

EAT WELL, AGE WELL. HEALTHY SLOW COOKER MEALS

What you need to know!

Have a meal at home in the slow cooker eliminates the temptation to order take-out which is often less nutritious and more expensive.

Slow cookers usually allow one-step preparation. Placing all the ingredients in the slow cooker saves preparation time and cuts down on cleanup.

Slow cookers are useful throughout the year. Coming in from a cold winter day, the aroma of hot soup is welcoming. Slow cookers also work well for summertime use; they do not heat the kitchen as much as an oven does.

As a result of the long, low-temperature cooking, slow cookers help tenderize less-expensive cuts. of meat.

Slow Cooker Chicken Breast



Image by Dagny Walter from Pixabay

Ingredients

- 4 boneless skinless chicken breasts
- 1/4 cup low sodium chicken broth
- 1 tablespoon butter or margarine
- 1/2 teaspoon salt or salt free seasoning
- 1/2 teaspoon dried parsley
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon paprika

Directions

1. In a small bowl, stir together the seasonings and cover both sides of the chicken. Wash your hands.
2. Add chicken broth and butter to slow cooker and stir.
3. Add the chicken, try to minimize overlapping.
4. Cover and cook on low for 3 hours or until an internal temperature of 165 degrees F is reached.

Serve with a salad or veggies, whole grain and milk for a complete meal. The leftovers can be used on a salad, in a wrap, on a sandwich, in a hot dish, added to rice and beans, and more. Have fun and be creative. Enjoy!

Recipe adapted from: <https://www.thereciperebel.com/>

Nutrition Information: 157 Cal, 24 g Pro, 5 g Fat, 79 mg Chol, 451 mg Sodium, 430 mg Potassium

EAT WELL, AGE WELL. HEALTHY CROCKPOT MEALS

Healthy Crockpot Meals

Making meals in the crockpot can be an easy way to make healthy meals for a busy lifestyle.

Crockpot meals are cooking foods at a low temperature for a long time. By using a crockpot, it can allow for different meats to become more tender. For example, in the chicken fajita recipe shown to the right, it allows for the chicken to easily shred and separate.

Many different meals can be made in a crockpot, for example, stew, soup, casserole, dip, pasta dishes and many others.

Crockpot Chicken Fajitas



Photo by Nadine Primeau on Unsplash

Ingredients:

- 2 1/2 pounds boneless skinless chicken breasts
- 1 10-ounce can diced tomatoes
- 1 4-ounce can diced green chiles
- 1 packet of store-bought taco seasoning
- 3 bell peppers, sliced into long strips
- ½ cup each Black beans, frozen corn (optional)
- juice of 1 lime (optional)

Directions:

1. Add diced tomatoes and green chiles into the slow cooker.
2. Place the chicken breasts on top and sprinkle the taco seasoning over them.
3. Cover and cook on high for 3 hours.
4. After 3 hours, add the sliced peppers, black beans and frozen corn if you like, cover and cook for 1 more hour.
5. Use a fork to break up the chicken, then stir to mix everything together and taste. Season as needed.
6. Squeeze the lime over the chicken before eating if you wish.
7. Serve on a tortilla, rice, salad or enjoy as is. Add salsa and your favorite toppings. Enjoy!

Recipe inspired by: <https://www.isabeleats.com/>

EAT WELL, AGE WELL: HEALTHY SLOW COOKER MEALS

Slow Cooker Meals

Making meals at home can sometimes be tedious and require time and energy. Slow cooker meals can help eliminate the time and energy spent on making delicious meals and allow you more time for other activities without compromising your nutrition and taste.

Making a slow cooker meal is quick and easy. Most meals only require a few ingredients and taste great. The best part is, once you prep the meal, you can leave for hours and come back to a delicious and comforting meal to enjoy! The variety of meals that can be made are endless as well.

Slow Cooker Chicken Rice Soup

Ingredients:

- 3 chicken breasts, trimmed of fat and cut in half
- 1 cup converted or parboiled rice (dry)
- 1 small onion, chopped
- 3 carrots and 3 celery stalks, chopped
- 3 garlic cloves, minced
- 2 teaspoons parsley
- 1 teaspoon thyme
- 1/2 teaspoon rosemary and 1/2 teaspoon sage
- 1 bay leaf
- 2 tablespoons butter, optional
- 9 cups chicken broth

Recipe adapted from: <https://www.favfamilyrecipes.com/slow-cooker-chicken-and-rice-soup/>

Directions

1. Place all ingredients in order into the slow cooker. Add a little Salt and pepper if you like.
2. Cook on low for 4 hours.
3. Just before serving, remove the chicken breasts and cut into cubes or shred them. Be careful, they may be hot.
4. Place the meat back into the slow cooker, stir with the ingredients and cook for 5-10 more minutes.



Photo by [Natural Chef Carolyn Nicholas](#) on [Unsplash](#)

“Winter is the time for comfort, for good food and warmth... it is the time for home. – Edith Sitwell

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Why use a slow cooker?

Slow cookers are a great cooking method that can make delicious meals super easy!

Slow cookers are great because it allows you to simply combine all your ingredients and have it ready in time for dinner.

There are tons of recipes you can make in 4, 6 or, 8 hours. Another perk of slow cookers is you get to smell your yummy creation cooking throughout the day!

Parmesan Garlic Chicken



Photo courtesy of pixabay.com

Ingredients:

- 1 lb chicken breast
- 3 tbsp olive oil
- ½ lb baby red potatoes (halved)
- 1 tbsp butter
- 3 cloves garlic
- 1 tbsp fresh thyme
- 1 tbsp grated parmesan
- Salt and pepper to taste

Directions

1. In a skillet over medium-high heat, heat 1 tablespoon oil. Add chicken, season with salt and pepper, and sear until golden, 3 minutes per side.
2. Meanwhile, in a large slow cooker, toss potatoes with remaining 2 tablespoons oil, butter, garlic, thyme, parsley, and Parmesan.
3. Add chicken and cook on high for 4 hours or low for 8 hours, until potatoes are tender, and chicken is fully cooked.
4. Garnish with Parmesan before serving.

Recipe adapted from Delish.com

Recipe Yields: 2 servings

Prep Time: 15 minutes