7g	33%
Servings Per Recipe: 4		Saturated Fat 7.0g	35%
Amount Per Serving	% Daily Value	Cholesterol 26.4mg	8%
Calories 410.3		Sugars 7.8 g	
Calories from Fat 195	47%	Sodium 872.1mg	36%
		Total Carbohydrate 40.8g	13%
		Dietary Fiber 3.2g	13%
		Sugars 7.8 g	31%
		Protein 12.5g	25%

Variations:

- Use can of biscuits instead of Bisquick, brown the onions & bell peppers along with the meat before putting them into the slow cooker crock pot.
- Use Pillsbury thin crust pizza dough in a can, and add up mild Italian sausage and mini slices of pepperoni as well as the full 2 cups of mozzarella cheese.

STEEL CUT OATMEAL FOR THE SLOW COOKER

Prep Time: 5 mins

Total Time: 6 hrs 5 mins

Servings: 3-4



INGREDIENTS

1 cup steel cut oats

4 1/2 cups water

1/2 teaspoon salt

2 -3 tablespoons butter

1/2 cup dried fruit (raisins, dates, apricots and prunes)

Milk, to taste

Sugar, to taste

Cinnamon, to taste

Maple syrup, to taste

DIRECTIONS

1. Combine the ingredients in a slow cooker about 2 quarts.
2. Place the lid and then cook for 6-8 hours over low setting.
3. Using a spoon, scrape down the formed crusts around the slow cooker and stir the mixture.

4.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (340 g)		Total Fat 11.2g	17%
Servings Per Recipe: 3		Saturated Fat 5.5g	27%
Amount Per Serving	% Daily Value	Cholesterol 20.3mg	6%
Calories 270.1		Sugars 0.0 g	
Calories from Fat 101	37%	Sodium 466.8mg	19%
		Total Carbohydrate 34.4g	11%
		Dietary Fiber 5.5g	22%
		Sugars 0.0 g	0%
		Protein 8.8g	17%

Variations:

- Cook 1 cup oats, 4.5 cups water, just a dash of salt substitute, no butter, and ½ cup of dried cranberries. Then cook it on low for exactly 7 hours.
- Use 4 scant cups water plus the ½ cup, 2 tbsp. butter, ½ tsp. salt, and cook up perfectly in 8 hours.

CHICKEN WINGS WITH BBQ SAUCE FOR THE SLOW COOKER

Prep Time: 15 mins

Total Time: 3 hrs 15 mins

Yield: 30 appetizers



INGREDIENTS

- 3 lbs. chicken wings (about 14-16)
- 1 1/2 cups barbecue sauce
- 1/4 cup honey
- 2 teaspoons prepared mustard
- 1 1/2 teaspoons Worcestershire sauce

DIRECTIONS

1. Remove the tips of the chicken wings and then divide every wing from the joint making two sections.
2. Arrange the chicken wings in unheated broiler frame and then roast for about 15-20 minutes. Once done, remove from the broiler and then place in a slow cooker.
3. Prepare the sauce by combining the BBQ sauce with honey, Worcestershire sauce and mustard.
4. Pour mixture into the slow cooker over the chicken.

5.Place cover and cook for at least 3-4 hours over low setting.

6.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1840 g)		Total Fat 7.9g	12%
Servings Per Recipe: 1		Saturated Fat 2.0g	10%
Amount Per Serving	% Daily Value	Cholesterol 34.9mg	11%
Calories 139.4		Sugars 5.7 g	
Calories from Fat 71	51%	Sodium 330.3mg	13%
		Total Carbohydrate 7.8g	2%
		Dietary Fiber 0.6g	2%
		Sugars 5.7 g	23%
		Protein 9.0g	18%

Variations:

- Use fresh chicken wings; no need to clip any tips off and separate wing sections. Use Smokey BBQ sauce.
- Use drumsticks instead of wings.

SLOW COOKER CARAMELIZED ONIONS

Prep Time: 6 mins

Total Time: 10 hrs 6 mins

Serves: 12, Yield: 3 cups



INGREDIENTS

3 lbs. sliced onions

1/2 cup melted margarine

1 teaspoon salt

DIRECTIONS

1. Incorporate the onions with salt and margarine in a slow cooker and then cover.
2. Cook for about 8-10 hours over low setting. Cover and cook on low for 8-10 hours.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (123 g)		Total Fat 7.6g	11%
Servings Per Recipe: 12		Saturated Fat 1.6g	8%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 112.9		Sugars 4.8 g	
Calories from Fat 69	61%	Sodium 286.9mg	11%
		Total Carbohydrate 10.6g	3%
		Dietary Fiber 1.9g	7%
		Sugars 4.8 g	19%
		Protein 1.3g	2%

Variations:

- Make this recipe into a soup. After caramelizing the onions, add up about 4 cans of beef, thyme and a dash of sherry. Serve with some croutons and Swiss cheese.

SLOW COOKER SPAGHETTI SAUCE

Prep Time: 20 mins

Total Time: 8 hrs 20 mins

Servings: 12



INGREDIENTS

- 1 lb. ground beef
- 1 lb. ground pork
- 1 medium onion, chopped fine
- 2 (28 ounce) cans diced tomatoes, with juice
- 2 (6 ounce) cans tomato paste
- 2 (8 ounce) cans tomato sauce
- 2 bay leaves
- 5 garlic cloves, pressed
- 4 teaspoons dried oregano
- 1 1/2 teaspoons salt
- 4 teaspoons dried basil
- 3 tablespoons brown sugar
- 1 teaspoon dried thyme

DIRECTIONS

- 1.Sauté the meats and the onions in the skillet. Drain excess fat.
- 2.Spoon mixture into the slow cooker and then add in the rest of ingredients. Blend well.
- 3.Place the cover and then cook for 8-10 hours at low setting.
- 4.Serve and enjoy with spaghetti noodles.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (289 g)		Total Fat 14.2g	21%
Servings Per Recipe: 12		Saturated Fat 5.2g	26%
Amount Per Serving	% Daily Value	Cholesterol 52.9mg	17%
Calories 257.6		Sugars 12.3 g	
Calories from Fat 127	49%	Sodium 770.6mg	32%
		Total Carbohydrate 17.6g	5%
		Dietary Fiber 3.7g	15%
		Sugars 12.3 g	49%
		Protein 16.6g	33%

Variations:

- Instead of ground pork use (3) Hot Italian Turkey sausages, sliced and browned before adding. Also use (2) 15 ½ oz. can tomatoes with basil, garlic & oregano and (1) regular can dice tomatoes. Use tomato paste with Italian Herbs added. Use 5 cloves of garlic but reduce the dried spices to about half omitting the thyme.
- Substitute the pork and use all ground beef and I use crushed tomatoes, rather than diced.

BACON AND TATER TOTS SLOW COOKER BREAKFAST

Prep Time: 15 mins

Total Time: 12 hrs 15 mins

Servings: 6-8



INGREDIENTS

1 lb. frozen tater tots
1/2 lb. diced Canadian bacon
1 onion, chopped
1 green bell pepper, chopped
1 1/2 cups shredded cheddar cheese
1/4 cup grated parmesan cheese
6 eggs
1/2 cup whole milk
2 tablespoons flour
Salt and pepper

DIRECTIONS

1. Using a 5 quart slow cooker, arrange the following ingredients by layer.

1/3 of the tater tots

Bacon

Onions

Green peppers

Cheeses.

2.Repeat procedures until all layering ingredients are used up.

3. Combine the eggs with flour and milk. Whisk until well incorporated. Flavor up mixture with pepper and salt according to desired taste. Transfer mixture into the slow cooker around the layered ingredients.

4.Place the lid and cook at low setting for at least 4 hours or more.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (180 g)		Total Fat 29.6g	45%
Servings Per Recipe: 6		Saturated Fat 12.9g	64%
Amount Per Serving	% Daily Value	Cholesterol 240.2mg	80%
Calories 491.2		Sugars 2.6 g	
Calories from Fat 266	54%	Sodium 1212.9mg	50%
		Total Carbohydrate 30.4g	10%
		Dietary Fiber 2.6g	10%
		Sugars 2.6 g	10%
		Protein 26.0g	52%

Variations:

- Put everything in a greased 9 x 13 dish and bake in a 375 oven for 45 minutes.
- Use both bacon and sausage for the meat part. Omit the green pepper and spray slow cooker with nonstick cooking spray before the layering process.

SLOW COOKING PORK RECIPES

SLOW COOKER CHILI PORK CHOPS

Prep Time: 15 mins

Total Time: 7 hrs 15 mins

Servings: 3



INGREDIENTS

1/2 cup chopped onion
2 tablespoons olive oil
2 -3 garlic cloves
2 tablespoons Worcestershire sauce
1/2 cup water
3/4 cup ketchup
1 teaspoon chili powder
5 -6 pork chops
Salt and pepper

DIRECTIONS

1. Sauté onions in a skillet with oil until gently browned. Add up the garlic. Pour in the Worcestershire sauce, ketchup and water. Spice it up with chili powder, pepper and salt.

2. Place lid and then let mixture boil and simmer for at least 10 minutes.
3. Place pork chops in the slow cooker. Pour the sauce mixture around the pork chops and cover.
4. Cook for about 6-7 hours at low setting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (481 g)		Total Fat 39.3g	60%
Servings Per Recipe: 3		Saturated Fat 11.2g	56%
Amount Per Serving	% Daily Value	Cholesterol 228.8mg	76%
Calories 726.6		Sugars 16.0 g	
Calories from Fat 353	48%	Sodium 979.4mg	40%
		Total Carbohydrate 20.8g	6%
		Dietary Fiber 0.9g	3%
		Sugars 16.0 g	64%
		Protein 70.2g	140%

Variations:

- Cut up 3 potatoes and use about 1 cup chopped onion and put into bottom of slow cooker. Place the pork chops on top. Mix the sauce ingredients and used minced garlic in replacement of the cloves, and then pour over pork chops. Cook for 8 hours at low setting.
- Use whole diced onion, 4-5 garlic cloves, double the chili powder, cumin, a little cinnamon, and add up about 1 tbsp. brown sugar to cut the sourness of the ketchup & Worcestershire sauce.

SLOW COOKER PORK TENDERLOIN

Prep Time: 15 mins

Total Time: 4 hrs 15 mins

Servings: 8



INGREDIENTS

2 lbs. pork tenderloin
1 (1 ounce) envelope dry onion soup mix
1 cup water
3/4 cup red wine
3 tablespoons minced garlic
3 tablespoons soy sauce
Fresh ground black pepper

DIRECTIONS

1. Arrange the pork tenderloins in the slow cooker along with the soup package content.
2. Pour in the water, soy sauce and wine. Toss to coat pork chops.
3. Gently spread the garlic around the pork chops.
4. Dust with pepper and then cover. Cook for at least 4 hours at low setting.
5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (178 g)		Total Fat 4.0g	6%
Servings Per Recipe: 8		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 73.7mg	24%
Calories 173.9		Sugars 0.4 g	
Calories from Fat 36	20%	Sodium 722.9mg	30%
		Total Carbohydrate 4.2g	1%
		Dietary Fiber 0.3g	1%
		Sugars 0.4 g	1%
		Protein 24.6g	49%

Variations:

- Omit red wine and use a blackberry wine instead. Cook for 6 hours
- Instead of adding individually, combine soup mix with water, wine and less-sodium soy sauce and then pour mixture over pork. Add up garlic on top and dust with pepper. Also0 add up some fingerling potatoes during the last hour of cooking.

PEACHY SLOW COOKED PORK CHOPS

Prep Time: 10 mins

Total Time: 6 hrs 10 mins

Servings: 4-6



INGREDIENTS

6 pork chops, browned
1/4 cup brown sugar
1/2 teaspoon ground cinnamon
1 (8 ounce) cans tomato sauce
1 (15 ounce) cans peaches, drained
1/4 cup apple cider vinegar
Salt and pepper

DIRECTIONS

1. Arrange the fried pork chops in the slow cooker; season it up with pepper and salt.
2. Layer the peaches over the pork chops.
3. Combine the sugar with the tomato sauce, cinnamon, vinegar and syrup. Blend well.
4. Pour mixture around the peaches and pork chops and cover.
5. Cook for 4-6 hours at low setting.

6.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (327 g)		Total Fat 27.3g	42%
Servings Per Recipe: 4		Saturated Fat 8.9g	44%
Amount Per Serving	% Daily Value	Cholesterol 205.9mg	68%
Calories 618.8		Sugars 24.7 g	
Calories from Fat 245	39%	Sodium 468.2mg	19%
		Total Carbohydrate 27.1g	9%
		Dietary Fiber 2.6g	10%
		Sugars 24.7 g	99%
		Protein 63.5g	127%

Variations:

- Use ¾ inch thick boneless loin chops and cook for about 5 hours. Add up 1-2 tbsp. tapioca starch to thicken the sauce.
- Use frozen peaches instead of canned. And flour your chops before browning them.

DIJON PORK ROAST WITH CRANBERRIES

Prep Time: 10 mins

Total Time: 5 hrs 10 mins

Servings: 6



INGREDIENTS

- 1 (2 -2 1/2 lb.) lean pork loin roast, trimmed of excess fat
- 1/4 teaspoon allspice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, fresh ground if possible
- 2 tablespoons honey Dijon mustard
- 2 tablespoons honey
- 2 teaspoons orange zest, finely grated
- 2 tablespoons dried onion flakes
- 1 cup dried cranberries

DIRECTIONS

1. Incorporate the pepper, salt and all spice together in a small bowl. Rub the mixture into the roast before placing them into the slow cooker.
2. Combine mustard with honey, onion flakes, and orange zest in a bowl and then pour the mixture around the roast.

- 3.Scatter the cranberries around the roast and cover.
- 4.Cook at low setting for at least 4-6 hours. Transfer roast into plate and let cool for about 5-7 minutes.
- 5.Remove accumulated fat from the sauce and discard.
- 6.Cut up meat and serve along with the sauce. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (178 g)		Total Fat 14.6g	22%
Servings Per Recipe: 6		Saturated Fat 5.3g	26%
Amount Per Serving	% Daily Value	Cholesterol 122.5mg	40%
Calories 352.1		Sugars 7.0 g	
Calories from Fat 131	37%	Sodium 185.7mg	7%
		Total Carbohydrate 9.4g	3%
		Dietary Fiber 1.0g	4%
		Sugars 7.0 g	28%
		Protein 43.5g	87%

Variations:

- Use about 1/4 - 1/2 c finely chopped onion in place of the dried onions, also substitute 1 tbsp. honey and 1 tbsp. Dijon mustard for the 2 tbsp. honey-Dijon.
- Use pork chops (cut up in chunks) instead of the roast and cook for 2 hours on low in the slow cooker, also substitute the orange rind with about 2 oz. of orange juice. Serve with mashed potatoes and stuffing.

EASY SLOW COOKER PORK ROAST

Prep Time: 5 mins

Total Time: 8 hrs 5 mins

Servings: 8



INGREDIENTS

- 1 (4 lb.) boneless pork roast
- 3 -4 garlic cloves, chopped
- 1 tbsp. A.1. Original Sauce
- 1 teaspoon fresh ground pepper
- 1 small onion, sautéed
- 2 (10 1/2 ounce) cans cream of mushroom soup

DIRECTIONS

1. Place the cloves, original sauce, ground pepper and onions in the slow cooker and then add up the pork roast. Toss to coat the pork roast.
2. Cover and cook for 8 hours over low setting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (311 g)		Total Fat 25.7g	39%
Servings Per Recipe: 8		Saturated Fat 8.7g	43%
Amount Per Serving	% Daily Value	Cholesterol 194.9mg	64%
Calories 538.3		Sugars 1.4 g	
Calories from Fat 232	43%	Sodium 649.9mg	27%
		Total Carbohydrate 6.3g	2%
		Dietary Fiber 0.2g	1%
		Sugars 1.4 g	5%
		Protein 66.0g	132%

Variations:

- Use Lea and Perrin's BBQ sauce in place of A.1, add up more onions and add up some fresh mushrooms. Omit salt and add up some potatoes and baby carrots during the last hour of cooking.
- Use a 2.5 pound pork loin roast. Cook on low for about 7 hours. And add up some potatoes and onions with the roast

SPICY AND TENDER SLOW COOKER PORK CHOPS

Prep Time: 20 mins

Total Time: 8 hrs 20 mins

Servings: 5-6



INGREDIENTS

- 5 -6 center-cut pork loin chops
- 3 tablespoons oil
- 1 medium onion, diced
- 1 medium green pepper, diced
- 1 (8 ounce) cans tomato sauce
- 3 -4 tablespoons brown sugar
- 1 tablespoon vinegar
- 1 1/2 teaspoons salt
- 1 -2 teaspoon Worcestershire sauce

DIRECTIONS

- 1.Fry the chops in the skillet with oil. Before transferring them into the slow cooker, discarding the excess oil.
- 2.Incorporate the rest of ingredients and add it up to the slow cooker.
- 3.Cover and cook for at least 8-10 hours at low setting.

4.Serve and enjoy with rice.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (473 g)		Total Fat 25.1g	38%
Servings Per Recipe: 5		Saturated Fat 6.0g	30%
Amount Per Serving	% Daily Value	Cholesterol 312.9mg	104%
Calories 705.6		Sugars 11.5 g	
Calories from Fat 226	32%	Sodium 1215.3mg	50%
		Total Carbohydrate 13.9g	4%
		Dietary Fiber 1.4g	5%
		Sugars 11.5 g	46%
		Protein 100.8g	201%

Variations:

- Use some red bell pepper and some chopped jalapeno in place of the green pepper, add up the apples (peeled, cored, chopped) to the pork chops while they cook.
- Add up a little minced Garlic, a dash of Tabasco and a tiny bit of Whiskey to the mix.

SLOW COOKER PORK CHOPS AND MUSHROOMS

Prep Time: 10 mins

Total Time: 6 hrs 10 mins

Servings: 4



INGREDIENTS

- 4 boneless pork chops, 1/2-inch thick
- 2 medium onions, sliced
- 1 (4 ounce) cans mushrooms, sliced, drained
- 1 (1 1/4 ounce) envelopes dry onion soup mix
- 1/2 cup water or 1/2 cup dry white wine
- 1 (10 3/4 ounce) cans cream of mushroom soup

DIRECTIONS

1. Arrange the meat into the slow cooker sprayed with cooking spray.
2. Place the onion slices over the meat along with the mushrooms.
3. Incorporate onion soup mix with the mushroom soup and water in a bowl.
4. Pour soup mixture into the slow cooker around the meat and onions.
5. Place cover and cook for at least 6-8 hours at low setting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (382 g)		Total Fat 17.5g	26%
Servings Per Recipe: 4		Saturated Fat 5.6g	28%
Amount Per Serving	% Daily Value	Cholesterol 123.9mg	41%
Calories 405.7		Sugars 4.4 g	
Calories from Fat 157	38%	Sodium 1339.6mg	55%
		Total Carbohydrate 16.9g	5%
		Dietary Fiber 1.8g	7%
		Sugars 4.4 g	17%
		Protein 43.2g	86%

Variations:

- Double the cream of mushroom soup, use one large onion. Replace the water with Milk (1%) and used 10 oz. of fresh baby bella mushrooms whole. Cook for 6 hours on low, and half way through add up 4 medium cut up yellow potatoes
- Brown pork chops lightly in some oil before putting them in the slow cooker and cook in about 7 hours. Thicken the gravy by stirring in slurry of about 1/2 cup evaporated milk and 1/4 cup flour. Also use white wine instead of the water and 1 cup sliced, fresh mushrooms instead of the canned.

DELICIOUS APRICOT GLAZED PORK ROAST

Prep Time: 5 mins

Total Time: 8 hrs 5 mins

Servings: 8



INGREDIENTS

- 1 (10 1/2 ounce) cans condensed chicken broth
- 1 (18 ounce) jars apricot preserves
- 1 large onion, chopped
- 2 tablespoons Dijon mustard
- 4 lbs. boneless pork loin roast

DIRECTIONS

1. Combine the broth with the onion, preserves, and the mustard in a slow cooker.
2. Add up the pork and toss to coat.
3. Place the lid and cook for 8-9 hours at low setting or until cooked through.
4. Serve with some steamed vegetables and baked dinner rolls.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (380 g)		Total Fat 19.6g	30%
Servings Per Recipe: 8		Saturated Fat 3.7g	18%
Amount Per Serving	% Daily Value	Cholesterol 145.5mg	48%
Calories 617.1		Sugars 40.0 g	
Calories from Fat 177	28%	Sodium 442.6mg	18%
		Total Carbohydrate 60.2g	20%
		Dietary Fiber 0.7g	2%
		Sugars 40.0 g	160%
		Protein 51.2g	102%

Variations:

- Use 1.8lbs of boneless pork loin pieces. Threw it all in the slow cooker and cook on low for 4 hours. Use pure fruit preserves to cut down on the sugars.
- Use homemade peach jam and left out the broth. Also poke holes in the roast and put it in the slow cooker on high for about 5 hours, add an extra tbsp. of Dijon and then add up cornstarch to thicken the sauce.

SLOW COOKED MEXICAN PORK

Prep Time: 15 mins

Total Time: 8 hrs 15 mins

Servings: 2



INGREDIENTS

- 1 lb. boneless pork loin roast, cut into 1 inch pieces
- 1 (20 ounce) jars salsa
- 4 ounces chopped green chilies, drained
- 15 ounces black beans, rinsed and drained
- 1 cup shredded Monterey jack cheese

DIRECTIONS

- 1.Incorporate the pork with green chilies and salsa in a slow cooker about 4 quarts.
- 2.Place the lid and cook for at least 6-8 hours at low setting or until cooked through.
- 3.Add in the black beans and cook further for at least 5-10 minutes or until the beans are heated through.
- 4.Scatter the Monterey jack cheese and let heat melt the cheese.
- 5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (777 g)		Total Fat 37.4g	57%
Servings Per Recipe: 2		Saturated Fat 14.7g	73%
Amount Per Serving	% Daily Value	Cholesterol 195.4mg	65%
Calories 889.3		Sugars 11.8 g	
Calories from Fat 336	37%	Sodium 2115.9mg	88%
		Total Carbohydrate 59.9g	19%
		Dietary Fiber 18.7g	75%
		Sugars 11.8 g	47%
		Protein 81.3g	162%

Variations:

- Use 2 pound pork tenderloin and double the salsa and beans. Cook this for 1 hour on high and 2.5 on low.
- Use pinto beans instead and mash them into the sauce that was left in the crock pot after taking the meat out to rest.

SLOW COOKED GINGER TERIYAKI PORK CHOPS

Prep Time: 10 mins

Total Time: 8 hrs 10 mins

Servings: 4



INGREDIENTS

- 1/3 cup Kikkoman marinade
- 1 tablespoon packed brown sugar
- 1 teaspoon minced fresh gingerroot
- 4 center-cut pork loin chops

DIRECTIONS

1. Incorporate the Kikkoman with ginger and brown sugar in a bowl.
2. Arrange the pork chops in the slow cooker and then pour in the prepared sauce.
3. Cover and cook for at least 7 hours at low setting.
4. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (457 g)		Total Fat 16.8g	25%
Servings Per Recipe: 4		Saturated Fat 4.9g	24%
Amount Per Serving	% Daily Value	Cholesterol 312.9mg	104%
Calories 589.5		Sugars 3.3 g	
Calories from Fat 151	25%	Sodium 264.1mg	11%
		Total Carbohydrate 3.4g	1%
		Dietary Fiber 0.0g	0%
		Sugars 3.3 g	13%
		Protein 99.7g	199%

Variations:

- Add in 3 cloves of minced garlic. Serve with white rice and stir fried green beans with almonds.
- Use only two thick-cut bone-in pork chops, but double the sauce ingredients, set it to cook on low, also add in 2 chopped garlic cloves. Serve with Chinese-Style Sticky Rice and Oriental Green Beans

SLOW COOKING CHICKEN RECIPES

SLOW COOKED GARLIC CHICKEN

Prep Time: 0 mins

Total Time: 3 hrs

Servings: 4-6



INGREDIENTS

6 -8 boneless skinless chicken thighs
1 tablespoon salt
1/4 cup paprika
1/4 cup lemon pepper
2 onions, sliced
10 garlic cloves, smashed not peeled

DIRECTIONS

1. Wash the chicken thoroughly and let dry.
2. Meanwhile, combine the paprika with salt, and lemon pepper in a bowl.
3. Rub chicken with the mixture and coat it up completely, adding up more if necessary.
4. Put the chicken into the slow cooker and place the onions and garlic around the chicken.

5.Cover and cook for 3-4 hours at low setting or until cooked through.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (118 g)		Total Fat 5.0g	7%
Servings Per Recipe: 4		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 85.9mg	28%
Calories 177.3		Sugars 3.1 g	
Calories from Fat 45	25%	Sodium 1838.3mg	76%
		Total Carbohydrate 11.8g	3%
		Dietary Fiber 3.5g	14%
		Sugars 3.1 g	12%
		Protein 22.3g	44%

Variations:

- Use chicken drumsticks instead of thighs, and use a Ziploc bag to mix up the seasonings, and put thinly sliced onions with garlic on top.
- Use more peeled garlic, left some as whole but also chopped some, and also add in just 1/2 cup liquid (chicken broth)

SLOW-COOKED CHICKEN CHILI

Prep Time: 15 mins

Total Time: 4 hrs 15 mins

Servings: 8



INGREDIENTS

- 1 (14 1/2 ounce) cans Italian-style tomatoes, diced, drained, 1/4 cup liquid reserved
- 1 (11 ounce) cans mexicorn, drained
- 1 garlic clove, minced
- 5 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2 lbs. boneless skinless chicken thighs cut into 1-inch cubes
- 2/3 cup tortilla chips, finely crushed
- 1 large onion, chopped, 2 cups
- 1 large green pepper, chopped, 1 3/4 cups
- 1 (15 1/4 ounce) cans kidney beans, rinsed, drained
- Cheese, shredded (optional)
- Sour cream (optional)
- Fresh cilantro, chopped (optional)

DIRECTIONS

- 1.Mix tomatoes with the reserved liquid, garlic, mexicorn, chili powder, salt and cumin in a bowl. Set aside.
- 2.In another bowl, blend the chicken with the tortilla chips.
- 3.Place the onions in the slow cooker's base and place the green pepper.
- 4.Add in chicken mixture, beans and tomato blend.
- 5.Cover and cook for 8-10 hours at low setting.
- 6.Serve and enjoy with the optional ingredients.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (302 g)		Total Fat 5.9g	9%
Servings Per Recipe: 8		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 94.4mg	31%
Calories 251.8		Sugars 4.2 g	
Calories from Fat 53	21%	Sodium 836.0mg	34%
		Total Carbohydrate 23.3g	7%
		Dietary Fiber 4.7g	19%
		Sugars 4.2 g	17%
		Protein 27.4g	54%

Variations:

- Replace the tortilla chips with 1/3 cup of cornmeal.
- Use the whole can of tomatoes with juice and omit green pepper, serve with cheese, sour cream and the fresh cilantro

SLOW-COOKED ORIENTAL CHICKEN

Prep Time: 10 mins

Total Time: 6 hrs 10 mins

Servings: 4-6



INGREDIENTS

4 lbs. broiler-fryer chickens, cut up
2 tablespoons vegetable oil
1/3 cup soy sauce
2 tablespoons brown sugar
2 tablespoons water
1 garlic clove, minced
1 teaspoon ground ginger
1/4 cup slivered almonds

DIRECTIONS

1. Fry both sides of the chicken in a skillet with oil over moderate heat until lightly browned, and then transfer chicken into the slow cooker.
2. Incorporate the brown sugar with soy sauce, garlic, ginger and water in a bowl and then dispense mixture into the slow cooker around the chicken.
3. Place the lid and cook for 5-6 hours at low setting or until done.

4. Transfer chicken into serving plates and sprinkle almonds on top. Ladle the remaining juices from the slow cooker into the chicken if favored.
5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (338 g)		Total Fat 78.6g	121%
Servings Per Recipe: 4		Saturated Fat 20.7g	103%
Amount Per Serving	% Daily Value	Cholesterol 340.5mg	113%
Calories 1118.3		Sugars 7.3 g	
Calories from Fat 707	63%	Sodium 1660.2mg	69%
		Total Carbohydrate 9.9g	3%
		Dietary Fiber 1.0g	4%
		Sugars 7.3 g	29%
		Protein 88.4g	176%

Variations:

- Use 3 garlic cloves, 1" grated ginger root, 1 finely chopped onion, and 1/4 c. Mrs. May's dry-roasted almond snacks (broken up). And cook everything including the almonds on low for six hours and no need to brown the meat ahead of time

INTERESTING SLOW COOKER CHICKEN

Prep Time: 10 mins

Total Time: 7 hrs 10 mins

Servings: 6



INGREDIENTS

2 (1 ounce) envelopes dry ranch dressing mix
6 boneless skinless chicken breasts
12 ounces thinly sliced mushrooms
2 tablespoons butter
1 (14 1/2 ounce) cans chicken broth
2 (10 1/2 ounce) cans condensed cream of mushroom soup
8 ounces cream cheese
2 garlic cloves, minced
Salt
Black pepper

DIRECTIONS

1. Combine the dressing mix with the chicken broth, chicken, butter and mushrooms into the slow cooker.
2. Cover and cook for at least 8-10 hours at low setting.

3. During the last hour of cooking, add up the mushroom soup, garlic and cream cheese into the slow cooker. And cook further until cooked through.
4. Flavor it up with salt and pepper according to desired taste and serve with some rice noodles or rice, enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (391 g)		Total Fat 26.3g	40%
Servings Per Recipe: 6		Saturated Fat 11.9g	59%
Amount Per Serving	% Daily Value	Cholesterol 127.3mg	42%
Calories 407.9		Sugars 4.0 g	
Calories from Fat 236	58%	Sodium 1216.5mg	50%
		Total Carbohydrate 10.6g	3%
		Dietary Fiber 0.5g	2%
		Sugars 4.0 g	16%
		Protein 32.2g	64%

Variations:

- Increase mushroom to 16oz, only 1 can of soup, and low-fat cream cheese, thicken the sauce during the last hour using 1 tbsp. cornstarch diluted in 1 tbsp. water. Also add up couple tbsps. Of sherry.
- Cut up the chicken breasts in half and only use 1 envelope of the ranch dressing mix, 1 can soup, and 4 oz. cream cheese. Serve this with boiled red potatoes and a side of steamed broccoli.

SLOW COOKED HONEY CURRY CHICKEN

Prep Time: 10 mins

Total Time: 4 hrs 10 mins

Servings: 4



INGREDIENTS

- 1 medium onion, halved and sliced thin
- 1 lb. baby carrots
- 2 tablespoons grainy brown mustard
- 2 tablespoons Dijon mustard
- 3 tablespoons honey
- 2 teaspoons curry powder
- 1 dash cayenne pepper
- 4 (5 ounce) boneless skinless chicken breasts
- 1 tablespoon water
- 1 1/2 small red peppers, halved and cut into 1/2 inch thick strips

DIRECTIONS

- 1.Layer the onion slices in the slow cooker's base and spread the baby carrots over the onions.
- 2.Combine mustard with honey, cayenne powder and curry powder in a small bowl.

Brush the chicken with half of the mixture.

3.Place brushed chicken into the slow cooker over the carrots and then place the red peppers on top.

4.Incorporate water with the rest of the mustard-honey mixture and dispense into the slow cooker around the peppers and chicken. Cook at low setting for 3-4 hours.

5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (338 g)		Total Fat 4.3g	6%
Servings Per Recipe: 4		Saturated Fat 0.8g	4%
Amount Per Serving	% Daily Value	Cholesterol 90.7mg	30%
Calories 277.0		Sugars 20.7 g	
Calories from Fat 39	14%	Sodium 341.5mg	14%
		Total Carbohydrate 27.5g	9%
		Dietary Fiber 4.9g	19%
		Sugars 20.7 g	83%
		Protein 31.9g	63%

Variations:

- Try it with boneless skinless thighs, and add up more spices.
- Substitute regular yellow mustard w/ a dash of Worcestershire sauce for grainy brown mustard.

SLOW COOKER ROTISSERIE CHICKEN

Prep Time: 5 mins

Total Time: 4 hrs 5 mins

Servings: 8



INGREDIENTS

1 whole roasting chicken

Olive oil flavored cooking spray

Seasoning salt, to taste

DIRECTIONS

1. Prepare 4-5 unfastened aluminum foil balls and place it in the slow cooker's base.
2. Wash chicken thoroughly from the inner parts to the outer parts. And rub with olive oil or simply spray chicken with non-stick olive oil spray.
3. Dust chicken with pepper and salt.
4. Place chicken into the slow cooker over the loose foil, with the back portion facing downwards.
5. Cook at low setting for 5-7 hours.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (36 g)		Total Fat 5.8g	8%
Servings Per Recipe: 8		Saturated Fat 1.6g	8%
Amount Per Serving	% Daily Value	Cholesterol 26.7mg	8%
Calories 79.1		Sugars 0.0 g	
Calories from Fat 52	66%	Sodium 24.9mg	1%
		Total Carbohydrate 0.0g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.0 g	0%
		Protein 6.2g	12%

Variations:

- Simply pour and rub about 2-3 TBSP of extra virgin olive oil over the chicken and also sprinkle with the salt and pepper and also use a "Rustic Tuscan Seasoning" for more flavors.
- Stuff the inside of the chicken with celery tops and a small onion halved. Rub chicken with the olive oil and use some old bay seasoning and pepper. Also add up some potatoes to the foil along with the chicken.

SLOW COOKER PEANUT CHICKEN

Prep Time: 10 mins

Total Time: 6 hrs 10 mins

Servings: 6



INGREDIENTS

3 1/2 lbs. boneless skinless chicken breasts

1/3 cup peanut butter

2 tablespoons soy sauce

2 tablespoons orange juice

1/4 teaspoon pepper

1 -2 tablespoon honey

1/2-1 cup chicken broth

DIRECTIONS

1. Place the ingredients in the slow cooker and toss to combine. Blend well.
2. Place slow cookers cover and then cook at low setting for 6-8 hours or until cooked through.
3. Serve and enjoy with noodles or hot steaming rice.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (314 g)		Total Fat 10.5g	16%
Servings Per Recipe: 6		Saturated Fat 2.3g	11%
Amount Per Serving	% Daily Value	Cholesterol 153.6mg	51%
Calories 381.3		Sugars 1.8 g	
Calories from Fat 94	24%	Sodium 573.0mg	23%
		Total Carbohydrate 3.6g	1%
		Dietary Fiber 0.9g	3%
		Sugars 1.8 g	7%
		Protein 65.4g	130%

Variations:

- Use more peanut butter (about 1 cup), thicken the sauce with a little flour and add up a little more of the orange juice, soy sauce, and honey to bring more flavor out.
- Add up more soy sauce, a tsp. of chopped chilies. Add up about 3 tbsp. of chopped green onion and about 4 cut carrots.

SLOW COOKER THAI CHICKEN THIGHS

Prep Time: 5 mins

Total Time: 6 hrs 5 mins

Servings: 4



INGREDIENTS

8 boneless skinless chicken thighs
1 (16 ounce) jars cilantro salsa
1/2 cup peanut butter
2 teaspoons ginger
2 tablespoons soy sauce
2 teaspoons lime juice

DIRECTIONS

- 1.Combine all the ingredients in a slow cooker and cook for 6-8 hours at low setting.
- 2.Once done, décor with peanuts, scallions and cilantro.
- 3.Serve with hot steaming rice.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (182 g)		Total Fat 21.7g	33%
Servings Per Recipe: 4		Saturated Fat 4.7g	23%
Amount Per Serving	% Daily Value	Cholesterol 114.5mg	38%
Calories 362.9		Sugars 3.2 g	
Calories from Fat 195	53%	Sodium 769.7mg	32%
		Total Carbohydrate 7.6g	2%
		Dietary Fiber 2.1g	8%
		Sugars 3.2 g	12%
		Protein 36.2g	72%

Variations:

- In addition to the cilantro salsa, add up a large handful of fresh cilantro as well as a little extra lime juice. Also add a can of light coconut milk and a teaspoon of Sriracha hot chili sauce for more heat, use natural creamy peanut butter. Cook for 6 hours on low in the slow cooker
- Use about 32 ounces of salsa, about 3/4 of a cup of peanut butter, about 4-6 tablespoons of soy sauce. Also use about 2 teaspoons of fresh grated ginger, a whole lime squeezed into the mixture, and also add in the following: about a tbsp. of McCormick Red Curry Powder, as well as about 2 tbsp. of "Thai Kitchen--Red Curry Paste" and lastly add up about a 1/4 of a cup of "House of Tsang--Bangkok Peanut Sauce"

SLOW COOKER HAWAIIAN CHICKEN

Prep Time: 10 mins

Total Time: 3 hrs 10 mins

Servings: 6-8



INGREDIENTS

- 2 -3 lbs. boneless skinless chicken breasts
- 1 (16 ounce) cans pineapple slices, drained
- 1 (15 ounce) cans mandarin oranges, drained
- 1/4 cup cornstarch
- 1/4 cup brown sugar
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger

DIRECTIONS

- 1.Place the ingredients in the slow cooker and stir to blend well.
- 2.Place cover and cook for about 4-5 hours at low setting.
- 3.Serve and enjoy with some rice.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (238 g)		Total Fat 4.2g	6%
Servings Per Recipe: 6		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 98.8mg	32%
Calories 304.4		Sugars 23.9 g	
Calories from Fat 38	12%	Sodium 277.7mg	11%
		Total Carbohydrate 33.6g	11%
		Dietary Fiber 2.4g	9%
		Sugars 23.9 g	95%
		Protein 33.1g	66%

Variations:

- Add up teriyaki sauce and sprinkle toasted coconut and toasted pecans on the final dish for more Hawaiian flair!
- Use equal amounts of the pineapple juice from the can, use one of the 3 lb. bags of frozen chicken breasts and throw in all the ingredients plus 1/2 of a diced onion in the slow cooker.

EASY SLOW COOKER BBQ CHICKEN (LOW FAT)

Prep Time: 5 mins

Total Time: 8 hrs 5 mins

Servings: 4



INGREDIENTS

4 boneless skinless chicken breasts

1 1/2 cups barbecue sauce

1 red onion, diced

DIRECTIONS

1. Combine all the ingredients in the slow cooker and cover.
2. Cook for at least 6-8 hours at low setting.
3. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (239 g)		Total Fat 3.3g	5%
Servings Per Recipe: 4		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 75.5mg	25%
Calories 286.1		Sugars 25.6 g	
Calories from Fat 30	10%	Sodium 932.0mg	38%
		Total Carbohydrate 38.5g	12%
		Dietary Fiber 1.0g	4%
		Sugars 25.6 g	102%
		Protein 25.3g	50%

Variations:

- Use ½ cup Jack Daniel's Traditional flavored BBQ sauce and use 4 chicken tenders, and 1/2 cup red onion. Serve on toasted whole grain wheat buns
- Use Sweet Baby Ray's sauce. Use chicken tenders, serve with Cole slaw

Slow Cooking Side Dishes

SLOW COOKER POTATO CHOWDER

Prep Time: 30 mins

Total Time: 8 hrs 30 mins

Serves: 12, Yield: 3 quarts



INGREDIENTS

8 cups diced potatoes
1/3 cup onion, chopped
3 (14 1/2 ounce) cans chicken broth
1 (10 3/4 ounce) cans condensed cream of chicken soup
1 (8 ounce) packages cream cheese, cubed, softened
1/2 lb. bacon, cooked and crumbled
Chives

DIRECTIONS

1. Incorporate the potatoes with broth, onion, and the cream of chicken soup in the slow cooker.
2. Place lid and cook at low setting for about 8-10 hours or until potatoes are cooked through and soft.

3.Add in the cream cheese and mix.

4.Spoon into serving bowls and sprinkle chopped chives and bacon bits into each bowl.

5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (278 g)		Total Fat 17.1g	26%
Servings Per Recipe: 12		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 35.7mg	11%
Calories 270.6		Sugars 2.0 g	
Calories from Fat 154	57%	Sodium 741.0mg	30%
		Total Carbohydrate 21.0g	7%
		Dietary Fiber 2.2g	9%
		Sugars 2.0 g	8%
		Protein 8.2g	16%

Variations:

- Add 1 1/2 tsp. white pepper, 1/2 tsp. thyme, and 1 tsp. dried basil. And garnish with: shredded cheddar cheese ,bacon, sour cream, and plenty of sliced green onions
- Add up creamed corn and whole kernel. Also Use grilled, Cajun spiced sausage instead of bacon and use herbed chicken broth. Serve with buttermilk cornbread.

SLOW COOKED CINNAMON APPLESAUCE

Prep Time: 10 mins

Total Time: 3 hrs 10 mins

Servings: 8



INGREDIENTS

3 1/2 lbs. granny smith apples, peeled, cored, and sliced

1/2 cup firmly packed brown sugar

1 1/2 tablespoons fresh lemon juice

1/4 teaspoon ground cinnamon

DIRECTIONS

1. Using electric slow cooker; combine all the ingredients except for the cinnamon and cook for 3 hours.
2. Transfer mixture into a bowl and mash the apples manually or using the potato masher.
3. Add in cinnamon and mix.
4. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (215 g)		Total Fat 0.3g	0%
Servings Per Recipe: 8		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 156.2		Sugars 34.0 g	
Calories from Fat 3	16%	Sodium 5.8mg	0%
		Total Carbohydrate 41.1g	13%
		Dietary Fiber 4.8g	19%
		Sugars 34.0 g	136%
		Protein 0.5g	1%

Variations:

- Use half Granny Smiths and half Cortland apples. And add up some dried cherries.
- Use Jonathan apples instead of Granny Smith, use 10 red apples and 2 tbsp. of brown sugar and also added 2 tsp. of vanilla extract. Top with fat free vanilla ice cream

SLOW COOKER MASHED POTATOES

Prep Time: 10 mins

Total Time: 4 hrs 10 mins

Servings: 16



INGREDIENTS

5 lbs. sierra gold potatoes
1 cup water
1 cup butter, cut into chunks
1 tablespoon salt, plus
1/4 teaspoon salt
1 1/4 teaspoons garlic powder
3/4 teaspoon ground black pepper
1 1/3 cups milk, warmed

DIRECTIONS

1. Combine potatoes with butter and water into the slow cooker.
2. Season it up with salt, pepper and garlic powder.
3. Place lid and cook at high setting for about 4 hours.
4. Transfer potatoes along with the remaining liquid into the electric beater or manual

masher.

5.Add up milk according to desired consistency and then serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (192 g)		Total Fat 12.3g	19%
Servings Per Recipe: 16		Saturated Fat 7.7g	38%
Amount Per Serving	% Daily Value	Cholesterol 33.3mg	11%
Calories 224.2		Sugars 1.1 g	
Calories from Fat 111	49%	Sodium 592.6mg	24%
		Total Carbohydrate 25.8g	8%
		Dietary Fiber 3.1g	12%
		Sugars 1.1 g	4%
		Protein 3.6g	7%

Variations:

- Use russet potatoes, with less milk and adding sour cream, cheese, and bacon.
- Use russet potatoes and water, not broth. I used the hand potato masher first and then finish them with a hand mixer. Add up 2 finely snipped green onions during the mashing process. Add up quite a bit less than 1 1/3 cups milk to get the consistency.

SLOW-COOKER CHEESY CHICKEN

Prep Time: 10 mins

Total Time: 8 hrs 10 mins

Servings: 8



INGREDIENTS

2 lbs. boneless skinless chicken breasts
2 (10 1/2 ounce) cans condensed cream of chicken soup
1 (10 1/2 ounce) cans condensed cheddar cheese soup
1/4 teaspoon garlic powder
Salt and pepper

DIRECTIONS

1. Arrange chickens into the slow cookers base.
2. Combine unmixed soups in a bowl and add up garlic powder.
3. Pour in soup mixture around the chicken.
4. Place lid and cook for at least 6-8 hours at low setting.
5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (225 g)		Total Fat 10.2g	15%
Servings Per Recipe: 8		Saturated Fat 3.8g	19%
Amount Per Serving	% Daily Value	Cholesterol 87.1mg	29%
Calories 241.7		Sugars 0.6 g	
Calories from Fat 92	38%	Sodium 912.1mg	38%
		Total Carbohydrate 8.4g	2%
		Dietary Fiber 0.3g	1%
		Sugars 0.6 g	2%
		Protein 27.4g	54%

Variations:

- Add up a small can of green chilies to the mixture, and use broccoli cheese soup.
- Use 1 lb. of chicken and reduce the soups to 1 can of the cream of chicken and 1 can of cheddar cheese soup. Add up minced garlic rather than the powder. Cook on low for 6 hours.

SLOW COOKER MACARONI & CHEESE

Prep Time: 5 mins

Total Time: 3 hrs 5 mins

Servings: 12



INGREDIENTS

2 cups uncooked elbow macaroni
4 tablespoons butter, cut into pieces
2 1/2 cups grated sharp cheddar cheese
3 eggs, beaten
1/2 cup sour cream
1 (10 3/4 ounce) cans condensed cheddar cheese soup
1/2 teaspoon salt
1 cup whole milk
1/2 teaspoon dry mustard
1/2 teaspoon black pepper

DIRECTIONS

1. Prepare macaroni according to package directions and drain. Set aside.
2. Melt butter and cheese in a saucepan over medium heat. Stirring constantly until cheese liquefies.

3. Incorporate the butter and cheese mixture with eggs in the slow cooker. Add in sour cream, salt, soup, milk, pepper and salt. Blend well.
4. Stir in prepared macaroni and cook for at least 3 hours with occasional stirring.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (114 g)		Total Fat 17.7g	27%
Servings Per Recipe: 12		Saturated Fat 10.6g	53%
Amount Per Serving	% Daily Value	Cholesterol 94.2mg	31%
Calories 273.9		Sugars 2.1 g	
Calories from Fat 159	58%	Sodium 488.1mg	20%
		Total Carbohydrate 16.8g	5%
		Dietary Fiber 0.8g	3%
		Sugars 2.1 g	8%
		Protein 11.7g	23%

Variations:

- Melt some smoked Gouda cheese with the sharp cheddar. Use cream instead of milk for added smoothness. Drop in a bit of Dijon mustard instead of dried mustard and a bit of red hot pepper for some kick.
- Add up cooked ham chinks, fried onions bits, chopped mushrooms, and some dashes of hot sauce. Also add up some extra seasonings.

OMELET CASSEROLE IN A SLOW COOKER

Prep Time: 15 mins

Total Time: 8 hrs 15 mins

Servings: 8



INGREDIENTS

26 ounces frozen hash brown potatoes

1 lb. sausage, cooked and crumbled

2 cups mozzarella cheese, shredded

1/2 cup parmesan cheese, shredded

1/2 cup sun-dried tomato, julienne cut

6 green onions, sliced

12 eggs

1/2 cup milk

Salt and pepper, to taste

1 pinch cayenne pepper

DIRECTIONS

1. Grease a 6 quart slow cooker with non-stick spray. Arrange half of potatoes into the slow cookers base followed by half of the cheeses, next is half of the dried onions and lastly the green onions.

- 2.Repeat layering process. Set aside.
- 3.Whisk eggs with milk, pepper and salt in a large mixing bowl.
- 4.Pour in mixture into the layered ingredients and cover.
- 5.Cook for at least 4 hours at low setting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (288 g)		Total Fat 32.7g	50%
Servings Per Recipe: 8		Saturated Fat 13.1g	65%
Amount Per Serving	% Daily Value	Cholesterol 341.6mg	113%
Calories 497.4		Sugars 2.1 g	
Calories from Fat 294	59%	Sodium 994.8mg	41%
		Total Carbohydrate 22.5g	7%
		Dietary Fiber 2.0g	8%
		Sugars 2.1 g	8%
		Protein 27.9g	55%

Variations:

- Use bacon or ham for the sausage and replace mozzarella with cheddar. Use half and half cream instead of milk.

SLOW COOKER CHIVE-AND-ONION CREAMED CORN

Prep Time: 20 mins

Total Time: 3 hrs 20 mins

Servings: 8



INGREDIENTS

- 4 slices bacon
- 4 1/2 cups frozen whole kernel corn, thawed
- 1/2 medium red bell pepper, chopped
- 1/2 cup milk
- 1/4 cup butter, melted
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 (8 ounce) containers Philadelphia Chive & Onion 1/3 Less Fat than Cream Cheese

DIRECTIONS

1. Cook bacon in a skillet over moderate-extreme heat until done. Transfer into paper lined plates to drain excess fat.
2. Lightly spray slow cooker with nonstick spray and then place the mix corn, milk, bell pepper, sugar, butter, half of bacon, salt and pepper. Chill the rest of bacons.

- 3.Place slow cookers cover and cook for 3-4 hours at low setting.
- 4.Add in cream cheese and cook further for 10 minutes. Stirring constantly to blend well.
- 5.Scatter rest of bacons into the mixture.
- 6.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (220 g)		Total Fat 9.5g	14%
Servings Per Recipe: 8		Saturated Fat 4.8g	24%
Amount Per Serving	% Daily Value	Cholesterol 20.1mg	6%
Calories 246.7		Sugars 0.8 g	
Calories from Fat 86	34%	Sodium 242.6mg	10%
		Total Carbohydrate 40.3g	13%
		Dietary Fiber 4.6g	18%
		Sugars 0.8 g	3%
		Protein 6.7g	13%

Variations:

- Use fat free milk, and cook over stove top.
- Use ham for the bacon, and add up some cheeses.

SLOW COOKED GREEN BEANS & BACON

Prep Time: 10 mins

Total Time: 6 hrs 10 mins

Serves: 4-6, Yield: 1.0 crockpot



INGREDIENTS

1 lb. fresh string bean, cut into 1-inch lengths

6 -8 slices bacon

1 -2 tablespoon garlic, diced

1 medium onion, chopped

1 tablespoon olive oil

1/2 teaspoon salt

Fresh ground pepper

DIRECTIONS

1. Arrange bacons in the slow cookers base, place the rest of ingredients and mix.
2. Place the lid and cook for at least 6 hours at low setting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (106 g)		Total Fat 9.0g	13%
Servings Per Recipe: 4		Saturated Fat 2.3g	11%
Amount Per Serving	% Daily Value	Cholesterol 8.1mg	2%
Calories 134.0		Sugars 4.8 g	
Calories from Fat 81	60%	Sodium 398.9mg	16%
		Total Carbohydrate 11.2g	3%
		Dietary Fiber 3.5g	14%
		Sugars 4.8 g	19%
		Protein 3.9g	7%

Variations:

- Place a few slices of thick peppered bacon at the bottom of the pan in the slow cooker then slice up a cup of 1/2 inch standard ham. Put all the ham at bottom of crock pot including the bacon slices, then cut the tip end off from the fresh green beans, clean them, and add it up to the slow cooker along with the olive oil, onion, minced garlic, salt, stirred and let cook for 6 hours. Add up also a tbsp. of butter in last hour & pepper to taste.
- Take the cottage ham pieces and less bacon. Sauté the pork in a separate pan, before placing it in the cooker bottom. Add green beans in the slow cooker, and then caramelize the garlic with onions. As the onions begin to cook, add fresh, ground, white pepper and a pinch of salt and one-two pinches of ground cayenne (red) pepper along with 1/4 - 1/2 cup tomato sauce in addition 1/4-1/2 cup vegetable broth. Once this mixture simmers from 5-7 minutes, pour the mixture on the green beans. Cover and cook at low setting 4-6 hours

SLOW COOKED BEANS

Prep Time: 15 mins

Total Time: 6 hrs 15 mins

Servings: 4-6



INGREDIENTS

- 1 (29 ounce) cans pork and beans
- 1/2 cup chopped white onion
- 1/2 cup chopped green pepper
- 1 cup diced raw bacon
- 1/2 cup catsup
- 1/2 cup brown sugar

DIRECTIONS

1. Combine all the ingredients in the slow cooker and cook at low setting for at least 4-6 hours.
2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (240 g)		Total Fat 19.9g	30%
Servings Per Recipe: 4		Saturated Fat 6.8g	34%
Amount Per Serving	% Daily Value	Cholesterol 40.5mg	13%
Calories 553.2		Sugars 34.8 g	
Calories from Fat 179	32%	Sodium 1592.3mg	66%
		Total Carbohydrate 83.3g	27%
		Dietary Fiber 13.3g	53%
		Sugars 34.8 g	139%
		Protein 17.0g	34%

Variations:

- Partially cook bacon and then also sauté the green pepper and onion in the bacon grease.
- Add in 1 tsp. dry ground mustard, and also put strips of bacon on the top.

LENTIL-VEGGIE SOUP

Prep Time: 15 mins

Total Time: 12 hrs 15 mins

Servings: 6



INGREDIENTS

1 cup dry lentils
1 1/2 cups carrots, chopped
1 1/2 cups celery, chopped
1 1/2 cups onions, chopped
3 garlic cloves, minced
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1 tablespoon dried parsley
2 bay leaves
3 1/2 cups vegetable broth
1 1/2 cups water
1 (14 1/2 ounce) cans diced tomatoes
Fresh ground black pepper, to taste

DIRECTIONS

1. Wash lentils and then place them into the slow cooker.
2. Add up rest of ingredients aside from the pepper and cover.
3. Cook for at least 12 hours at low setting and season it up with pepper.
4. Discard bay leaf just before dish up.
5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (259 g)		Total Fat 0.6g	1%
Servings Per Recipe: 6		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 162.5		Sugars 6.1 g	
Calories from Fat 6	76%	Sodium 52.6mg	2%
		Total Carbohydrate 30.3g	10%
		Dietary Fiber 12.8g	51%
		Sugars 6.1 g	24%
		Protein 9.9g	19%

Variations:

- Add up some zucchini and even some cauliflower. Add just a pinch of red pepper flakes and a pinch of kosher salt. Cook for 6 hours at low setting.
- Add up some marinara sauce. Soak the lentils overnight, and cook everything on low, use chicken broth and then add some extra garlic and a few pinches of cayenne pepper.

Slow Cooking Beverages

SLOW COOKER PUMPKIN SPICED LATTE

Prep Time: 5 mins

Total Time: 2 hrs 5 mins

Servings: 2



INGREDIENTS

2 cups milk
2 tablespoons canned pumpkin
2 tablespoons sugar
2 tablespoons vanilla
1/2 teaspoon pumpkin pie spice
3/4 cup strong brewed coffee
Garnish with whipped topping

DIRECTIONS

1. Place the coffee and milk into the slow cooker. Beat in pumpkin, vanilla, sugar and spices.
2. Place lid and cook at low setting for 3-4 hours. And beat again.
3. Spoon into serving mugs and garnish latte with the whipped cream and some extra

cinnamon.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (404 g)		Total Fat 9.0g	13%
Servings Per Recipe: 2		Saturated Fat 5.6g	28%
Amount Per Serving	% Daily Value	Cholesterol 34.1mg	11%
Calories 249.8		Sugars 14.7 g	
Calories from Fat 81	32%	Sodium 159.0mg	6%
		Total Carbohydrate 27.1g	9%
		Dietary Fiber 0.5g	2%
		Sugars 14.7 g	59%
		Protein 8.3g	16%

Variations:

- Use 1/4 tsp. cinnamon, 1/8 tsp. ground cloves, 1/8 tsp. nutmeg, and tiny pinch of ground ginger. Use 1/2 cup brewed espresso and use half and half for the milk.

BITTERSWEET HOT CHOCOLATE

Prep Time: 5 mins

Total Time: 2 hrs 35 mins

Servings: 12



INGREDIENTS

4 cups half-and-half

4 cups milk

2 cinnamon sticks

1 (12 ounce) packages bittersweet chocolate pieces

1 tablespoon vanilla

Marshmallows

DIRECTIONS

1. Incorporate the half and half with cinnamon and milk in the slow cooker.
2. Place lid and cook at low setting for at least 5-6 hours.
3. Dispose cinnamon sticks and remove any skins form the mixture.
4. Add in chocolate pieces and stir until well blended.
5. Add up vanilla and cover. Let mixture rest for about 2 hours before serving.
6. Once ready, spoon into serving mugs and top with marshmallows, serve and enjoy.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (163 g)		Total Fat 12.2g	18%
Servings Per Recipe: 12		Saturated Fat 7.6g	38%
Amount Per Serving	% Daily Value	Cholesterol 41.2mg	13%
Calories 160.0		Sugars 0.2 g	
Calories from Fat 110	68%	Sodium 73.0mg	3%
		Total Carbohydrate 7.3g	2%
		Dietary Fiber 0.0g	0%
		Sugars 0.2 g	1%
		Protein 5.0g	10%

Variations:

- Simmer it on the stove for about 30 minutes and use part almond milk and part whole milk
- Use Ghirardelli Bittersweet Chocolate

PEANUT BUTTER COCOA IN A SLOW COOKER

Prep Time: 10 mins

Total Time: 10 mins

Yield: 9 8 ounce servings



INGREDIENTS

1 cup powdered chocolate milk mix
8 cups hot water
3/4 cup chocolate flavored syrup
1/4 cup creamy peanut butter
1 1/2 teaspoons vanilla

DIRECTIONS

- 1.Put the cocoa mix into the slow cooker. Gently add up water and then add in the syrup.
- 2.Place lid and cook for 3-4 hours at low setting.
- 3.Beat in peanut butter and the vanilla.
- 4.Spoon into serving mugs and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (2371 g)		Total Fat 4.3g	6%
Servings Per Recipe: 1		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 193.6		Sugars 29.4 g	
Calories from Fat 39	20%	Sodium 84.4mg	3%
		Total Carbohydrate 35.7g	11%
		Dietary Fiber 1.9g	7%
		Sugars 29.4 g	117%
		Protein 3.2g	6%

Variations:

- Use 2 packets sugar free cocoa mix, 2 cups water, 1/4 cup Hershey syrup, 1 tbsp. PB, and a dash of vanilla.

SLOW COOKER HOT CARAMEL APPLE CIDER

Prep Time: 0 mins

Total Time: 5 hrs

Servings: 16



INGREDIENTS

1/2 gallon apple cider
1/2 cup brown sugar, packed
1 1/2 teaspoons cider vinegar
1 teaspoon vanilla
4 inches cinnamon sticks
6 whole cloves
1 orange, sliced

OPTIONAL

1/2 cup apple jack apple liqueur

GARNISH

1/3 cup caramel ice cream topping

DIRECTIONS

1. Incorporate ingredients in a slow cooker and cook at low setting for 5-6 hours.

2.Spoon into mugs and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (113 g)		Total Fat 0.1g	0%
Servings Per Recipe: 16		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 51.4		Sugars 7.4 g	
Calories from Fat 1	97%	Sodium 40.3mg	1%
		Total Carbohydrate 12.9g	4%
		Dietary Fiber 0.5g	2%
		Sugars 7.4 g	29%
		Protein 0.2g	0%

Variations:

- Use apple juice instead of cider, add up a shot of barista strength caramel syrup.

VIENNESE COFFEE

Prep Time: 15 mins

Total Time: 3 hrs 15 mins

Servings: 4



INGREDIENTS

3 cups strong coffee, freshly brewed, hot

3 tablespoons chocolate syrup

1 teaspoon sugar

1/3 cup heavy cream

1/3 cup Crème de Cacao

Whipped cream

Chocolate shavings

DIRECTIONS

1. Incorporate hot coffee with sugar and chocolate syrup in the slow cooker.
2. Place cover and heat for at least 2-3 hours at low setting.
3. Add in crème de cacao and heavy cream. Place back cover and cook further for 30 minutes.
4. Spoon into mugs and garnish with whipped cream and chocolate shreds.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (243 g)		Total Fat 8.6g	13%
Servings Per Recipe: 4		Saturated Fat 5.1g	25%
Amount Per Serving	% Daily Value	Cholesterol 27.4mg	9%
Calories 194.4		Sugars 13.2 g	
Calories from Fat 78	40%	Sodium 61.2mg	2%
		Total Carbohydrate 17.8g	5%
		Dietary Fiber 0.3g	1%
		Sugars 13.2 g	52%
		Protein 1.2g	2%

Variations:

- Use SF chocolate syrup and white Crème De Cacao as well as Splenda
- Use Irish cream and whipped cream. Cook in the stove top.

Slow Cooking Dessert Recipes

SLOW COOKER BANANAS FOSTER

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings: 4



INGREDIENTS

1/2 cup margarine

1/4 cup brown sugar

6 fresh bananas cut into 1 inch slices

1/4 cup rum

Vanilla ice cream

DIRECTIONS

1. Place margarine into the slow cooker and heat at low setting until melted.
2. Add in brown sugar,
3. Add up rum and fresh bananas and cover.
4. Cook at low setting for 1 hour.
5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (233 g)		Total Fat 11.9g	18%
Servings Per Recipe: 4		Saturated Fat 2.5g	12%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 343.8		Sugars 34.9 g	
Calories from Fat 107	31%	Sodium 138.9mg	5%
		Total Carbohydrate 54.0g	18%
		Dietary Fiber 4.6g	18%
		Sugars 34.9 g	139%
		Protein 2.0g	4%

Variations:

- Substitute butter for the margarine and cook the bananas until they got soft
- Prepare it in a skillet; Melt butter and brown sugar and sauté bananas; add in rum and cinnamon.

SLOW COOKER APPLE OR CHERRY COBBLER

Prep Time: 5 mins

Total Time: 3 hrs 5 mins

Servings: 4-6



INGREDIENTS

- 1 (21 ounce) cans cherry pie filling
- 1 (18 ounce) packages yellow cake mix
- 1/2 cup melted butter

DIRECTIONS

- 1.Put the pie filling into the slow cooker.
- 2.Combine butter with the cake mix until crumbly.
- 3.Put the cake mixture into the slow cooker on top of the pie filling and cover.
- 4.Cook for 2-3 hours at low setting.
- 5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (203 g)		Total Fat 37.9g	58%
Servings Per Recipe: 4		Saturated Fat 16.8g	84%
Amount Per Serving	% Daily Value	Cholesterol 63.5mg	21%
Calories 926.7		Sugars 55.3 g	
Calories from Fat 341	36%	Sodium 1069.0mg	44%
		Total Carbohydrate 141.5g	47%
		Dietary Fiber 2.3g	9%
		Sugars 55.3 g	221%
		Protein 6.4g	12%

Variations:

- Use apple pie filling in greased baking dish, plus sprinkle brown sugar, cinnamon, and some quick oats on top. Place cake mix and then bake in the oven for 30 minutes at 350 degrees F.
- Mix a little Cinnamon & Nutmeg with the Apple, and then sprinkle a little of both over the top of the 'cake crumble'. Cook in the slow cooker for about 5 hours.

FRESH PEACH COBBLER SLOW COOKER STYLE

Prep Time: 10 mins

Total Time: 4 hrs 10 mins

Serves: 4-6, Yield: 4.0 peach cobblers



INGREDIENTS

1 cup sugar
3/4 cup baking mix
2 large eggs
2 teaspoons vanilla
1 (5 ounce) cans evaporated milk
2 tablespoons butter, melted
3 large ripe peaches, mashed

DIRECTIONS

1. Lightly grease slow cooker with cooking spray.
2. Incorporate sugar with vanilla, eggs, butter and evaporated milk in a mixing bowl. Blend well.
3. Add in peaches and then pour mixture into the prepared slow cooker.
4. Cook at low setting for at least 6-8 hours.

5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (183 g)		Total Fat 14.6g	22%
Servings Per Recipe: 4		Saturated Fat 6.9g	34%
Amount Per Serving	% Daily Value	Cholesterol 131.7mg	43%
Calories 476.9		Sugars 62.9 g	
Calories from Fat 132	27%	Sodium 400.7mg	16%
		Total Carbohydrate 79.4g	26%
		Dietary Fiber 2.2g	8%
		Sugars 62.9 g	251%
		Protein 8.4g	16%

Variations:

- Use apricots for the peaches. Omit the butter and halve the sugar.
- Use canned peaches and totally drain them. Serve it with COLD peach ice cream

SLOW COOKER CARAMEL PIE

Prep Time: 10 mins

Total Time: 6 hrs 10 mins

Serves: 8, Yield: 8 slices



INGREDIENTS

- 2 (14 ounce) cans sweetened condensed milk
- 1 graham cracker crust
- 1 (8 ounce) containers frozen whipped topping, thawed
- 1 (1 1/2 ounce) English toffee-flavored candy bars, coarsely chopped

DIRECTIONS

1. Dispense condensed milk into the slow cooker, cover and heat at low setting for 6-7 hours until caramelized and brownish in color.
2. Prepare crust by placing the graham crackers into a baking dish.
3. Dispense into the graham crust and let cool.
4. Place whipped cream over graham and spread evenly.
5. Top with chopped up candy bars.
6. Cover baking dish and place in the fridge to chill until set.
7. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (163 g)

Servings Per Recipe: 8

Amount Per Serving

% Daily Value

Calories 585.4

Calories from Fat 225

38%

Amount Per Serving

% Daily Value

Total Fat 25.0g

38%

Saturated Fat 14.2g

71%

Cholesterol 36.5mg

12%

Sugars 75.2 g

Sodium 320.8mg

13%

Total Carbohydrate 83.3g

27%

Dietary Fiber 0.5g

2%

Sugars 75.2 g

300%

Protein 9.6g

19%

Variations:

- Use baking toffee chips sprinkled on top, use a regular pie crust.

SLOW COOKER RICE PUDDING

Prep Time: 1 min

Total Time: 3 hrs 1 min

Servings: 6-8



INGREDIENTS

1 cup pudding rice

1/2 cup sugar

4 cups skim milk

DIRECTIONS

1. Place ingredients in a slow cooker and cook at low setting.
2. Stir sporadically while cooking.
3. Cook until cooked through and desired consistency is obtained.
4. Serve and enjoy or chill before serving it up.

NUTRITION FACTS

Serving Size: 1 (135 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 131.7

Calories from Fat 3

80%

Amount Per Serving

% Daily Value

Total Fat 0.4g

0%

Saturated Fat 0.2g

1%

Cholesterol 3.2mg

1%

Sugars 16.6 g

Sodium 96.7mg

4%

Total Carbohydrate 25.7g

8%

Dietary Fiber 0.0g

0%

Sugars 16.6 g

66%

Protein 6.4g

12%

Variations:

- Warm the milk and use Arborio (short grain) rice.