



# Prep It and Forget It

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Make easy meals or prepare meals ahead for those busy nights with this recipe book. Find healthy and delicious recipes using a slow cooker!

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## Slow Cooker Tips

- Chop all ingredients about the same size for even cooking.
- Fully thaw ingredients in the refrigerator before turning on the slow cooker.
- To avoid busy mornings, prepare all ingredients in the ceramic pot and put it in the refrigerator the night before. Place the ceramic pot in the slow cooker in the morning and turn it on.
- No peeking! Food takes longer to cook if you keep opening the lid.

servings: 8  
serving size: **1 cup**  
prep time: **15 minutes**  
cook time: **4-6 hours**

# Slow Cooker Applesauce



## Ingredients

- 4 apples, peeled, cored and chopped
- 4 apples, skin on, cored and chopped
- ½ cup apple cider or 100% apple juice
- 1 tablespoon ground cinnamon
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract



## Directions

1. Place chopped apples into slow cooker. Add cider or apple juice, cinnamon, lemon juice, and vanilla extract.
2. Cover and cook on low for 4-6 hours or until apples have softened.
3. Using a blender or masher, blend or mash to desired consistency. Serve warm or chilled.

**Nutrition Facts** Servings per container: 8, **Serving size: 1 cup**, Amount per serving:  
**Calories 100**, Total Fat 0g (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 26g (9% DV), Dietary Fiber 4g (14% DV), Total Sugars 19g Protein 1g, Not a significant source of saturated fat, trans fat, cholesterol, added sugars, vitamin D, calcium, iron, and potassium. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



servings: 8  
serving size: 1 ½ cups  
prep time: 20 minutes  
cook time: 4-12 hours

# Slow Cooker Beef Stew



## Ingredients

- 2 pounds beef stew meat, cut into 1 inch pieces
- ¼ cup flour
- ½ teaspoon salt
- 1 teaspoon black pepper
- 2 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce (optional)
- 1 onion, chopped
- 1 (14.5 ounce) can low-sodium beef broth
- 3 potatoes, diced
- 5 carrots, sliced
- 3 stalks celery, chopped



## Directions

1. Place meat in a slow cooker.
2. In a small bowl, mix flour, salt and pepper and pour over meat. Stir to coat the meat with the flour mixture.
3. Add garlic, bay leaf, paprika, Worcestershire sauce (if using), onion, low sodium beef broth, potatoes, carrots and celery. Stir together.
4. Cover and cook on low for 10-12 hours, or high for 4-6 hours. Take out bay leaf before serving.

**Nutrition Facts** Servings per container: 8, **Serving size:** 1 1/2 cup, Amount per serving: **Calories 240**, **Total Fat** 5g (6% DV), **Saturated Fat** 2g (10% DV), **Trans Fat** 0g, **Cholesterol** 75mg (25% DV), **Sodium** 380mg (17% DV), **Total Carbohydrate** 22g (8% DV), **Dietary Fiber** 4g (14% DV), **Total Sugars** 4g (Includes 0g Added Sugars, 0% DV), **Protein** 28g, **Vitamin D** 0.1mcg (0% DV), **Calcium** 50mg (4% DV), **Iron** 3.3mg (20% DV), **Potassium** 950mg (20% DV), **Vitamin A** 330mcg (35% DV), **Vitamin C** 11mg (10% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





servings: 10  
serving size: ½ cup  
prep time: 5 minutes  
cook time: 8 hours

# Slow Cooker Black Beans



## Ingredients

- 2 cups dry black beans
- 1 medium onion, chopped
- 4 garlic cloves, peeled and minced
- 1 bay leaf
- 1 teaspoon salt
- 2 jalapeño peppers, whole (optional)



## Directions

1. Add all of the ingredients to slow cooker. Cover the beans with water until there is one inch of water above the beans.
2. Cook on low for 8 hours.

**Nutrition Facts** Servings per container: 10, **Serving size:** 1/2 cup, Amount per serving: **Calories 140**, Total Fat 0.5g (1% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 240mg (10% DV), Total Carbohydrate 26g (9% DV), Dietary Fiber 6g (21% DV), Total Sugars 1g (Includes 0g Added Sugars, 0% DV), Protein 9g, Vitamin D 0mcg (0% DV), Calcium 50mg (4% DV), Iron 2mg (10% DV), Potassium 600mg (15% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

servings: 10  
serving size: 1 cup  
prep time: 10 minutes  
cook time: 2-7 hours

# Slow Cooker Chicken Tortilla Soup



## Ingredients

- 1 ½ pounds boneless, skinless chicken breasts, cubed
- 1 (10 ounce) package frozen whole kernel corn
- 1 medium onion, chopped
- 1 (14 ounce) can low-sodium chicken broth
- 1 (6 ounce) can tomato paste, no salt added
- 1 (28 ounce) can diced tomatoes
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon minced garlic
- 1 (4 ounce) can green chilies (optional)
- 6 corn tortillas



## Directions

1. In a large slow cooker, combine cubed chicken, corn, onion, broth, tomato paste, diced tomatoes, cumin, chili powder, garlic, and green chilies, if using.
2. Cover and cook on low for 5-7 hours or on high for 2-3½ hours.
3. Cut tortillas into ¼ inch strips and place on a baking sheet.
4. Bake at 375°F for about 5 minutes or until crisp.
5. Serve tortilla strips with soup.

**Nutrition Facts** Servings per container: 10, **Serving size: 1 cup**, Amount per serving: **Calories 200**, **Total Fat** 3g (4% DV), **Saturated Fat** 0.5g (3% DV), **Trans Fat** 0g, **Cholesterol** 50mg (17% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 24g (9% DV), **Dietary Fiber** 3g (11% DV), **Total Sugars** 6g (Includes 0g Added Sugars, 0% DV), **Protein** 19g, **Vitamin D** 0mcg (0% DV), **Calcium** 10mg (0% DV), **Iron** 1.4mg (8% DV), **Potassium** 680mg (15% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



servings: **11**  
serving size: **1 cup**  
prep time: **10 minutes**  
cook time: **6 hours**

# Slow Cooker Classic Minestrone



## Ingredients

- 2 carrots, diced
- 2 celery stalks, diced
- 1 large onion, chopped
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 (28 ounce) can crushed tomatoes, no added salt
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon Italian seasoning
- 1 cup small shell pasta
- 1 cup shredded kale or escarole
- 1 (15.5 ounce) can low-sodium cannellini beans, drained



## Directions

1. Combine carrots, celery, onion, garlic, chicken broth, tomatoes, salt, pepper and Italian seasoning in slow cooker.
2. Cover and cook on low for 5 ½ hours.
3. Add pasta, kale, and beans. Increase heat to high and continue to cook for an additional 30 minutes.

**Nutrition Facts** Servings per container: 11, **Serving size: 1 cup**, Amount per serving: **Calories 120**, **Total Fat** 0.5g (1% DV), **Saturated Fat** 0g (0% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 210mg (9% DV), **Total Carbohydrate** 22g (8% DV), **Dietary Fiber** 5g (18% DV), **Total Sugars** 4g (Includes 0g Added Sugars, 0% DV), **Protein** 7g, **Vitamin D** 0mcg (0% DV), **Calcium** 50mg (4% DV), **Iron** 2.2mg (10% DV), **Potassium** 530mg (10% DV), **Vitamin A** 110mcg (10% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



servings: 9  
serving size: 1 cup  
prep time: 15 minutes  
cook time: 6 hours

# Slow Cooker Eggplant, Tomato, Chickpea Stew



## Ingredients

- 1 medium onion, chopped
- 2 medium eggplants, cubed
- 2 (15 ounce) cans diced tomatoes, no salt added
- 4 garlic cloves, minced
- 1 teaspoon ground ginger
- 1 tablespoon curry powder
- 2 teaspoons cumin
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup water
- 2 (15 ounce) cans chickpeas, drained and rinsed



## Directions

1. Add all of the ingredients except for the chickpeas to a large slow cooker. Mix well and cook on low for 5 hours and 45 minutes.
2. Stir in chickpeas and cook for an additional 15 minutes.

**Nutrition Facts** Servings per container: 9, **Serving size: 1 cup**, Amount per serving:  
**Calories 190**, **Total Fat** 2.5g (3% DV), **Saturated Fat** 0g (0% DV), **Trans Fat** 0g,  
**Cholesterol** 0mg (0% DV), **Sodium** 480mg (21% DV), **Total Carbohydrate** 35g (13% DV),  
**Dietary Fiber** 11g (39% DV), **Total Sugars** 10g (Includes 0g Added Sugars, 0% DV), **Protein** 9g,  
**Vitamin D** 0mcg (0% DV), **Calcium** 60mg (4% DV), **Iron** 1.5mg (8% DV), **Potassium** 550mg (10% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





servings: 6  
serving size: 1 cup  
prep time: 10 minutes  
cook time: 8 hours

# Slow Cooker Lentil Soup



## Ingredients

- 1 small onion, chopped
- 1 large carrot, diced
- 4 cups water
- 1 ¼ cups dry brown lentils
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon oregano
- 1 (10 ounce) package frozen chopped spinach
- 1 (14.5 ounce) can diced tomatoes, no salt added
- Black pepper to taste



## Directions

1. Place onion, carrot, water, lentils, garlic powder, salt and oregano in the slow cooker. Stir to combine, cover, and cook on low for 8 to 9 hours.
2. Ten minutes before you are ready to serve the soup, stir in spinach, tomatoes and black pepper.
3. Serve hot.

**Nutrition Facts** Servings per container: 6, **Serving size: 1 cup**, Amount per serving:  
**Calories 180**, Total Fat 0.5g (1% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 450mg (20% DV), Total Carbohydrate 33g (12% DV), Dietary Fiber 7g (25% DV), Total Sugars 4g (Includes 0g Added Sugars, 0% DV), Protein 12g, Vitamin D 0mcg (0% DV), Calcium 90mg (6% DV), Iron 3.6mg (20% DV), Potassium 630mg (15% DV), Vitamin A 380mcg (40% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



servings: 6  
serving size: 1 ¼ cups  
prep time: 10 minutes  
cook time: 3 ½ - 6 ½ hours

# Slow Cooker Pork Chili



## Ingredients

- 1 pound boneless pork butt, roast or shoulder
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 ½ cups chunky salsa
- 1 teaspoon garlic powder
- 1 (15 ounce) can low-sodium pinto beans, drained & rinsed
- 1 (14.5 ounce) can diced tomatoes, no salt added



## Directions

1. Trim visible fat from the pork and cut meat into 2 inch chunks. Place into slow cooker. Add pepper, onion, salsa and garlic powder.
2. Cook on low for 6 hours, or on high for 3 hours.
3. Using a fork, shred the meat.
4. Add the pinto beans and diced tomatoes. Cook for 30 more minutes, or until heated through.

**Nutrition Facts** Servings per container: 6, **Serving size: 1 1/4 cup**, Amount per serving: **Calories 220**, **Total Fat 6g** (8% DV), **Saturated Fat 2g** (10% DV), **Trans Fat 0g**, **Cholesterol 40mg** (13% DV), **Sodium 490mg** (21% DV), **Total Carbohydrate 21g** (8% DV), **Dietary Fiber 5g** (18% DV), **Total Sugars 6g** (Includes 0g Added Sugars, 0% DV), **Protein 17g**, **Vitamin D 0.4mcg** (2% DV), **Calcium 50mg** (4% DV), **Iron 1.6mg** (8% DV), **Potassium 570mg** (10% DV), **Vitamin C 37mg** (40% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



servings: 6  
serving size: 1 cup  
prep time: 10 minutes  
cook time: 5 hours

# Slow Cooker Salsa Chicken



## Ingredients

- Nonstick cooking spray
- 2 pounds boneless, skinless chicken thighs
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 (8.5 ounce) can corn, no salt added
- 1 cup salsa
- Juice from 1 lime or 1 tablespoon lime juice
- ¼ cup chopped cilantro
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 tablespoon honey
- 3 cloves garlic, minced



## Directions

1. Spray slow cooker with nonstick cooking spray.
2. Sprinkle chicken with salt and pepper and place in slow cooker.
3. In a large bowl, mix remaining ingredients and pour mixture over chicken.
4. Cover and cook on low for 5 hours or until tender.
5. Shred chicken with 2 forks.
6. Serve over brown rice or in a warmed whole wheat tortilla.

**Nutrition Facts** Servings per container: 6, **Serving size: 1 cup**, Amount per serving:  
**Calories 240**, **Total Fat** 7g (9% DV), **Saturated Fat** 2g (10% DV), **Trans Fat** 0g,  
**Cholesterol** 140mg (47% DV), **Sodium** 590mg (26% DV), **Total Carbohydrate** 13g (5% DV),  
**Dietary Fiber** 2g (7% DV), **Total Sugars** 5g (Includes 3g Added Sugars, 6% DV), **Protein** 32g,  
**Vitamin D** 0mcg (0% DV), **Calcium** 30mg (2% DV), **Iron** 2.9mg (15% DV), **Potassium** 590mg  
(15% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000  
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# Slow Cooker Sweet and Spicy Turkey

servings: 8  
serving size:  $\frac{3}{4}$  cup  
prep time: 15 minutes  
cook time: 5 hours



## Ingredients

- 2 pounds ground turkey or chicken
- 1 medium red pepper, diced
- 2 large carrots, grated
- 4 cloves garlic, minced
- $\frac{1}{4}$  cup low-sodium soy sauce
- $\frac{1}{4}$  cup ketchup
- 1 tablespoon honey
- $\frac{1}{4}$  teaspoon crushed red pepper flakes (optional)



## Directions

1. Add all ingredients to slow cooker and mix together.
2. Turn slow cooker on low setting for 5 hours.
3. Break turkey or chicken apart and serve over lettuce or rice.

**Nutrition Facts** Servings per container: 8, Serving size:  $\frac{3}{4}$  cup, Amount per serving: **Calories 200**, Total Fat 9g (12% DV), Saturated Fat 2.5g (13% DV), Trans Fat 0g, Cholesterol 80mg (27% DV), Sodium 440mg (19% DV), Total Carbohydrate 8g (3% DV), Dietary Fiber 1g (4% DV), Total Sugars 5g (Includes 4g Added Sugars, 8% DV), Protein 24g, Vitamin D 0.5mcg (2% DV), Calcium 30mg (2% DV), Iron 1.5mg (8% DV), Potassium 410mg (8% DV), Vitamin A 200mcg (20% DV), Vitamin C 21mg (25% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





servings: 6  
serving size: 1 pepper  
prep time: 15 minutes  
cook time: 6 hours

# Slow Cooker Turkey Stuffed Peppers



## Ingredients

- 1 pound lean ground turkey\*
- 1 cup uncooked brown rice
- 1 cup shredded mozzarella cheese
- 1 teaspoon dried basil
- 6 bell peppers (any color), tops and seeds removed
- 1 (28 ounce) can crushed tomatoes
- 1 ½ cups low-sodium chicken broth
- ½ cup grated parmesan cheese

\* Choose 90% lean or higher for the healthiest option.



## Directions

1. In a medium bowl, combine turkey, rice, mozzarella and basil.
2. Spoon mixture into peppers, filling each one about  $\frac{3}{4}$  full. Place peppers in slow cooker.
3. Top peppers with tomatoes. Pour chicken broth into slow cooker around the peppers.
4. Cover and cook on low for 6 hours.
5. Sprinkle peppers with parmesan cheese and serve.

**Nutrition Facts** Servings per container: 6, **Serving size: 1 pepper**, Amount per serving: **Calories 390**, **Total Fat** 14g (18% DV), **Saturated Fat** 5g (25% DV), **Trans Fat** 0g, **Cholesterol** 75mg (25% DV), **Sodium** 570mg (25% DV), **Total Carbohydrate** 42g (15% DV), **Dietary Fiber** 6g (21% DV), **Total Sugars** 9g (Includes 0g Added Sugars, 0% DV), **Protein** 27g, **Vitamin D** 0.4mcg (2% DV), **Calcium** 280mg (20% DV), **Iron** 3.9mg (20% DV), **Potassium** 940mg (20% DV), **Vitamin A** 110mcg (10% DV), **Vitamin C** 108mg (120% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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