

## **Shopping List: 3 Slow Cooker Poultry Dishes**

### **Fresh Produce**

1 cup sliced mushrooms  
1 carrot  
1 medium onion  
2 cloves garlic  
¼ cup greens (bok choy or spinach)  
1 teaspoon grated fresh ginger  
1 cup assorted vegetables  
1 cup assorted beans and/or veggies  
(corn or peppers or onions)

### **Liquid Goods**

4 cup low-sodium chicken stock

### **Dry Goods**

½ cup brown rice  
1 cup rice (or other grain)  
1 cup salsa jarred or make your own

### **Meat or Substitutes**

2 (4-oz.) chicken breasts  
1 pound chicken  
½ pound turkey

### **Pantry Staples**

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

2 Teaspoon herbs thyme, oregano,  
rosemary  
Salt and black pepper  
Olive oil

## Slow Cooker Asian Turkey and Rice Soup

Try something different tonight with this Asian-inspired soup.

Makes 3 servings. 2 cups per serving.

Ready in 1 hours 15 minutes.

### Ingredients

- 2 Cup broth or water
- ½ Pound turkey
- 1 Cup water
- 1 Carrot *finely chopped*
- ½ Medium onion *finely chopped*
- 1 Tablespoon soy sauce
- 1 Teaspoon grated fresh ginger
- 2 Cloves garlic *minced*
- ½ Cup brown rice
- ¾ Cup greens (such as bok choy or spinach)

### Directions

1. Place all ingredients besides greens into the slow cooker.
2. Cover and cook on low for 7 to 8 hours or on HIGH for 3½ to 4 hours.
3. Add greens, cover for 5-10 more minutes or until greens have wilted.

Nutrition information per serving: Calories 154, Total Fat 6.3g, Saturated Fat 1.8g, Dietary Fiber 1.1g, Sodium 215mg

Recipe Source: Leah's Pantry

## **Rice Cooker Chicken, Rice, and Vegetables**

*Did you know you could make a meal in a rice cooker? Like a crock pot, just put all of the ingredients in the cooker in the morning and come home to a meal in the evening.*

Makes 4 servings. 1 cup per serving.

Ready in 1 hours 10 minutes.

### **Ingredients**

2 4-oz. chicken breasts *cut into ½ inch cubes (raw or cooked)*

2 Cup low sodium chicken stock

1 Cup rice (or other grain)

1 Cup assorted vegetables *chopped into small pieces*

2 Teaspoon herbs *thyme, oregano, rosemary*

Salt and pepper

### **Directions**

1. Put items into rice cooker in the order that they're listed in the ingredient list. Cover and cook for a normal cycle. Check to make sure the chicken is cooked through before eating.

Nutrition information per serving: Calories 258, Total Fat 3.3g, Saturated Fat 0.8g, Carbohydrate 38.5g, Dietary Fiber 2.3g, Protein 17.4g, Sodium 130.8mg

*Recipe Source: Leah's Pantry*

## **Slow Cooker Salsa Chicken**

*Try this Salsa Chicken recipe tonight and see just how easy cooking with a crock pot can be!*

Makes 4 servings. 1½ cup per serving.

Ready in 9 hours 10 minutes.

### **Ingredients**

- 1 Pound chicken
- 1 Cup salsa *jarred or make your own*
- 2 Cup assorted vegetables (such as corn or peppers or onions)

### **Directions**

1. Cover chicken with salsa, beans and veggies in slow cooker.
2. Cook on LOW for 6-9 hours. The cooking time will vary with the type of chicken meat and size of pieces.

Nutrition information per serving: Calories 192, Total Fat 4g, Saturated Fat 0.9g, Dietary Fiber 3.8g, Sodium 207mg

*Recipe Source: Leah's Pantry*