

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Healthy Slow Cooker Meals



Canned tomatoes, the superstar ingredient in a variety of soups, stews, casseroles and pasta dishes, may offer even more nutritional perks than its fresh counterpart.

When tomatoes are heated, the powerful antioxidant lycopene becomes more available to your body. Lycopene is linked to heart protection & cancer prevention.

Weekly Challenge:

Prepare for slow cooking the night before



Healthy Slow Cooker Meals



While health experts have typically been taught to argue that “fresh is best,” recent studies challenge this age-old mindset with some very revealing findings, which suggest that heating produce, such as in canning or cooking, can increase the bioavailability of some nutrients. Slow-cooked meals, often use these products that appear to offer health benefits.

Weekly Challenge:

Trim fat from meat before slow cooking



Photo courtesy of Bing.com

Healthy Slow Cooker Meals

What’s more, the perks of slow cooking extend beyond increasing the bioavailability of nutrients in plant foods.

If you cook meat in a liquid at low heat, you can help reduce the number of cell-damaging compounds known as AGEs (advanced glycation end products) that are produced in the meat by 50 percent, compared with broiling or grilling.

Weekly Challenge:

Use the low setting option for slow cooker recipes



Photo courtesy of Bing.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Baylie Neider 1-22

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Healthy Crockpot Meals: Benefits

There are many benefits to making crockpot meals:

- Quick and easy available meal
- Minimal prep time
- Variety of meals can be made with a crockpot
- Eliminates the temptation to eat out

Weekly Challenge:

Try making a recipe using the crockpot.

For example:
soup, casserole,
stew, etc.



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Healthy Crockpot Meals: Stuffed Peppers

Ingredients: recipe adapted by Kelly McNelis

1 tbsp. olive oil, 1 lb. ground turkey or beef,
1 onion, peeled and diced, 1 garlic clove,
minced, 4 small bell peppers, 24 oz pasta
sauce (reserve 2 tbsps.), 1/2 cup water.

Directions:

Coat bottom of slow cooker with 1 tbsp. olive
oil. In a large bowl mix meat, onion, garlic, and
2 tbsps. pasta sauce.

Separate mixture into four equal parts and
firmly stuff into peppers. Place peppers in slow
cooker and cover with remaining peppers

Pour 1/2 cup water in slow
cooker and cook on low for 6-
8 hours or until meat is
cooked through and
peppers are soft.



Photo courtesy of Pixabay.com

Healthy Crockpot Meals: Resources

There are many different places to look
for recipe ideas to find healthy meals to
make in the crockpot.

Here are a few online options:

- <https://sarahkoszyk.com/27-healthy-crockpot-recipes-from-dietitians/>
- <https://therealfoodrds.com/category/courses/slow-cooker/>

Recipe book options:

- Healthy Meal Prep: Slow Cooker Cookbook by: Lauren Keating
- Cook Slow: Light and Healthy by: Dean Edwards



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Healthy Slow Cooker Meals

Slow cooker meals are meals that are made completely in a slow cooker or crock pot.

These meals are typically simple, delicious, and low maintenance meaning they do not have to be monitored constantly and can allow someone to do other activities while the meal is being cooked.



Pixabay.com

Healthy Slow Cooker Meals:

What are some benefits of slow cooker meals?

- ◆ The preparation is easy
- ◆ Few ingredients are needed
- ◆ Delicious and comforting meals
- ◆ Little work and maintenance

Weekly Challenge:

Try making a slow cooker meal at home this week.



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Healthy Slow Cooker Meals:

What meals can be made with a slow cooker?

The options for slow cooker meals are endless. Anything from soups and stews to casserole dishes and more can be made in a slow cooker.

Some delicious options are corn chowder, chicken and rice casserole, or pot roast.

Weekly Challenge:

Plan a slow cooker meal that you would like to try.



Pexels.com

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Healthy Slow Cooker Meals: Easy Clean

Crockpots are a great way to minimize cleanup time after meals.

Many crockpot recipes make it easy to prepare meals using only a few pieces of dishware.

Another way to reduce cleanup time is by using a crockpot bag. Crockpot bags are a great solution for times like Thanksgiving when crockpot cleanup may not be first on your mind.



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Healthy Slow Cooker Meals: Tenderizing



Crockpots are one of the best cooking methods for meats like pork and chicken.

The slow and low temperature method of cooking allows the meat to reach a peak level of tenderization. This will allow your meats to obtain the perfect texture and absorb the flavors of the other ingredients included in your dish.

Weekly Challenge:

Try making a recipe with meat in the slow cooker.

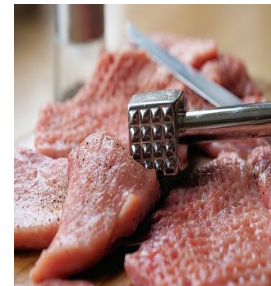


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Healthy Slow Cooker Meals: Health

The low and slow cooking method of crockpots also benefits your health!

There is no downside of slow cookers!

Other cooking methods such as deep frying and searing can cause fat oxidation.

Fat oxidation introduces free radicals which can contribute to health problems such as inflammation in the body and damage to cells.

Weekly Challenge:

Try making soup in a crockpot.



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