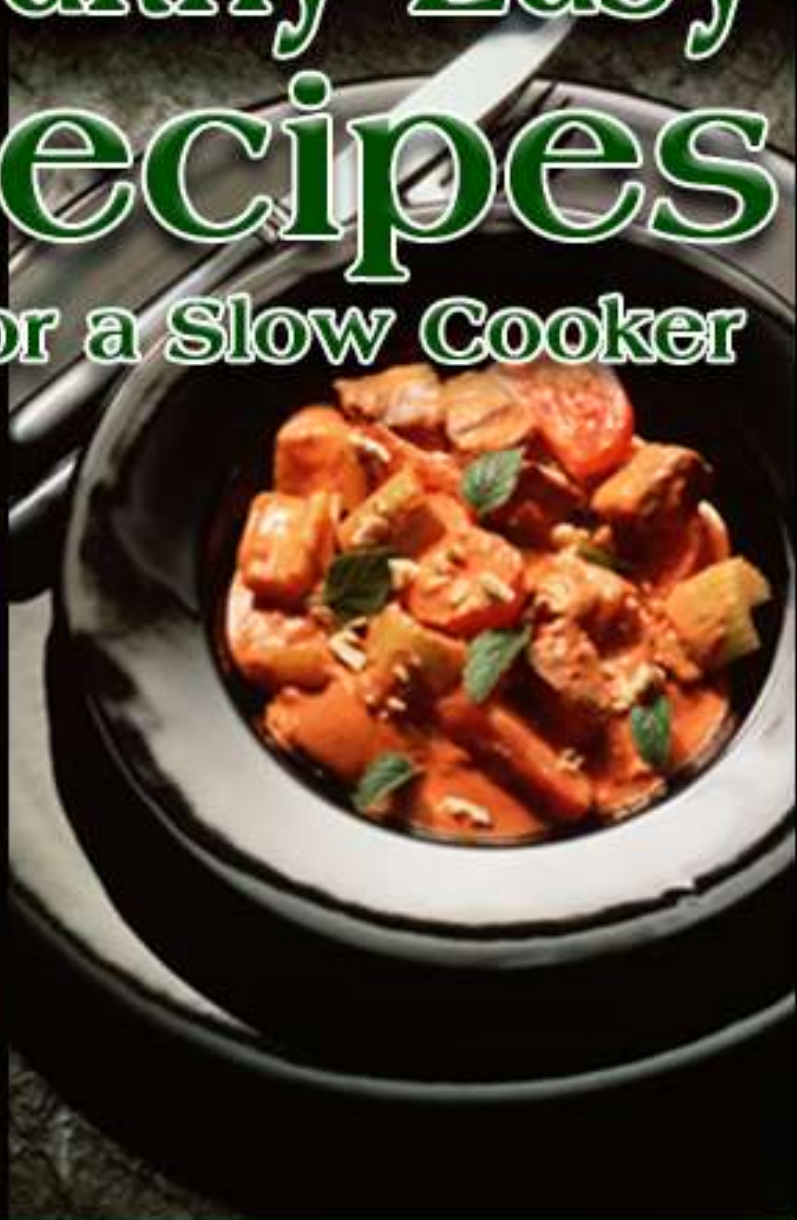


FAVEDIETS



31 Healthy Easy Recipes for a Slow Cooker



Everyday recipes made lighter

31 Healthy Easy Recipes for a Slow Cooker

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Between all the stresses of life, who has time to cook a hearty tasty meal, especially one that is good for you too. That's where slow cookers come in. With hardly any effort at all, a healthy low calorie slow cooker recipe transforms a few healthy ingredients into a low fat low calorie taste sensation. From soup and casseroles to chili and shrimp, a slow cooker works for any ingredient. With good slow cooker recipes, you don't need lots of sugar, fat, salt and calories to have a tasty dish.

We have assembled some of our staff's favorite healthy slow cooker recipes, including slow cooker chicken recipes, healthy slow cooker ribs recipes, and healthy shrimp slow cooker recipes. We have everything from Slow Cooker Chicken Stir Fry, Triple-Sweetened Spare Ribs, Spicy Beef Chili, plus lots more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy easy recipes for a slow cooker!

For more easy recipes for a slow cooker, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy recipes for a slow cooker!

Sincerely,

The Editors of FaveDiets

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www.favedietsblog.com

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Slow Cooker Chicken Recipes

Healthy Venetian-Style Chicken

Description

This healthy slow cooker chicken recipe is as beautiful as Venice's canals. Paprika, basil and lemon perfectly complement the chicken in this healthy easy recipe for a slow cooker.

Ingredients

- 1 teaspoon sweet paprika
- $\frac{1}{4}$ cup white whole wheat flour
- 1 teaspoon dried basil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 3 $\frac{1}{2}$ pounds broiler-fryer chicken, de-skinned and cut up
- 4 dried mushrooms
- $\frac{1}{4}$ cup sun-dried tomatoes, chopped
- 1 small onion, chopped
- 2 tablespoons red wine, optional
- 8 ounces can tomato sauce
- 1 tablespoon lemon peel, freshly grated

Instructions

1. In a large bowl, combine paprika, flour, basil, salt, and pepper. Coat chicken pieces with mixture; set aside.
2. Rinse mushrooms and break into small pieces; remove and discard stems.
3. Place mushrooms, sun-dried tomatoes and onion in slow cooker. Place chicken pieces on top.
4. In a bowl, combine wine, if using, tomato sauce and lemon peel; pour over chicken.
5. Cover and cook on low 5 to 6 hours or until chicken is tender. Serve over pasta; top with reduced fat Parmesan cheese and chopped fresh parsley if desired.

Chicken Barbecue Sandwich

Description

Make a delicious and tender barbecue sandwich that you don't have to feel guilty about eating with this slow cooker chicken recipe. With so many flavors, this is one of the tastiest barbecue low calorie slow cooker recipes in existence.

Serves: 4

Cooking Time: 6 hr

Ingredients

- 4 boneless skinless, chicken breasts
- 20 ounces jar of low sugar BBQ sauce
- Salt
- Pepper
- 4 tablespoons Worcestershire sauce
- 2 tablespoons Liquid Smoke (optional)
- 4 whole wheat rolls

Instructions

1. Place chicken breasts into slow cooker. Pour barbecue sauce over chicken.
2. Add salt, pepper, Worcestershire sauce and liquid smoke to slow cooker.
3. Cook four hours on medium and then turn it down to low for two hours.
4. Place on rolls and pour a little sauce on.

Island Pineapple Chicken Breasts

Description

Bring some tropical island flair to your kitchen with this healthy slow cooker cooking recipe. Full of pineapple and other island flavors, this low calorie slow cooker recipe is great for any night of the week.

Serves: 4

Ingredients

- 4 green onions
- 3 tablespoons butter substitute
- 4 skinless chicken breast halves
- Whole wheat flour seasoned with salt and pepper
- 14 ounces can sliced pineapple
- 1 avocado
- Brown rice

Instructions

1. Chop onions using only 1 inch of green tops. Sauté in 1 tablespoon of butter substitute until glazed. Transfer to slow cooker.
2. Coat chicken breasts in seasoned flour. Sauté until brown on both sides. Transfer to slow cooker.
3. Drain pineapple. Pour juice over chicken.
4. Cover and cook on low 3-4 hours, high 1 1/2 - 2 hours, or until breasts are tender.
5. Sauté pineapple slices in butter until golden. Place on heated platter. Top each with a chicken breast.
6. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast.
7. Serve pan drippings over rice.

Incredibly Easy Chicken

Description

This low calorie chicken recipe is the easiest slow cooker cooking recipe you will ever find. Just throw the ingredients into the slow cooker and in no time, you will have an incredibly delicious slow cooker chicken recipe.

Serves: 4

Ingredients

- 4 boneless skinless chicken breasts
- 28 ounces can Italian-seasoned diced tomatoes
- 1 envelope Herb and Garlic Recipe Soup Mix
- Hot cooked brown rice or whole wheat pasta
- reduced fat Parmesan cheese, grated

Instructions

1. Cut chicken into bite-size pieces.
2. Mix chicken, tomatoes and soup mix together, and pour into slow cooker.
3. Cook on low for six to eight hours.
4. Serve over rice or bow tie pasta and sprinkle with Parmesan cheese.

Notes

If you have an oven, you can do this in an oven-browning bag. Just bake for about 45 minutes at 350 degree F.

Zucchini and mushrooms are nice additions to the recipe.

Slow Cooker Chicken Stir Fry

Description

This ultra-tasty slow cooker chicken recipe combines the flavor of a stir fry with the convenience of a slow cooker. Have a delicious veggie-filled meal waiting for you with this low calorie slow cooker recipe.

Serves: 4

Ingredients

- 2 skinless boneless chicken breasts
- 1 teaspoon salt
- 1 teaspoon crystallized ginger, minced
- 1 cup celery, sliced
- 5 ounces water chestnuts, sliced and drained
- 1 onion, sliced
- 2 cups low sodium chicken bouillon
- 2 tablespoons low sodium soy sauce
- 1 cup mushrooms, sliced
- 1 pound bean sprouts, drained
- 2 cups cooked brown rice
- 1/2 cup almonds, slivered

Instructions

1. Cut chicken into strips about 2-inches long and 1/2-inch thick.
2. Place chicken in slow cooker with salt, ginger, celery, water chestnuts, onions, bouillon, and soy sauce.
3. Cover and cook on low five to six hours.
4. Turn control to high. Add mushrooms and bean sprouts. Cover and cook on high 15 minutes.
5. Serve over hot rice. Sprinkle with almonds.
6. Serve with extra soy sauce, if desired.

Heart Healthy Chicken Chili with Summer Squash

Description

Chock full of lean hearty ingredients like skinless white meat chicken, summer squash, corn and great northern beans, this low calorie slow cooker recipe is a healthy dinner delight.

Serves: 8

Cooking Time: 7 hr

Ingredients

- 2 cups great northern beans
- 3 cups water
- 2 onions, chopped
- 2 cloves garlic, minced
- 3 pickled jalapeno peppers, seeded and chopped
- 1 tablespoon cumin
- 1 teaspoon chili powder
- 1 1/2 pounds boneless skinless chicken white meat, cut into 1-inch pieces
- 1 pound summer squash
- 15 ounces can hominy or corn, drained
- 1/2 cup low fat sour cream
- Salt
- 1 tablespoon lime juice
- 1/4 cup cilantro, chopped
- 2 plum tomatoes, chopped

Instructions

1. Bring beans to a boil in enough water to cover. Drain. Combine beans with 3 cups boiling water in slow cooker. Add seasonings. Place chicken on top.
2. Quarter squash lengthwise, seed and cut crosswise into 3/4" pieces. Add to cooker.
3. Cover and cook on low heat for 7 hours or until beans are tender.
4. Stir in hominy or corn, sour cream, salt, lime juice and chopped cilantro. Spoon into bowls. Garnish with sour cream, tomato and cilantro if desired.

Artichoke Chicken with Roasted Red Peppers and Cheese

Description

From the lean chicken and protein-rich cheese to roasted red peppers and artichokes, this low calorie slow cooker recipe is an absolute delight. Let this slow cooker cooking recipe show you how tasty chicken can be.

Serves: 6

Ingredients

- 1 to 1 1/2 pounds boneless skinless chicken breast, rinsed, dried and cubed
- 4 to 6 ounces roasted red peppers, chopped
- 1 15-ounce can artichoke hearts, quartered
- 8 ounces processed reduced fat American cheese
- 2 teaspoons Worcestershire sauce
- 1 10-ounce can fat free cream of mushroom soup
- 2 cups reduced fat Cheddar cheese, shredded
- 4 cups hot cooked whole wheat pasta, 8 to 10 ounces
- Salt and pepper to taste

Instructions

1. In a 3 1/2-quart or larger slow cooker, combine chicken, peppers, artichokes, American cheese, Worcestershire sauce, and soup in the slow cooker.
2. Cover and cook on low for six to eight hours.
3. About 15 minutes before serving, add shredded Cheddar cheese and hot cooked pasta. Taste and add salt and pepper as needed.

Slow Cooker Ribs Recipes

Honey Mustard Beef Ribs

Description

With this easy recipe for a slow cooker, you can make delicious barbecue ribs that are actually good for you. This low fat delight comes from a slow cooker cooking recipe that anyone can make.

Serves: 6

Ingredients

- 3 pounds lean beef short ribs
- 1 tablespoon Dijon-style mustard
- 1 garlic clove, crushed
- 2 tablespoons raw honey
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 cup low sugar barbecue sauce
- 2 tablespoons cornstarch
- 2 cold water
- Cooked whole wheat noodles

Instructions

1. Place short ribs in slow cooker.
2. In medium bowl, combine mustard, garlic, honey, salt, pepper, and barbecue sauce. Pour over ribs.
3. Cover and cook on low six to seven hours, or until tender.
4. Refrigerate overnight. Skim any solidified fat from top.
5. Remove ribs; heat in microwave or conventional oven.
6. Dissolve cornstarch in cold water. Add to sauce from ribs.
7. Cook and stir in microwave or on stove top until hot and slightly thickened.
8. Pour hot sauce over warm ribs. Serve on cooked noodles.

Tex-Mex Ribs

Description

Let this easy recipe for a slow cooker show you how to make a magical dish with only four ingredients and a slow cooker. This slow cooker ribs recipe is a simple delight.

Serves: 5

Ingredients

- 4 pounds lean beef short ribs
- $\frac{1}{4}$ cup green pepper, chopped
- 10 $\frac{1}{2}$ ounces can low sodium beef consommé
- 1 $\frac{1}{4}$ ounces package low sodium Taco seasoning mix

Instructions

1. In a large skillet, brown short ribs; pour off excess fat.
2. Mix beef consommé with dry taco mix; add green pepper.
3. In slow cooker pour sauce over the ribs.
4. Cover and cook on low for six to eight hours.

Triple-Sweetened Spare Ribs

Description

This slow cooker cooking recipe is plenty sweet, but it surprisingly good for you too. Low in calories and fat, this delectable easy recipe for a slow cooker is an instant classic.

Ingredients

- 2 pounds lean spare ribs
- 1 can condensed low sodium beef bouillon
- $\frac{1}{2}$ cup water
- 2 tablespoons maple syrup
- 2 tablespoons honey
- 3 tablespoons low sodium soy sauce
- 2 tablespoons low sugar barbecue sauce
- $\frac{1}{2}$ teaspoon dry mustard

Instructions

1. Bake ribs at 350 degrees F for 1 hour, 30 minutes per side, or broil for 15 to 20 minutes to remove fat. Cut into single servings.
2. Combine ingredients in slow cooker, stir to mix. Add ribs.
3. Cover and cook overnight or on low for eight hours.
4. Serve over brown rice.

Slow Cooker BBQ Spareribs

Description

Winter, spring, summer or fall, all you got to do is put the ingredients in the slow cooker to make a delicious slow cooker cooking recipe. This low calorie slow cooker recipe is unbelievably tasty.

Ingredients

- 5 pounds lean spareribs, cut into 2-rib pieces
- 1 cup ketchup
- 3 drops hot pepper sauce
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{4}$ cup brown sugar, packed
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon celery seeds
- 1 small onion, finely chopped

Instructions

1. Preheat oven to 400 degrees F.
2. Place spareribs on a rack in a shallow baking pan. Brown in oven 15 minutes; turn and brown on other side 10 to 15 minutes. Drain fat.
3. Place ribs in slow cooker. In a small bowl, combine ketchup, pepper sauce, vinegar, brown sugar, salt, celery seeds, and onion.
4. Pour ketchup mixture over ribs; turn ribs until evenly coated.
5. Cover and cook on low about 6 hours or until ribs are tender. Serve hot.

Shrimp Slow Cooker Recipes

Slow Cooker Shrimp with Chicken and Orzo

Description

Chock full of flavor from the shrimp and chicken, this easy recipe for a slow cooker is to die for. The inclusion of shrimp and chicken in this slow cooker cooking recipe means that this dish has lots of lean protein.

Serves: 4

Ingredients

- 12 ounces boneless skinless chicken thighs
- 1 large onion, chopped
- 3 cloves garlic, minced
- 14 1/2 ounces diced tomatoes, Italian style
- 2 tablespoons tomato paste
- 1/2 cup port wine, or low sodium chicken broth
- 2 tablespoons lemon juice
- 2 bay leaves
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper
- 8 ounces frozen peeled shrimp, thawed and drained
- 9 ounces frozen artichoke hearts, thawed and coarsely chopped
- 2 cups orzo, cooked
- 1/2 cup reduced fat feta cheese, crumbled

Instructions

1. Rinse chicken; pat dry. Cut chicken thighs into quarters.
2. In a slow cooker, place the onion and garlic. Top with the chicken pieces.
3. In a bowl combine the un-drained tomatoes, tomato paste, port wine, lemon juice, bay leaves, salt, and crushed red pepper. Pour over all.
4. Cover; cook on low heat setting for six to seven hours.
5. Turn to high heat setting. Remove bay leaves. Stir in shrimp and artichoke hearts. Cover; cook for five minutes more.
6. Serve chicken and shrimp mixture over hot cooked orzo. Sprinkle with feta cheese.

Low Fat Shrimp Marinara

Description

This shrimp slow cooker recipe shows that you do not need lots of ingredients to make a delicious and healthy meal. This easy recipe for a slow cooker would work great as a light dinner or a healthy appetizer.

Serves: 6

Ingredients

- 2 6-ounce cans tomato paste
- 3 tablespoons parsley, minced
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon pepper
- 2 16-ounce cans whole tomatoes
- 1 cup water
- 2 garlic cloves, minced
- 1 teaspoon basil
- 24 ounces jumbo shrimp, frozen

Instructions

1. Place all ingredients, except shrimp, into a slow cooker.
2. Stir to combine, cover and cook on medium for eight hours.
3. Stir shrimp into sauce in the last 45 minutes; recover. Serve over rice.

Easy Reduced Calorie Jambalaya

Description

This jambalaya recipe is terrific because it is low in calories and easily comes together in a slow cooker. This low calorie slow cooker recipe cannot be beat. Make this easy recipe for a slow cooker now.

Serves: 6

Ingredients

- 2 cups lean boiled ham, diced
- 2 medium onions, coarsely chopped
- 2 stalks celery, sliced
- 1/2 green bell pepper, seeded and diced
- 1 28-ounce can whole tomatoes
- 1/4 cup tomato paste
- 3 cloves garlic, minced
- 1 tablespoon parsley, minced
- 1/2 teaspoon leaf thyme
- 2 whole cloves
- 2 tablespoons light vegetable oil
- 1 cup raw long-grain converted rice
- 1 pound fresh or frozen raw shrimp, shelled and cleaned

Instructions

1. Thoroughly mix all ingredients except shrimp in a slow cooker.
2. Cover and cook on low for eight to 10 hours.
3. One hour before serving, turn slow cooker to high and stir in uncooked shrimp. Cover and cook until shrimp are pink and tender.

Slow Cooker Asian Recipes

Slow Cooked Chicken with Soy Sauce and Brown Sugar

Description

With just five healthy ingredients, you can have a delicious healthy chicken recipe that will please everyone with this slow cooker chicken recipe. Use low sodium soy sauce to make this slow cooker recipe even healthier.

Serves: 6

Ingredients

- 6 skinless drumsticks with thighs attached
- $\frac{1}{2}$ cup low sodium soy sauce
- $\frac{1}{4}$ cup light brown sugar, packed
- 1 clove garlic, crushed
- 1 8-ounce can tomato sauce

Instructions

1. Rinse chicken and pat dry with paper towels.
2. Place chicken in a slow cooker.
3. In a medium bowl, combine soy sauce, brown sugar, garlic, and tomato sauce.
4. Pour sauce over chicken.
5. Cover and cook on low about five hours or until chicken is tender.

Healthy Steak Chow Mein

Description

This is one of the best slow cooker recipes around because it combines crunchy vegetables with tender beef. This healthy easy recipe for a slow cooker makes for an ideal healthy meal.

Ingredients

- 4 ounces can mushrooms
- 1 1/2 pounds lean round steak, cubed
- 4 stalks celery
- 2 medium onions
- 1 cup hot water with 3 low sodium bouillon cubes
- 3 tablespoons low sodium soy sauce
- 2 teaspoons Worcestershire sauce
- 1 pound can Chinese vegetables
- 2 tablespoons cornstarch and 2 tablespoons water

Instructions

1. Combine mushrooms, steak, celery, onions, bouillon water, soy sauce, Worcestershire sauce, vegetables and cornstarch water in a slow cooker.
2. Cook eight to 10 hours in slow cooker on low.
3. One hour before serving add Chinese vegetables and cornstarch and water.

All Day Chinese-Style Ribs

Description

This slow cooker cooking recipe does take all day to make, but the resulting flavorful dish is worth it. Discover how great a slow cooker is at getting the most flavor out of tough, lean cuts of meat with this healthy slow cooker recipe.

Ingredients

- 1/4 cup soy sauce
- 1/4 cup orange marmalade
- 2 tablespoons tomato sauce
- 1 tablespoon sugar or sugar substitute
- 3/4 teaspoon vinegar
- 1 small pinch ground cloves
- 1 clove garlic, crushed
- 3 pounds lean spareribs

Instructions

1. Combine soy sauce, marmalade, tomato sauce, sugar, vinegar, cloves and garlic.
2. Brush sauce on both sides of ribs.
3. Place in slow cooker. Pour remaining sauce over all.
4. Cover and cook on low for eight to 10 hours.

Beef with Chinese-Style Vegetables

Description

For a hearty and filling meal that is full of healthy veggies and lean meat, give this easy recipe for a slow cooker a try. Prepare to be amazed at the amount of flavor in this healthy slow cooker Asian recipe.

Serves: 6

Ingredients

- 1 1/2 pounds lean steak, thinly sliced
- 1 can low sodium beef consommé soup
- 1/4 cup low sodium soy sauce
- 1/4 teaspoon ginger, ground
- 8 green onions
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 can sliced water chestnuts, drained
- 1 small can bamboo shoots, drained
- 1 small can bean sprouts, drained
- 7 ounces frozen Chinese pea pods, partially thawed

Instructions

1. Combine steak in slow cooker with consommé, soy sauce, ginger and onion.
2. Cover and cook on low for five to seven hours.
3. Turn control to high. Dissolve cornstarch in the 2 tablespoons cold water and add to slow cooker.
4. Cook on high for 15 minutes or until thickened.
5. During last 5 minutes of cooking, add water chestnuts, bamboo shoots, bean sprouts and pea pods.
6. Serve over hot brown rice.

Slow Cooker Beef Chili Recipes

Hearty Beef Chili

Description

Warm up with a big bowl of chili that is actually good for you with this easy recipe for a slow cooker. You will be amazed that this slow cooker beef chili recipe is lower in calories than a traditional chili.

Serves: 4

Ingredients

- 1 pound 97% lean ground beef
- 1 medium onion, chopped
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 2 cans (16 ounces each) diced tomatoes, un-drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1/2 cup prepared salsa
- Salt and pepper
- 1/2 cup reduced fat Cheddar cheese, shredded
- 3 tablespoons fat free sour cream
- 4 teaspoons black olives, sliced

Instructions

1. Heat large skillet over medium high heat.
2. Add beef and onion; cook until beef is browned and onion is tender. Drain fat.
3. Place beef mixture, chili powder, cumin, tomatoes, beans, and salsa in slow cooker; stir.
4. Cover and cook on low five to six hours or until flavors are blended and chili is bubbly.
5. Season with salt and pepper to taste.
6. Serve with cheese, sour cream, and olives.

Reduced Fat Beef Chili with Red Beans

Description

Let this easy recipe for a slow cooker guide you in making a beef chili you don't have to feel bad about eating. With beans and lean beef, this low calorie slow cooker recipe is both tasty and healthy.

Ingredients

- 1 pound lean ground beef
- 1 large onion, chopped
- 16 ounces dried small red beans, rinsed drained and picked over
- 16 ounces jar roasted red peppers, rinsed drained and coarsely chopped
- 18 ounces can diced peeled tomatoes
- 15 ounces can tomato sauce
- 3 to 4 tablespoons New Mexico chili powder
- 1 1/2 tablespoons ground cumin
- 1 teaspoon garlic powder
- Reduced fat Monterey Jack or Cheddar cheese, shredded
- Onions, chopped
- Tomatoes, chopped
- Sour cream

Instructions

1. In a large skillet, cook the beef and onion over medium-high heat, stirring, until the beef is browned, six to eight minutes. Drain off any fat. Turn beef into a 5-quart electric slow cooker.
2. Add the beans, red peppers, tomatoes with their liquid, tomato sauce, chili powder, cumin, and garlic powder to slow cooker. Mix well.
3. Cover and cook on the low heat setting nine to 10 hours, or until the beans are tender.
4. Serve topped with cheese, onions, tomatoes, and sour cream, as desired.

Spicy Beef Chili

Description

For a spicy, satisfying and healthy recipe, give this easy recipe for a slow cooker a try. This slow cooker beef chili recipe shows that hearty comforting chili can be good for you too.

Ingredients

- 2 pounds lean ground beef round
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 red bell pepper, coarsely chopped
- 2 jalapeno peppers, minced
- 1/4 cup plus 1/2 tablespoon chili powder
- 2 teaspoons dried oregano, crumbled
- 1 tablespoon ground cumin
- 2 14 1/2 ounce cans whole tomatoes, un-drained and chopped
- 1 1/2 cups low sodium beef broth
- 15 1/2 ounces can pinto beans, rinsed and drained
- 1 cup low fat sour cream
- 1/4 cup fresh cilantro, chopped
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 3/4 cup reduced fat Colby cheese, shredded

Instructions

1. In a large skillet, brown beef, onion, and garlic in oil over medium-high heat, stirring constantly, about five minutes. Drain off excess oil.
2. Using a slotted spoon, transfer beef mixture to a slow cooker and combine with olive oil, bell pepper, jalapenos, 1/4 cup chili powder, oregano, cumin, tomatoes, beef broth and pinto beans. Stir to mix well.
3. Cover and cook on low for eight to 10 hours or on high for four to five hours. Stir once during the last hour if cooking on high.
4. Meanwhile, in a small bowl, combine sour cream, cilantro, 1/2 teaspoon chili powder, onion powder, and cayenne. Stir well to blend evenly. Refrigerate until ready to use.
5. Return to room temperature before spooning a dollop onto each serving of chili. Sprinkle with Colby cheese and serve.

Low-Cal Cincinnati-Style Chili

Description

Flavored with cinnamon and cloves, this slow cooker beef chili recipe is very different from traditional beef chilies. This easy recipe for a slow cooker is healthier than a traditional Cincinnati chili, but just as tasty.

Serves: 6

Ingredients

- 2 pounds lean ground beef
- 2 cups water
- 6 ounces tomato paste
- 1 large onion, chopped
- 2 tablespoons chili powder
- 2 large garlic cloves, minced
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 red pepper, cracked
- 2 teaspoons unsweetened cocoa powder
- 2 teaspoons Worcestershire sauce
- 5 whole allspice
- 5 whole cloves
- 1 bay leaf
- 15 ounces can Kidney beans, drained
- Chopped onions
- reduced fat Cheddar cheese, grated
- Whole wheat thin spaghetti, cooked

Instructions

1. Brown ground beef.
2. Put ground beef in slow cooker with water, tomato paste, chopped onion, chili powder, garlic, salt, cinnamon, nutmeg, red pepper flakes, cocoa powder, Worcestershire sauce, and cheesecloth bag containing whole allspice and cloves.
3. Cook eight hours on low.
4. Add cooked beans and cook on high for 20 - 30 minutes.
5. Serve over thin spaghetti and top with chopped onions and cheese.

Slow Cooker Ham Recipes

Easy Slow Cooker Ham

Description

This is one of the best slow cooker ham recipes because it is so easy to make and inexpensive too. Easy recipes for a slow cooker make for delicious go-to dinners any night of the week.

Serves: 4

Ingredients

- 1 to 1 1/2 pounds lean canned ham
- 1 cup apple juice
- 1/3 cup brown sugar
- 1 teaspoon prepared mustard

Instructions

1. Slice ham into four slices and place in a small slow cooker.
2. Combine apple juice, brown sugar and mustard. Pour over ham slices.
3. Cover and cook seven to 10 hours.

Notes

Double or triple this recipe for larger ham to be cooked in large slow cooker.

Slow Cooked Ham with Potatoes and Cheese

Description

For a healthier way to enjoy ham, give this low calorie slow cooker recipe a try. Lean ham, potatoes and reduced fat cheese combine to form one of the most delicious slow cooker ham recipes.

Serves: 6

Ingredients

- 2 cups lean ground cooked ham, about 1/2 pound
- 1/2 cup reduced fat cheese crackers, finely crushed
- 1 egg
- 1/3 cup low sugar barbecue sauce
- 4 large potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 2 tablespoons butter substitute
- 2 tablespoons light vegetable oil
- 2/3 cup evaporated skim milk
- 1 cup reduced fat mozzarella cheese, grated
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper

Instructions

1. Combine ground ham, crushed crackers, egg and barbecue sauce and shape into six patties.
2. In a skillet, sauté potato and onion slices in butter and oil over medium heat, turning frequently to prevent browning. Drain and place in slow cooker.
3. Combine milk, cheese and seasonings and pour over potatoes and onions. Layer ham patties on top. Cover and cook on low setting for three to five hours.

Hawaiian-Style Ham with Cherries

Description

Make a sweet and tender ham that is low in calories and fat with this delicious low calorie slow cooker recipe. This slow cooker ham recipe transforms ham into a delicious delight.

Ingredients

- 1/2 to 1 pound lean cooked ham
- 1 16 ounce jar natural maraschino cherries
- 20 ounces can crushed pineapple
- Brown sugar, to taste

Instructions

1. Slice ham into 1/4 inch slices. Place in bottom of slow cooker.
2. Combine cherries, pineapple and brown sugar
3. Pour cherry mixture over ham and cook on low for eight to 10 hours.

Notes

Thicken with cornstarch if you like. Serve over brown rice, if desired.

Lean Ham with Beans

Description

Filled with veggies and lean protein, this easy recipe for a slow cooker is good for you too. For a healthier dinner option, use the slow cooker and make this unbelievable slow cooker ham recipe.

Serves: 3

Cooking Time: 8 hr

Ingredients

- 12 ounces dried beans
- 5 cups water
- 2 cups lean ham, diced
- 1 cup celery, chopped
- 1 cup onion, diced
- 1/2 cup carrots, minced finely
- 1 teaspoon seasoned salt
- 2 teaspoons low sodium beef soup base or bouillon
- 1 teaspoon low sodium chicken soup base or bouillon
- 1/4 teaspoon red pepper flakes
- 1 pinch dill weed
- 1 pinch caraway seeds
- 1 clove garlic, minced

Instructions

1. Soak beans overnight or boil on stovetop for 10 minutes prior to adding them to the slow cooker.
2. Combine beans, water, ham, celery, onion, carrots, seasoned salt, beef base, chicken base, red pepper flakes, dill, caraway and garlic in slow cooker.
3. Cook on low eight hours or until beans are tender.

Notes

Variations: Use 4 cups water for baby lima beans. Use 2 tablespoons dried vegetables in place of 1 cup fresh. Use 1 tablespoon dried carrots in place of fresh

Easy Slow Cooker Soup Recipes

Low Fat Beef and Vegetable Soup

Description

This easy slow cooker soup recipe is so fantastic because it has lots of nutrients but almost zero fat, sugar and cholesterol. Enjoy this low calorie slow cooker recipe for soup guilt free.

Ingredients

- 1 pound lean ground beef
- $\frac{1}{2}$ cup onion, chopped
- 2 cloves garlic, minced
- 2 cups pre-shredded coleslaw mix
- 10 ounces package frozen whole kernel corn
- 9 ounces package frozen cut green beans
- 4 cups hot-style vegetable juice
- 14 $\frac{1}{2}$ ounces can Italian-style stewed tomatoes, un-drained
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dried basil, crushed
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. In large skillet, cook ground beef, onion, and garlic till meat is brown and onion is tender. Drain fat.
2. In slow cooker, combine meat mixture, coleslaw mix, frozen corn, frozen green beans, vegetable juice, un-drained tomatoes, Worcestershire sauce, basil, and pepper. Cover; cook on low setting for eight to 10 hours or on high setting for four to five hours.

Beef Shank Soup with Frozen Vegetables

Description

This is one of the best low calorie slow cooker recipes for soup around. Make this easy slow cooker soup recipe for lunch or as a starter for a delicious and healthy meal. This slow cooker recipe will not disappoint.

Serves: 6

Cooking Time: 12 hr

Ingredients

- 1 pound lean beef shanks
- 3 cups water
- 1 teaspoon salt
- 4 whole peppercorns
- 1 can tomatoes
- 3 low sodium beef bouillon cubes
- 2 carrots sliced
- 1 package frozen vegetables
- 3 stalks celery, with tops
- 2 medium onions, diced
- 2 medium potatoes diced

Instructions

1. Put beef, water, salt, peppercorns, tomato, bouillon cubes, carrots, frozen vegetables, celery, onions and potatoes in slow cooker.
2. Cover and cook on low 12 hours or on high for four to six hours.

Healthy Mexican-Style Soup

Description

For a healthy way to incorporate delicious Mexican flavors into your cooking, give this easy slow cooker soup recipe a try. This low calorie slow cooker recipe does not disappoint.

Ingredients

- 1 pound lean ground beef
- 8 cups low sodium chicken stock
- 4 tablespoons white whole wheat flour
- 1 egg
- 1 red chili pepper
- 4 medium carrots, grated
- 5 1/2 tablespoons Minute brown rice
- 1/2 pound spinach, chopped
- 1/2 teaspoon oregano
- 1/4 pound lean ham, chopped
- 2 1/2 tablespoons parsley

Instructions

1. Mix beef, 1/2 cup stock, flour and egg. Form into small balls. Set aside.
2. Put remaining stock, chili pepper, carrots and rice in slow cooker on high to simmer.
3. When simmering, add meat balls cover and cook 30 minutes. Then turn heat on low and cook three hours.
4. Add other ingredients and cover and cook for 20 more minutes.

Notes

May be served with lemon wedges if desired.

Simple and Healthy French Onion Soup

Description

Thanks to the slow cooker, this easy slow cooker soup recipe is way easier to make than a traditional French onion soup. With a few ingredient substitutions, this slow cooker recipe is good for you too.

Ingredients

- 1 quart low sodium beef bouillon or stock
- 2 to 3 cups onion, sliced
- $\frac{1}{4}$ cup butter substitute
- 1 teaspoon Worcestershire sauce
- 2 tablespoons white whole wheat flour
- $\frac{1}{4}$ cup dry vermouth or white wine, optional
- $1\frac{1}{2}$ teaspoons salt

Instructions

1. Pour beef bouillon in slow cooker. Cover and set on high.
2. Cook onions slow in large skillet in butter substitute. Cover and let cook 15 minutes.
3. Add Worcestershire sauce, flour, vermouth and salt to onions. Stir well and add to stock in slow cooker. Cover and cook on low six to eight hours or three hours on high.

Pork Chop Stew

Description

Let this easy slow cooker soup recipe show you how to make a delicious and healthy soup without wasting hours in the kitchen. This easy recipe for a slow cooker shows off the versatility of pork chops.

Ingredients

- 6 lean pork loin chops
- 4 tablespoons white whole wheat flour
- 2 tablespoons light oil
- 6 medium potatoes, cubed
- 1 medium onion, chopped
- 1 small cabbage, cut in thin wedges (optional)
- 4 carrots, diced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 teaspoons low sodium beef bouillon granules
- $\frac{1}{4}$ cup water
- 14 $\frac{1}{2}$ ounces can sliced tomatoes
- $\frac{1}{2}$ cup low fat sour cream
- 2 tablespoons cornstarch

Instructions

1. Trim fat from chops. Coat with two tablespoons flour.
2. Brown chops in oil over medium heat.
3. Place potatoes, onion and carrots in slow cooker. Sprinkle remaining flour over and toss to coat.
4. Layer over potato mixture, in order, cabbage, salt, pepper, chops, bouillon, $\frac{1}{4}$ cup water and stewed tomatoes with juice. Do not stir.
5. Cover and cook on high 3 $\frac{1}{2}$ to 4 hours or on low for 7 - 8 hours
6. Optional: in small saucepan, stir sour cream and cornstarch until smooth. Measure cooking liquid and add enough water or milk to 1 $\frac{1}{2}$ cups. Stir into saucepan. Cook and stir over medium heat until thick and mixture comes to a boil. Serve with chops.

31 Healthy Easy Recipes for a Slow Cooker

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