

## **Shopping List: 3 Slow Cooker Comfort Foods**

### **Fresh Produce**

2 large potatoes  
3 large Carrots  
½ head of cabbage  
2 cloves garlic  
1 small zucchini  
3 Swiss chard leaves  
½ onion

### **Liquids**

3 cups low-sodium vegetable broth

### **Dry Goods**

2 cups dry pasta preferably whole wheat  
1 cup tomato sauce  
½ cup dried cannellini beans

### **Dairy**

1 cup low-fat milk  
1 ½ cup shredded low-fat cheese such as cheddar

### **Meat or Substitutes**

Chicken

### **Pantry Staples**

*Add items to list if you don't already have them*

Dried oregano (½ Tablespoon)  
Red pepper flakes (⅓ Tablespoon)  
Salt and black pepper  
Red wine or cider vinegar (2 Tablespoon)  
1 pinch cayenne pepper - optional  
Olive oil (2 Tablespoon)

## **Rice Cooker Mac 'N Cheese**

*This recipe works best in a medium or large rice cooker.*

Makes 4 servings. 1 cup per serving.

Ready in 20 minutes.

### **Ingredients**

2 Cup dry pasta preferably whole wheat  
2 Cup Water  
1 Cup Low-fat milk  
1½ Cup shredded low-fat cheese such as cheddar  
Salt to taste  
½ Teaspoon Black pepper  
1 pinch cayenne pepper optional

### **Directions**

1. Place pasta, water, and milk in the rice cooker. Cook for one cycle.
2. Once pasta is cooked, add the other ingredients and stir well. Close lid and keep warm until ready to serve.

Nutrition information per serving: Calories 282, Total Fat 4g, Saturated Fat 2g, Carbohydrate 43g, Dietary Fiber 0g, Protein 4g, Sodium 41mg

*Recipe Source: Leah's Pantry*

## Slow Cooker Minestrone

*Sure to warm you up on a cool evening, this minestrone soup is high in fiber, iron, magnesium and potassium.*

Makes 7 servings. 1 cup per serving.

Ready in 8 hours 15 minutes.

### Ingredients

½ onion  
2 Piece garlic cloves  
1 Tablespoon olive oil  
½ Tablespoon dried oregano  
⅛ Tablespoon red pepper flakes  
3 Cup Low-sodium veggie broth  
1 Cup tomato sauce  
½ Cup dried cannellini beans *soaked overnight*  
1 Carrot *cut into ½-in pieces*  
1 Small zucchini *quartered lengthwise and sliced ¼-in thick*  
3 Swiss chard leaves *½-in wide slices*  
Salt (to taste)  
Pepper (to taste)

### Directions

1. If possible, microwave onion, garlic, oil, oregano and red pepper flakes until onion is softened, about 5 minutes.
2. Put into slow cooker and add the first 9 ingredients.
3. Cook for 9-11 hours on LOW or 5-7 hours on HIGH.
4. Add zucchini and chard and cook until vegetables are tender (about 20-30 minutes).
5. Add salt and pepper to taste. Top with fresh basil or parmesan, if desired.

Nutrition information per serving: Calories 103, Total Fat 2.7g, Saturated Fat 0.5g, Dietary Fiber 5.2g, Sodium 268mg

*Recipe Source: Leah's Pantry*

## **Slow-Cooked Potatoes and Cabbage**

*This recipe fits a small slow cooker. It can easily be doubled, however, if you are using a larger one.*

Makes 2 servings. 1 cup per serving.

Ready in 4 hours 15 minutes.

### **Ingredients**

2 Large potatoes *cut in chunks (skin on or off)*

2 Large carrots *cut in chunks*

½ Head of cabbage

2 Cloves garlic *minced*

1 Tablespoon olive oil

2 Tablespoon red wine or cider vinegar

Salt and black pepper to taste

### **Slow Cooker Directions**

1. Put all ingredients in the slow cooker.
2. Cook on low for about 4 hours.

### **Rice Cooker Directions**

1. Place all ingredients in the rice cooker.
2. Cook for 1–2 cycles or until potatoes are tender. Add more water as needed.

Nutrition information per serving: Calories 202, Total Fat 4g, Saturated Fat 1g, Carbohydrate 40g, Dietary Fiber 9g, Protein 5g, Sodium 70mg

*Recipe Source: Leah's Pantry*