



# 31 Days of SLOW COOKER RECIPES

31 Slow Cooker Recipes Your  
Family Will Love and Your  
Pocketbook Will Too

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## *Introduction*

The essence of my slow cooker recipes is this...spend less money, spend less time and have fewer dishes to deal with after dinner...all with full flavor and nutrition that comes with all of my recipes! With these slow cooker recipes, you know that you will be feeding your family wholesome, healthy, and balanced meals...in a fraction of the time and at a fraction of the cost.

My absolute favorite part of slow cooker meals is that you can have dinner on the table without half the fuss and hassle of a 'regular cooked meal.' Many slow cooker meals can be put together in less than 5 minutes. Others take a little bit longer because you have to chop veggies or mix together a homemade sauce or glaze. With others you might need to add pasta or rice towards the end of the cooking cycle (more on that below.) But when you compare the hands-on time required for a similar recipe made the "traditional way," the time to get a slow cooker recipe going is way less than not.

Slow cookers recipes also the best way to get a home-cooked comfort food meal. Life seems easier on the days when you start the slow cooker in the morning and come home from a long day of work, or a busy afternoon of errands, to a house filled with the delicious smells of your favorite stew or roast. You enter your house, stop for a minute, pause and thank the slow cooker for working so hard for you all day. You might even want to give it a hug, that's ok too. 😊

### **How Slow Cookers Work**

Slow cookers cook the food inside at lower temperatures for longer periods of time. This cooking method allows the meats cooked inside the slow cooker to tenderize themselves because of the lower, slower heat, and because slow cookers are 'self-basting.' When the steam produced by the cooking food reaches the underside of the slow cooker lid, it falls back down over the food basting it and keeping it nice and moist.

Generally, a slow cooker has a low setting and a high setting. New slow cookers can be programmed to start at a certain time of day, which is perfect for the busy working family. There are even models that can be turned on and off from an app on your smartphone. Older slow cookers might not even have a timer, so you'll need to set one so your food doesn't burn or dry out. Simply check the owner's manual of your slow cooker, or do your research to understand the different slow cooker options before purchasing one.

## **Slow Cooking Tips**

Do not open the lid to stir the contents. Slow cookers lose heat quickly when the lid is opened. The ingredients will naturally stir from the bubbling created by the slow heat in the slow cooker.

Slow cookers work best when they are filled at least half full with ingredients.

Always read recipes completely before loading the slow cooker and turning it on and setting the cook times.

## **When to Add Rice & Pasta**

Some of my slow cooker recipes call for the addition of rice and pasta at the end of the cooking cycle. If you were to add the rice and pasta at the beginning of the cooking cycle, you would end up with a pile of mush because the long cooking process would overcook the rice and pasta. It's best to add rice and pasta toward the end of the cooking cycle. I recommend the following times:

- Whole grain pasta: 35 to 40 minutes before the end of the cooking cycle when on high or low.
- Medium shell pasta: 25 to 30 minutes before the end of the cooking cycle when on high or low.
- Small shell, or other quick-cooking pasta: 18 to 20 minutes before the end of the cooking cycle when on high or low.
  
- Brown rice: 2½ hours left in the cooking cycle when on high, 3 hours when on low.
- White rice: 2 hours left in the cooking cycle when on high, 2½ hours when on low.

- Wild rice: 3 hours left in the cooking cycle when on high, 3½ hours when on low.

## Cleanup & Care

Slow cookers can be tough to clean, especially if you are using a tomato based sauce or BBQ sauce that tends to dry out on the edges, even burn. I recommend that you add additional liquid to the slow cooker (especially in tomato or BBQ based recipes) before you cook the food, but no more than 1 cup's worth. The extra liquid will create a moist environment inside the slow cooker and help prevent the food or sauce from sticking to the edges, making it easier to clean.

You could line it with the plastic slow cooker liners that are sold in most grocery stores, but you need to consider the added cost of the liners. They just might be worth the expense if you are slow cooker part of your holiday meal or throwing a big party and need any and all post-event cleanup help you can get...even if it's from a plastic liner!

## Slow Cooker Outside

Don't be afraid to cook your dinner in the garage or out on the back porch. This is great during those really hot summer months (when every degree counts inside the house/kitchen!). It's also fantastic for any mom who is pregnant and can't stand the smell of any foods, but still needs to feed her family! The delicious smells that might tempt outdoor critters to come over and investigate...so be sure to protect it in some way. And it's not just outdoor critters, protect it from hungry neighbors too 😊



## *Beef Recipes*

Slow Cooker Beef Roast with Apples, Carrots, Red Potatoes & Pearled Onions

Slow Cooker Goulash

Slow Cooker Ride 'Em Cowboy Beef

Salsa Verde Beef Street Tacos with Cilantro Slaw

Orange Thai Beef Sliders with Cilantro Slaw

Slow Cooker Chili with Skillet Cornbread

## [Slow Cooker Beef Roast with Apples, Carrots, Red Potatoes & Pearled Onions](#)

Yield – 4 to 6 servings

Prep Time – 5 minutes

Cook Time – 8 to 10 hours in slow cooker

### Ingredients

- 1 1/2 to 2 lb. beef roast
- 3 medium sized apples, peeled, cored and diced
- 1/2 lb. baby carrots or peeled carrots
- 8 small red potatoes
- 1 cup frozen pearl onions
- Garlic and Onion seasoning
- Salt and pepper

### Directions

- Place the beef roast in the base of a 5 quart or larger slow cooker. Add about 1/2 cup of water, which dilute the broth and steam the vegetables.
- Place the diced apples, carrots, red potatoes and pearled onions around the roast and then sprinkle the garlic and onion seasoning and salt and pepper over the roast and vegetables.
- Set the slow cooker on low and cook for 8 or 10 hours.
- Once cooked, remove from slow cooker. Let cool slightly before slicing and serving.
- Serve Slow Cooker Beef Roast with Apples, Carrots, Red Potatoes & Pearled Onions.
- Save the broth in the slow cooker by straining it, letting it cool, skimming off any fat and then put into a freezer safe plastic container or baggie. Freeze to use in soups that call for beef broth.
- Use leftovers on roast beef sandwich, shredded beef sandwich, or shredded into soup that calls for beef stew meat.



## Slow Cooker Goulash

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 3/4 – 1 lb. cooked ground beef
- 1 onion, quartered
- 4-6 carrots, peeled and cut into pieces
- 1 green pepper, seeded and diced
- 1 15 oz. can diced tomatoes, with juices
- 2 tsp paprika
- about 1 lb. egg or pasta noodles
- Sour Cream for serving

### Directions

- Add the cooked ground beef, onion, carrot pieces, diced green pepper and diced tomatoes with juices to the slow cooker, stir in the paprika. Set slow cooker on low and cook for 8 hours.
- Once the slow cooker is near the end of the cycle, make egg noodles or pasta noodles to serve with the goulash.
- Mix a dollop or two of sour cream into each serving bowl.
- Serve Goulash with sour cream over noodles.

## Slow Cooker Ride 'Em Cowboy Beef

Yield – 4 servings

Preparation Time – 4 minutes

Cooking Time - 8 hours in slow cooker

### Ingredients

- 1 1/4 to 1 1/2 lb. beef roast
- 1 Tbsp ground cumin
- Salt and pepper
- 2 15 oz. cans pinto beans, drained
- 1 15 oz. can corn, drained
- 1 10 oz. can diced tomatoes with green chilies, drained
- Side Dish Ideas: Salad, Rice or Bread, or as a taco!

### Directions

- Add the beef roast to the base of the slow cooker. Add the ground cumin over top of the beef roast. Sprinkle with a little salt and pepper as well.
- Add the beans, corn and diced tomatoes with green chilies over the top as well. Cook on low for 8 hours.
- Shred the beef and mix with the corn-bean mixture. Serve as is, or within a taco.
- Prepare other side dishes.
- Serve Slow Cooker Ride 'Em Cowboy Beef with preferred side dishes.

## Salsa Verde Beef Street Tacos with Cilantro Slaw

Yield – 12 tacos, plus leftover beef

Preparation Time – 10 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 2-ish lb. chuck roast
- 1 tsp ground cumin
- Salt and pepper
- 1 to 1 1/2 cups salsa verde
- 12 oz. bag shredded cabbage or Cole Slaw mix
- Small bunch of cilantro leaves, chopped
- 3-4 Tbsp homemade or store bought vinaigrette
- Goat cheese or cotija cheese, for topping
- Other topping idea: sliced or diced avocado

### Directions

- Place the beef in the base of the slow cooker and season with the ground cumin, salt and pepper. Pour the salsa verde over the beef.
- Set the slow cooker on low and cook for 8 hours.
- Before serving, prepare the slaw in a mixing bowl by tossing together the slaw mix, chopped cilantro and vinaigrette.
- Assemble tacos by placing some shredded beef in the middle of the tortilla, and top with the slaw and some cheese.
- Serve Salsa Verde Beef Street Tacos with Cilantro Slaw and side of fresh fruit or veggies.

## Orange Thai Beef Sliders with Cilantro Slaw

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 10 minutes

### Ingredients

- 3 lb. chuck roast
- 5 oz. container orange juice
- 3 oz. jar Sweet Chili sauce
- 1 tsp curry powder
- 1 tsp garlic salt
- Pepper
- 8-12 dinner rolls
- Leftover [Cilantro Slaw](#)

### Directions

- To the slow cooker, add the roast with the fat side up. Pour in the orange juice and pour the Sweet Chili sauce on top of the beef. Sprinkle the curry powder, garlic salt and pepper over the roast and sauce. Set on low and cook for 8 to 10 hours. Once cooked, pull the beef apart using 2 forks, making the shredded beef.
- Make sliders with shredded beef and serve alongside the cilantro slaw.

## [Slow Cooker Chili with Skillet Cornbread](#)

Yield – 8 servings of chili & cornbread

Preparation Time – 5 minutes for the chili, about 10 for the cornbread

Cooking Time – 8 hours for the slow cooker, 15-20 minutes

### Ingredients

- 1 bag Hurst Slow Cooker Chili Beans and seasoning
- 1 lb. cooked ground beef
- 1 small onion, chopped
- 1 small pepper, seeded and chopped
- 1 15 oz. can diced tomatoes
- 1 6 oz. can tomato paste
- Salt and pepper to taste
- [Skillet Cornbread recipe](#)
- Side dish – fresh or frozen veggies

### Directions

- Add all the ingredients to 5 qt. or larger slow cooker, along with 7 cups of water. Stir together. Set the slow cooker on low and cook for 8 hours.
- Prepare [the skillet cornbread](#). Adjust cooking time if using a different sized skillet.
- Prepare the veggie as needed.
- Serve Slow Cooker Chili with side of cornbread and veggies.



## *Chicken*

Slow Cooker Sweet Potato and Chicken Curry

Slow Cooker Curried Coconut Chicken

Slow Cooker Maple Chicken and Sweet Potatoes

Slow Cooker Hawaiian Chicken

Slow Cooker Chicken Tortilla Soup

Slow Cooker Ranchero Chicken

Slow Cooker Balsamic Chicken with Spring Vegetables

5-Ingredient Slow Cooker Apricot Chicken

## Slow Cooker Sweet Potato and Chicken Curry

Yield – 4 to 6 servings

Prep Time – 10 minutes

Cook Time – 8 hours in slow cooker

### Ingredients

- 1 can (15 oz.) light coconut milk
- 3 teaspoons curry powder
- 1 pkg (about 1.5 lbs.) boneless skinless chicken thighs
- Salt and pepper
- 3 medium sweet potatoes, peeled and cubed
- 6 carrot sticks, peeled and cut into 2" pieces
- 1 small onion, chopped
- Salt and pepper over the top

### Directions

- Whisk together the coconut milk and curry powder in the base of the slow cooker.
- Add the chicken thighs (or chicken breasts if you prefer), the sweet potatoes and carrots. Toss with the coconut milk.
- Sprinkle a little salt and pepper over the top.
- Set the slow cooker on low and cook for 8 hours.
- Serve Slow Cooker Sweet Potato and Chicken Curry.

## Slow Cooker Curried Coconut Chicken

### Ingredients

- 1 15 oz. can coconut milk
- 2 tsp curry powder
- Salt and pepper
- 3 boneless, skinless chicken breasts
- 1 bag frozen stir-fry mixed vegetables
- 1 cup white rice
- 1/2 tsp ground ginger, curry powder each

### Directions

1. Shake the coconut milk vigorously. Pour into the base of a lightly sprayed slow cooker. Whisk away any chunks of the coconut milk if necessary. Whisk in the curry powder and salt and pepper. Place the chicken breasts into the coconut milk and spoon some of the milk over top of the chicken. Top with the frozen vegetables.
2. Set slow cooker on high for 6 hours (or low for 8-10 hours) and let it fill your home with an amazing aroma as it cooks all afternoon/day.
3. About 20 minutes before dinner, cook the rice as directed with a few dashes of ground ginger and curry powder added to the water. Extra flavor boost! (I stirred together the rice and veggies and some of the juices.)
4. Serve the Curried Coconut Chicken and veggies over the rice.



## Slow Cooker Maple Chicken and Sweet Potatoes

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 1 pkg (about 1.5 lbs.) boneless skinless chicken thighs
- Salt and pepper
- About 3 Tbsp maple syrup, drizzled over chicken
- 3 medium sweet potatoes, peeled and cubed
- About 1/2 lb. baby carrots (or 4-5 peeled carrots sticks)
- 1 small red onion
- Salt and pepper over the top

### Directions

- Place the chicken the base of the slow cooker. Season with salt and pepper. Drizzle the maple syrup all over the chicken.
- Place the cubed sweet potatoes, baby carrots or carrot sticks and chopped red onion over the top. Sprinkle a little more salt and pepper over it all.
- Set the slow cooker on low and let cook for 8 hours.
- Serve Slow Cooker Chicken with Sweet Potatoes and Baby Carrots.
- (If you don't like chicken thighs, use 3 chicken breasts.)

## Slow Cooker Hawaiian Chicken

### Ingredients

- 6 chicken thighs
- 6-8 slices canned pineapple, plus 1/2 cup of juice
- 1/2 tsp cinnamon
- 1/2 tsp crushed red pepper
- Salt and pepper
- 1 cup brown rice and 1/2 cup rice blend, or 1 1/2 cup rice
- **Red Cabbage Apple Slaw**
- 3 cups shredded red cabbage
- 2 apples, peeled, cored and julienned
- 4 carrots, peeled and shredded
- 3 Tbsp olive oil
- 1/4 cup apple cider vinegar
- 1/2 tsp ground cumin
- 1 tsp salt
- Couple dashes pepper

### Directions

- Place the chicken thighs in the base of the slow cooker. Top with the pineapple slices and add some of the juice from the can into the slow cooker. Sprinkle the cinnamon and crushed red pepper over top.
- Set the slow cooker on low and cook for 8 hours.
- Prepare the cabbage-apple slaw.
- Before dinner, cook the rice as directed on the package.
- Serve with side of vegetables or fruit.

## Slow Cooker Chicken Tortilla Soup

Yield – 8 servings, or 2 meals worth

Preparation Time – 10 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 1 lb. chicken breast
- 1 lb. chicken thighs
- 2 15 oz. cans tomato sauce
- about 1/4 cup **homemade taco seasoning**
- 4 cups frozen corn
- 2 red peppers, seeded and diced
- 2 quarts chicken stock
- 8 to 12 corn tortillas, cut into strips
- Couple pinches of shredded cheese for garnish

### Directions

- Add all the ingredients, except the tortillas and cheese, to the slow cooker and cook on low for 8 hours. Gently shred the chicken pieces once cooked.
- Before serving, add the tortilla strips and a pinch of cheese to each bowl.
- Freezer instructions: Do not add the tortillas and the cheese to what you freeze. Let the main soup cool completely before adding to container or plastic freezer baggie. Thaw in a bowl of warm water and reheat in a saucepan. Add tortillas strips and cheese to each bowl before serving.

## Homemade Taco Seasoning

Yield – varies

Preparation Time – 5 minutes

Cooking Time – 0 minutes

### Ingredients

- 1 part chili powder
- 1 part ground cumin
- 1 part garlic powder
- 1 part onion powder
- 1/4 – 1/2 part crushed red pepper

### Directions

- Mix all the spices together and store in an airtight container. I store mine in the freezer!
- Use sparingly. Or liberally!

## Slow Cooker Ranchero Chicken

Yield – 8 servings

Preparation Time – 10 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 1 15 oz. can diced tomatoes
- 1 6 oz. can tomato paste
- 3 Tbsp **homemade taco seasoning**
- 1 lb. boneless skinless chicken breast
- 1 lb. boneless skinless chicken thighs
- Salt and pepper to taste

### Directions

- Whisk together the diced tomatoes with their juices and the tomato paste in the base of the slow cooker. Stir in the taco seasoning.
- Add the chicken breast and thighs to sauce and spoon the sauce over the top. Set the slow cooker on low and cook for 8 hours.
- Once cooked, pull apart the chicken with 2 forks and serve in tacos, on tostadas, or in enchiladas. Enjoy!

## Slow Cooker Balsamic Chicken with Spring Vegetables

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time - 8 hours in the slow cooker

### Ingredients

- about 1.25 lbs. chicken breasts, or other chicken cut
- 2 Tbsp balsamic vinegar, divided
- 2 Tbsp red cooking wine (I only added this because I had just enough left and thought it would be a good flavor complement. Which it was. Totally optional. Don't buy it if you don't have it on hand.)
- 2 small zucchini, sliced
- 2 small yellow squash, sliced
- 1 red pepper, seeded and diced
- 1 orange pepper, seeded and diced
- 1 red onion, cut into chunks
- Salt and pepper
- Rice, as side dish

### Directions

- Place the chicken pieces in the base of the slow cooker. Drizzle about 1 Tbsp of balsamic vinegar over the chicken. Add the red cooking wine (optional) around the chicken as well. Gently toss the zucchini, squash, pepper pieces and onion pieces around and on top of the chicken. Season with salt and pepper.
- Set the slow cooker on low and cook for 8 hours.
- Before dinner, prepare the rice as directed.
- Serve Slow Cooker Balsamic Chicken with Spring Vegetables over rice.

## 5-Ingredient Slow Cooker Apricot Chicken

Yield – 4 servings

Preparation Time – 5 minutes

Cooking Time - 6 hours in slow cooker

### Ingredients

- 3 chicken breasts
- 1 cup apricot preserves
- 1/4 cup French dressing
- 2 Tbsp minced onion
- 1 tsp garlic powder
- Salt and pepper to taste
- Side dish suggestions: rice or bread; fruit or veggies.

### Directions

- Place the chicken in the base of the slow cooker.
- In a small mixing bowl, combine the apricot jelly, dressing, minced onion and garlic. Pour over top of the chicken in the slow cooker. Set on low for 6 hours.
- Prepare rice or bread...whichever your preference. Season the cooked chicken with salt and pepper, to taste.
- Serve Slow Cooker Apricot Chicken with favorite fruit or veggies, bread or rice.



## Pork

Slow Cooker Honey Ham and Bean Soup

Slow Cooker Peach Glazed Pork Roast

Salsa Verde Shredded Pork Tacos

Mexican Carnitas in the Slow Cooker

Slow Cooker Spicy Sausage and Peppers



## Slow Cooker Peach Glazed Pork Roast

Yield – 4 servings

Preparation Time – 5 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 1.68 lb. pork shoulder roast
- About 1/2 tsp minced onion
- Salt and pepper
- 1/2 cup peach preserves
- 1 tsp ground ginger
- 1 1/2 cups brown rice, cooked
- 16 oz. frozen green beans, or other veggie

### Directions

- Place the roast in the base of the slow cooker, season with minced onion, salt and pepper. Add about 1/2 cup of water around the roast. (I do this to make the atmosphere inside the slow cooker nice and moist while the pork cooks.)
- In a small bowl, whisk together the peach preserves and ginger. Spread over top of the pork roast.
- Set the slow cooker on low and cook for 8 hours.
- Prepare the brown rice and green beans as directed.
- Serve Slow Cooker Peach Glazed Pork Roast with brown rice and green beans, or other favorite sides.

## Slow Cooker Honey Ham and Bean Soup

Yield – 4 servings

Preparation Time – 15 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 1 package Hurst's HamBeens Slow Cooker Bacon and Beans
- 1 ham bone
- 2 cups cubed or diced ham
- 1 15 oz. can diced tomatoes with juices
- 1/4 cup honey
- 1 small onion, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, smashed
- 1 Tbsp chili powder
- 1 tsp garlic powder
- Salt and pepper, to taste
- Side dish veggies

### Directions

- Place all the ingredients in the slow cooker and add 7 1/2 cups of water. Set the slow cooker on low and cook for 8 hours. (No presoaking of the beans necessary!)
- Once cooked, let cool slightly before serving.
- Prepare a veggie as a side dish, we had green beans.
- {Optional – add 4 carrot sticks, peeled and chopped, into the slow cooker and make it a **one dish dinner!**}
- Serve Slow Cooker Honey Ham and Bean Soup with green beans or carrots, or whatever you have on hand.

## Salsa Verde Shredded Pork Tacos

Yield – 8 servings

Preparation Time – 5 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 2.2 lb. pork shoulder or blade roast
- about 1 tsp garlic powder
- about 1 tsp ground cumin
- about 1 1/2 cups salsa verde, enough to cover the roast
- 1 large or 2 small jalapeños, seeded and diced (or not seeded if you want more heat)
- Few dashes salt and pepper
- 8 to 10 corn tortillas
- Goat cheese or queso cotija or sour cream
- Jalapeños or cilantro or avocado chunks, for topping
- Fresh fruit or veggie side dish

### Directions

- Place the pork roast into the base of the slow cooker and sprinkle the garlic powder, ground cumin on top. Pour the salsa verde and add the diced jalapenos on top. Season with a little salt and pepper
- Set the slow cooker on low and cook for 8 hours.
- Once the cooking time is complete, shred the pork with 2 forks and remove from the slow cooker with slotted spoon when ready to serve.
- Serve Salsa Verde Shredded Pork Tacos on corn tortillas with preferred toppings.

## Mexican Carnitas in the Slow Cooker

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 8 hours

### Ingredients

- 1.5 lb. pork shoulder or loin, cubed
- 2 Tbsp oil
- 1 teaspoon ground cumin
- Salt and pepper
- 2 garlic cloves
- 1/4 cup lime juice or juice from 1 lime
- 1/4 cup water
- 8 corn tortillas
- Salsa, diced avocado, sour cream dollops to garnish
- 4 Corn Cobs

### Directions

- In a mixing bowl, toss the pork cubes in the oil and ground cumin. Season with a few dashes of salt and pepper.
- Place in the base of the slow cooker. Add the garlic, lime juice, and water.
- Set on low and cook for 8 hours.
- Remove, let cool slightly, then shred with 2 forks.
- (Toast the corn tortillas in a warm skillet.)
- Boil corn cobs and serve as a side item.
- Spoon the carnitas meat over the corn tortilla and top with salsa, diced avocado, and/or sour cream.

## Slow Cooker Spicy Sausage and Peppers

Yield – 4 servings

Preparation Time – 5-10 minutes

Cooking Time – 8-10 hours in slow cooker

### Ingredients

- 1 lb. sausage links, sliced
- 1 15 oz. can diced tomatoes
- 2 10 oz. bags frozen pepper and onion blend (or 2 peppers, seeded and diced plus 1 onion, sliced)
- Salt and pepper to taste
- Whole wheat bread slices, or sliced French baguette, or dinner rolls (or serve with rice if GF)

### Directions

- Place sausage in the slow cooker. Slice carefully or cut with kitchen shears. Pour the diced tomatoes, diced tomatoes with green chilies, and the 2 bags of frozen pepper and onion blend over the top. Give it a swirl. Set the slow cooker on low and cook for 8 hours. Season with salt and pepper to taste.
- Prepare the bread or rice.
- Serve Slow Cooker Spicy Sausage and Peppers with sliced bread (or rice).



## *Vegetarian*

Black Bean and Corn Enchiladas

Slow Cooker Macaroni and Cheese

Slow Cooker Baked Potatoes

Loaded Slow Cooker Potatoes

Slow Cooker Black Beans and Rice

Slow Cooker Mashed Sweet Potatoes

Slow Cooker Refried Beans

## Slow Cooker Black Bean & Corn Enchiladas

Yield – 4 servings

Preparation Time – 15 minutes

Cooking Time – 3-4 hours

### Ingredients

- 15 oz. can black beans, drained and rinsed
- 15 oz. can corn, drained (or 2 cups frozen corn)
- 4 oz. can diced green chilies, drained
- 1 tsp ground cumin
- 1 tsp salt
- 2 cups shredded quesadilla blend cheese, divided
- 2-3 cups salsa
- 12 corn tortillas, warmed

### Directions

- In a mixing bowl, mash the black beans with a potato masher or fork. Mix in the corn, and green chilies. Stir in the ground cumin and salt. Last, add 1 cup of the shredded cheese and combine well.
- Add about 1 cup of salsa to the base of the slow cooker and spread evenly on the bottom. Roll the bean-corn mixture into the warmed tortillas, dividing evenly. Place in the slow cooker, seam side down, nestled tightly together. Pour the other cup of salsa over the top and then sprinkle the other cup of cheese on top.
- Set the slow cooker on low and cook for 3 to 4 hours.
- Serve Slow Cooker Bean & Corn Enchiladas with a side of rice and/or salad.

## [Slow Cooker Macaroni and Cheese](#)

Yield – 4-6 servings

Preparation Time – 20 minutes

Cooking Time – 4-5 hours

*Recipe from Tricia at [HodgePodge.Me](#)*

### Ingredients

- 1/2 lb. elbow macaroni, cooked
- non-stick cooking spray
- 12 oz. evaporated milk
- 1 1/2 cups milk
- 2 eggs, beaten
- 1 tsp salt
- 1/2 tsp black pepper
- 4 cups shredded cheddar

### Directions

- Coat the crock pot with non-stick spray.
- Add all ingredients, saving 1 cup of cheese.
- Cook on low 4-5 hours.
- Sprinkle remaining cup of cheese over top a few minutes before serving.



## Slow Cooker Baked Potatoes

Yield – 4 servings

Preparation Time – 5 minutes

Cooking Time – 6 hours on high; 10 hours on low

### Ingredients

- Baking Potatoes
- Toppings for potatoes: butter, sour cream, cheese, chives, bacon etc.

### Directions

- Wash and dry the potatoes. Stab with a fork a few times, or cut a slit.
- Wrap in foil. Place directly into the base of the slow cooker. Pile them high. But not so high that the lid won't fit tightly. (No water needed.)
- Cook on low for 10 hours, or high for 6 hours.
- Pull out of the slow cooker and let cool slightly before handling. Cut them open, slather on all of your favorite tater toppings...and enjoy!

## Loaded Slow Cooker Potatoes

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 8 to 10 hours in slow cooker

### Ingredients

- 8-10 small Idaho potatoes, quartered
- 4 slices cooked bacon, crumbled
- 2 Tbsp minced onion
- Salt and pepper
- 1 bunch green onions
- About 1 cup shredded cheese
- Couple dollops of sour cream
- Fresh fruit or veggie as side

### Directions

- (Soak quartered potatoes in cold salted water for 30 minutes. Drain water and pat dry.)
- Line your slow cooker with foil. Load it with the quartered potatoes, crumbled bacon, minced onion and sprinkle with a little salt (the bacon will provide some salt!) and pepper. Set on low and cook for 8-10 hours.
- Once cooked, top with shredded cheese (melt in microwave if necessary), sour cream and green onions (or chives.)
- Prepare fruit or veggie.
- Serve Loaded Slow Cooker Potatoes with fresh fruit or veggies.

## Slow Cooker Black Beans and Rice

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 4 to 6 hours

### Ingredients

- 1 cup black beans
- 1 Tbsp olive oil
- 1 cup brown rice
- 2 garlic cloves, crushed
- 1 15 oz. can diced tomatoes
- 1 tsp ground cumin
- Salt/Pepper
- 3 corn cobs

### Directions

- Soak beans overnight in water. In the morning, drain and rinse. Cook soaked beans for an hour in a saucepan with at least 2 inches of water over the beans. (I prefer to cook my beans before adding them to the slow cooker. You can certainly cook them in the slow cooker...[details here!](#))
- Place olive oil into slow cooker. Stir rice around in the olive oil. Add cooked black beans (substitute 2 15 oz. cans), diced tomatoes, garlic cloves, ground cumin, salt and pepper AND 2 cups of water. Set on high for 6 hours. *I set mine for 6 hours because I used brown rice. If you use white rice, set it for 4 hours.* This would be DELICIOUS topped with some Monterrey jack cheese...or even cheddar. Since we're dairy-free, I didn't...but think that would be delish!
- Boil corn in large saucepan for 4-5 minutes. Serve with butter, if you like.
- Serve Slow Cooker Black Beans and Rice with Corn Cobs.

## Slow Cooker Mashed Sweet Potatoes

Yield – 4 servings

Preparation Time – 5 minutes

Cooking Time - 8 hours in slow cooker

### Ingredients

- 5-6 medium sweet potatoes
- 2-3 Tbsp butter
- 1 Tbsp cinnamon
- 2-3 Tbsp brown sugar, optional
- 1/2 cup chopped pecans, optional

### Directions

- Cut a slit in each of the sweet potatoes, lengthwise down the middle. Add the sweet potatoes to the base of the slow cooker and add about 1 cup of water. Enough to cover the bottom with 1/4 inch. Set on low and cook for 8 hours.
- Carefully remove the sweet potatoes and let cool for a few minutes before removing the skin. Scoop out all the soft flesh into a mixing bowl. Add butter (you don't need a ton because they are already very soft) and cinnamon and mix together.
- Sprinkle the brown sugar over the top. Sprinkle the pecans over the top. (Both of these are optional! I generally don't serve 'fancy sweet potatoes' for regular weeknight dinners. I would add them to a holiday side dish, however!)
- Serve Slow Cooker Mashed Sweet Potatoes as side dish.

## Slow Cooker Refried Beans

Yield – 4 servings

Preparation Time – 5 to 10 minutes

Cooking Time – 8 hours in slow cooker

### Ingredients

- 1 lb. pinto beans
- 6 cups water
- 1 4 oz. can green chilies
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp ground cumin
- Salt and pepper to taste

### Directions

- Add all of the ingredients to the slow cooker and set on low for 8 hours.
- Once cooked, strain off some of the juices and add beans plus a little liquid to the stand mixer and mix on low for 2 minutes. Then mix on the second level for another 2 minutes, or until reach desired consistency. Add more liquid from the slow cooker if need be to reach desired consistency.
- Serve refried beans as side dish for your favorite tex-mex food...or wrapped up with some cheese in a tortilla.



## *Breakfast & Dessert*

Overnight Slow Cooker Baked Oatmeal

Slow Cooker Caramel Apple Crisp

Slow Cooker Pear Blueberry Crumble

Slow Cooker Peach Oatmeal

## [Slow Cooker Caramel Apple Crisp](#)

Yield – 6 to 8 dessert servings

Preparation Time – 15 minutes

Cooking Time – 3 to 4 hours in the slow cooker

### Ingredients

- 1 cup flour
- 1/2 cup oats
- 1 cup brown sugar
- 1 Tbsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp salt
- 1/2 cup butter
- 6 granny smith apples, peeled, cored and sliced
- 1 Tbsp lemon juice
- 1/4 cup Brown sugar
- 1 Tbsp cornstarch
- 4 Tbsp butter

### Directions

- In a mixing bowl, combine the flour, oats, brown sugar, cinnamon, ground ginger and salt. Cut in the 1/2 cup of butter with a pastry tool or 2 knives.
- Add the apple slices to the base of the slow cooker and toss with the lemon juice, brown sugar and cornstarch. Drop in 4 1 Tbsp pads of butter. Add the topping mixture over top of the apples in the slow cooker.
- Set the slow cooker on low and cook for 3 to 4 hours.
- Serve Slow Cooker Caramel Apple Crisp as is, or with ice cream or whipped cream topping.

## Slow Cooker Pear Blueberry Crumble

Yield – 4 to 6 servings

Preparation Time – 10 minutes

Cooking Time – 4 hours in slow cooker

### Ingredients

- 3 Anjou pears, peeled, cored and chopped
- 1 pint blueberries
- about 1 Tbsp lemon juice, sprinkled
- 1 tsp cinnamon
- 1/2 tsp ginger
- Dash of cardamom, optional
- 1 1/2 cup quick oats (substitute with certified GF oats)
- 1/2 cup flour (substitute with GF Flour mix)
- 1/4 cup sugar
- 1/3 cup butter (substitute with dairy-free margarine)
- Optional: ice cream or whipped cream topping

### Directions

- Spray slow cooker generously with non-stick cooking spray.
- Toss together the chopped pears and blueberries in the base of the slow cooker and sprinkle with a little lemon juice. Add the cinnamon, ginger and (if you have it on hand) a pinch of cardamom.
- In a small mixing bowl, combine the oats, flour, sugar. Cut in the butter using a pastry blender or two knives.
- Spread the topping evenly over the blueberries and pears in the base of the slow cooker.
- Set on low and cook for 4 hours.
- Serve Pear Blueberry Crumble as is, or with ice cream or whipped cream.



## Overnight Slow Cooker Baked Oatmeal

Yield – 4 servings

Preparation Time – 5 minutes

Cooking Time - 5 hours overnight in the slow cooker

### Ingredients

- 4 cups quick cooking oats
- 3/4 cup brown sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 2 eggs
- 2 cups milk
- 2 tsp vanilla extract
- Toppings – milk, yogurt, cream, berries, sliced bananas, favorite fruit

### Directions

- Whisk the ingredients, minus the toppings, together in a mixing bowl. Batter will be slightly 'loose.'
- Generously spray a 5 or 6 quart slow cooker with non-stick cooking spray. Pour the mixture into the slow cooker.
- Set the slow cooker on low and cook for 5 hours. Keep warm until ready to serve.
- Serve Overnight Slow Cooker Baked Oatmeal with milk/cream/yogurt and fresh fruit.

## [Slow Cooker Peach Oatmeal](#)

Yield – 4 servings

Preparation Time – 10 minutes

Cooking Time – 8 hours

### Ingredients

- 1 cup steel cut oats or regular rolled oats
- 1/2 cup brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp salt
- 1 Tbsp butter, softened
- 2 1/4 cups milk
- 3 ripe peaches, pitted and diced

### Directions

- Lightly grease the inside of your slow cooker with non-stick cooking spray.
- Whisk together all ingredients (except peaches) in a mixing bowl. Gently stir in the cut up peaches. Pour into the base of a slow cooker.
- Set on low and cook for 4 hours. Let set on warm setting up to 4 hours. Stir well before serving.
- Serve Slow Cooker Peach Oatmeal with milk, cream or yogurt.