

Shopping List: 3 Slow Cooker Main Dishes

Fresh Produce

4 cloves garlic
1 head of celery
4 small onions
3 red or green bell peppers
2 carrots
1 medium sweet potato
¼ head of red cabbage
Salsa (*for tacos, optional*)
Avocado (*optional*)

Bread

4 corn or whole-grain tortillas

Dry Goods

16 oz. rice
2 (15-oz.) cans low-sodium dark red kidney beans
64 oz. vegetable broth (*or 64 oz. water, if preferred*)
¾ cup dried lentils

Dairy

Sour cream or Greek yogurt (*optional*)

Meat or Substitutes

¼ lb. cooked sliced sausage
1 lb. boneless, skinless chicken thighs

Pantry Staples

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

Olive oil
Cajun seasoning
Chili powder
Salt
Pepper
Hot sauce
Cider vinegar

Red Beans and Rice

When served with a vegetable, this dish makes a simple vegetarian meal.

Makes 6 servings. 1¼ cup per serving.

Ready in 1 hour.

Ingredients

2 cups uncooked rice, preferably brown
2 cans (15 oz. each) low-sodium dark red kidney beans, rinsed
3 cloves garlic, minced
2 teaspoons Cajun seasoning
3 stalks celery, chopped
2 small onions, chopped
2 green bell peppers, chopped
4 cups water or vegetable broth
salt and black pepper to taste
hot sauce to taste
½ lb. cooked sliced sausage (*optional*)

Rice Cooker Directions

1. Place all ingredients in the rice cooker. Cook for one cycle.
2. When done cooking, fluff with a fork and season to taste.

Slow Cooker Directions

1. Place all ingredients except rice in slow cooker.
2. Cook for 4 hours on high. Stir.
3. Add rice and cook for 2 ó hours more.

Nutrition information per serving: Calories 334, Total Fat 2g, Saturated Fat 0g, Carbohydrate 68g, Dietary Fiber 9g, Protein 10g, Sodium 542mg

Recipe Source: Leah's Pantry

Lee's Lentil Veggie Soup

Lentils are high in fiber and promote stable blood sugar. Make a batch and freeze the rest for easy leftovers.

Makes 4 servings. 1 cup per serving.

Ready in 1 hour 5 minutes.

Ingredients

- 1 tablespoon olive oil
- 1 celery stalk
- ½ medium onion, chopped
- 1 medium carrot, chopped
- 1 garlic clove, minced
- ¼ cup dried lentils
- 1 qt. vegetable broth or water
- 1 medium sweet potato, peeled and chopped (*optional*)
- 2 teaspoon cider vinegar or lemon juice (*optional*)

Directions

1. Heat the oil in a large stockpot over medium-high heat.
2. Add vegetables and sauté for 6 to 8 minutes, stirring frequently, until onion is translucent.
3. Add garlic and lentils and cook for 2 minutes, stirring constantly.
4. Add broth or water, bring to a boil and reduce heat to low.
5. Simmer stew for 30 to 40 minutes, stirring occasionally, until lentils are tender.
6. Add vinegar or lemon juice and cook for an additional 10 minutes.

Nutrition information per serving: Calories 205, Total Fat 3.9g, Saturated Fat 0.6g, Dietary Fiber 12.9g, Protein 9.9g, Sodium 46mg

Recipe Source: Leah's Pantry

Slow Cooked Chicken & Vegetable Tacos

If using soft tortillas for this recipe, warm them before adding the filling.

Makes 4-6 servings. 1 taco per serving.

Ready in 4 hours 15 minutes.

Ingredients

- 1 small onion, diced
- 2 cups sliced vegetables such as cabbage, carrots, broccoli, and/or bell pepper
- 1 lb. boneless, skinless chicken thighs
- 1 tablespoon chili powder
- Salt to taste
- 4-6 corn or whole-grain wheat tortillas

Optional Additions

- Squeeze of lime
- Shredded lettuce
- Shredded cheese
- Sour cream or Greek yogurt
- Salsa
- Sliced avocado

Slow Cooker Directions

1. Place the onion and vegetables in the slow cooker.
2. Season the chicken with salt and chili.
3. Place the chicken on top of the onions.
4. Cook on low for 4 hours or until the meat pulls apart easily with a fork.
5. With a spoon, transfer the chicken to a bowl and shred it.
6. Place equal amounts of the meat and vegetables onto each tortilla.
7. Add optional toppings.

Rice Cooker Directions

1. Prepare all ingredients as above, but place the chicken in the rice cooker first with vegetables on top of it.
2. Add $\frac{1}{4}$ cup water to the cooker.
3. Cook for 1-2 cycles, or until chicken is done.
4. Follow steps 5-7 listed above. The meat is cooked when you can shred it easily with a fork.

Nutrition information per serving: Calories 196, Total Fat 7g, Saturated Fat 2g, Dietary Fiber 3g, Protein 16g, Sodium 249mg

Recipe Source: Leah's Pantry