



Balanced Habits Presents

SLOW COOKER RECIPES



LEMON HERB CHICKEN

Total Cooking Time: HIGH 3-4 hrs. or LOW 6-7 hrs.

Ingredients

4 – 4.5 Lb. Whole Chicken

Olive Oil Cooking Spray

2 Tbsp. Italian Seasoning

1 Tbsp. Dried Minced Onion

1 1/2 tsp. Garlic Salt

1/2 tsp. White Pepper

1/2 tsp. Red Chili Pepper Flakes

2 Lemons, thinly sliced, placed in and around chicken

3 Whole Garlic Cloves, peeled, thinly sliced, placed in and around chicken

Step 1

Remove chicken from any wrap in the sink. Remove neck and giblets; toss or freeze for later use. Rinse chicken inside and out with cool water. Pat dry with paper towels and place into slow cooker.

Step 2

Spray chicken with olive oil spray. Evenly sprinkle all 5 seasonings all over chicken and pat into the skin. Place lemon and garlic slices in and around chicken, tucking in where able.

Step 3

Cook chicken on HIGH for 3 – 4 hours or LOW for 6 –7 hours. Meat will fall off the bone, which is ideal. Use tongs and a large spatula to remove to a waiting tray. Allow any skin and bones to fall away into the slow cooker.

If you want to save the broth for another time, pour contents through a sieve or fine mesh colander into a bowl. Toss the solids. When completely cool, cover and refrigerate. When a layer of fat has formed, remove and reserve the broth for future uses. Add water to thin this very condensed and thick broth.

Portion Sizes

2 Unit Meal: 2 oz. cooked chicken

3 Unit Meal: 3 oz. cooked chicken

4 Unit Meal: 4 oz. cooked chicken

5 Unit Meal: 5 oz. cooked chicken

CLASSIC MINESTRONE *with a twist*

Yields Approx. 6 cups soup. **Total Cooking Time:** LOW 4 – 6 hrs.

Ingredients

- 32 oz.** Low-Sodium Vegetable Both
- 15 oz. can** Red Kidney Beans, drained
- 15 oz. can** Cannellini Beans, drained
- 2 x 14.5 oz.** cans Italian Style Diced Tomatoes
- 6** Whole Carrots, peeled, thinly sliced
- 1 bunch** Scallions, thinly sliced
- 3/4 tsp.** Italian Seasonings
- 8 oz.** Whole Wheat Rotini Noodles
- 10 oz. package** Frozen Chopped Spinach, thawed

Half 14 oz. package Firm Tofu, drained, cut into 2 – 1" thick pieces. Wrap in several paper towels and place something slightly heavy on top, removing as much moisture as you can. Reserve other half tofu in the liquid in a Ziploc or airtight container.

Directions

First step is to prepare tofu as directed above. Set aside in the refrigerator on a plate while you begin the rest of the prep.

Step 1

Add broth, beans, tomatoes (with juice), carrots, scallions, and seasoning to cooker. Stir gently to combine. Cover and cook on low 4 – 6 hours.

Step 2

With 30 minutes remaining, cook the pasta according to directions. While you are doing this, thaw spinach in a colander. Break it apart as you do this.

Step 3

Add cooked pasta, spinach and tofu to the slow cooker. Cover and cook for an additional 20 – 30 minutes.

Portion Sizes

2 Unit Meal: 1 1/2 cup soup

3 Unit Meal: 2 cups soup

4 Unit Meal: up to 3 cups soup

5 Unit Meal Portion: up to 3 1/2 cups soup

VEGETARIAN ENCHILADAS VERDES

Increase or decrease recipe as desired. **Total Cooking Time:** LOW 3 1/2 - 4 1/2 hrs.

Ingredients

1 head Cauliflower Florets, 1" pieces

4.5 oz. can Sliced Black Olives

Half – 6 oz. bag Baby Spinach Leaves, chopped

7 – 6" Corn Tortillas, cut into thin strips, divided

1/2 - 14.5 oz. can Black Beans, rinsed, drained, divided

19 oz. can Green Chile Enchilada Sauce (mild or not, your call), divided

1 cup shredded Mexican Cheese (Jack or Cheddar ok too), divided

1 1/2 cup 2% Cottage Cheese, creamed with a blender, divided

Optional Garnish: Fresh Cilantro sprigs

Optional Garnish: Lime Wedges

Step 1

Toss cauliflower, olives and spinach in a medium bowl. Coat a slow cooker with avocado oil spray. Cover bottom with strips tortilla.

Step 2

Layer half cauliflower mixture, 1/2 of beans, 1 cup enchilada sauce, 1/3 cup cheese, 1/2 of cottage cheese cream. Repeat layers ending with remaining layer of tortillas. Top with remaining enchilada sauce. There will be remaining cheese for the last step.

Step 3

Cover and cook on LOW until cauliflower is tender, not mushy when pierced with a fork; about 3 – 4 hours. Sprinkle remaining cheese over enchiladas during last 30 minutes of cooking. Garnish with cilantro and a wedge of lime if desired.

Portion Sizes

2 Unit Meal: 1 1/2 cup

3 Unit Meal: 2 cups

4 Unit Meal: 3 cups

5 Unit Meal: 3 heaping cups



SLOW COOKER RECIPES

CARIBBEAN CHICKEN STEW

Total Cooking Time: HIGH 3 1/2 hrs. or LOW 7 hrs.

Ingredients

1 lb. Chicken Breast Tenders

1 1/4 tsp. Kosher Salt, divided

1 tsp. Ground Cumin, divided

1 tsp. Dried Thyme, divided

1 tsp. Black Pepper, divided

1/ tsp. Allspice, divided

1 1/2 Tbsp. EVOO

13.5 oz. Unsweetened Coconut Milk

1 3/4 - 2 cups LS Chicken Broth

1/2 cup Yellow Onion, chopped

1/4 cup Jalapeño Pepper, finely minced

1 Tbsp. Garlic, minced

1 Whole Bay Leaf

4 cups Yams, cubed small

1/2 15 oz. can Garbanzo Beans (Chickpeas), rinsed, drained

1/3 cup Fresh Cilantro, finely chopped

Juice of 1 med. Lime

Step 1

Arrange 2 small dishes on your counter.

Dish 1

1/2 tsp. salt

1/2 tsp. cumin

1/2 tsp. thyme

1/2 tsp. pepper

1/4 tsp. allspice

Dish 2

1/2 tsp. salt

1/2 tsp. cumin

1/2 tsp. thyme

1/2 tsp. pepper

1/4 tsp. allspice

Season chicken with Dish 1, rubbing all over tenders. Heat EVOO in a medium skillet. Brown chicken for 2 min. each side.

Step 2

Add chicken, coconut milk, broth, onion, jalapeno, garlic, Dish 2 seasonings, and whole bay leaf to the slow cooker. Cover and cook on HIGH 2 1/2 hours or LOW 5 hrs.

Step 3

After first part of cooking, shred chicken in pot with two forks. Add cubed yams and garbanzo beans to cooker. Continue cooking on HIGH for 1 hr. or LOW for 2 hrs. Remove and discard bay leaf. Add cilantro and lime juice just before serving.

Portion Sizes

2 Unit Meal: 1 1/2 cup stew

3 Unit Meal: 2 1/4 cups stew

4 Unit Meal: Up to 3 cups stew

5 Unit Meal: Up to 3 3/4 cups stew



ITALIAN STYLE CHILI

Yields Approx. 6 cups soup. **Total Cooking Time:** HIGH 4 hrs. or LOW 5+ hrs.

Ingredients

1 lb. Lean Ground Turkey

1 1/2 Tbsp. EVOO

2 Large Yellow Onions, diced small

2 Large Red Bell Peppers, diced small

1 Large Green Bell, diced small

1 Tbsp. Garlic, minced

2 Tbsp. Chili Powder

2 tsp. Italian Seasoning

1/3 cup Dry Red Wine

2 Medium Zucchini, diced small

3 Tbsp. Sliced Pepperoncini Peppers

26 oz. Jar Organic Marinara Sauce

15 oz. can Cannellini Beans, drained and rinsed

Up to 1/2 cup water

 **finger pinch** Kosher Salt

Garnish: Fresh Shredded Parmesan

Optional Garnish: Fresh Basil Leaves

Step 1

Cook turkey in skillet until crumbly and no longer pink. Use a slotted spoon and transfer to waiting slow cooker.

Step 2

In same skillet, add EVOO. Heat over med-high. When hot, add onions, peppers and garlic. Cook about 5 minutes; or until crisp-tender. Transfer to slow cooker.

Step 3

Add remaining ingredient to slow cooker; EXCEPT water. Add salt at this time.

Step 4

About mid-way through cooking, decide if you wish to add water to thin soup to desired consistency.

Step 5

Cook 4 hours on high or 5+ hours on high. Garnish with basil chiffonade if desired.

Portion Sizes

2 Unit Meal: 1 1/2 cup soup + 1 Tbsp. cheese

3 Unit Meal: 2 cups soup + 1 Tbsp. cheese

4 Unit Meal: 3 cups soup + 1 1/2 Tbsp. cheese

5 Unit Meal: 3 1/2 cups soup + 2 Tbsp. cheese



SLOW COOKER RECIPES

BEEF TACOS & GUACAMOLE

Total Cooking Time: HIGH 4 hrs. or LOW 8 hrs.

Ingredients

3.5 lb. Beef Chuck Roast

 **finger pinch** Kosher Salt

 **finger pinch** Black Pepper

2 Tbsp. Avocado Oil

2 tsp. Chili Powder

1 tsp. Ground Cumin

1/2 tsp. Cayenne Pepper

1 Yellow Onion, diced

1 Red Bell Pepper, seeded, diced

**4 Whole Cloves Garlic, peeled,
sliced thin**

1 cup Low Sodium Beef Broth

6" Corn Tortillas, heated before using

Shredded Cabbage

**Chunky Guacamole (see ingredients
& recipe in Step 4)**

Portion Sizes

2 Unit Meal: 2 corn tortillas, 3 oz. cooked meat,
1 Tbsp. guacamole, cabbage

3 Unit Meal: 3 corn tortillas, 4.5 oz. cooked meat,
1 1/2 Tbsp. guacamole, cabbage

4 Unit Meal: 4 corn tortillas, 6 oz. cooked meat,
2 Tbsp. guacamole, cabbage

5 Unit Meal: 4 corn tortillas, 7.5 oz. cooked meat,
2 1/2 Tbsp. guacamole, cabbage

No more than 4 tacos please

Step 1

Season roast with salt and pepper. Heat oil in a large skillet on med-high. Add roast and sear on all sides to seal in juices. If roast has strings, remove them after searing.

Step 2

Meanwhile, coat slow cooker with cooking spray. Place roast inside. Add chili powder, cumin and cayenne. Top with onion, bell pepper and garlic. Pour broth over. Cook on HIGH for 4 hours or LOW for 8 hours.

Step 3

Use two forks to shred roast inside slow cooker to soak up more saucy liquid.

Step 4

Meanwhile, make guacamole by mashing 2 ripe avocados. Stir in 1/4 cup diced purple onion, 3 Tbsp. salsa of choice, 1 Tbsp. fresh lime juice,  finger pinch kosher salt and  finger pinch black pepper.



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