



# SLOW COOKER SOLUTIONS

Slow cookers, also known as crock pots, are designed to cook ingredients slowly during the day while people are away at work or pursuing their activities. Modern slow cookers heat contents thoroughly, are safe, retain heat well, and come in a variety of sizes.

## For safe and successful cooking

- **Always follow manufacturer's directions.**
- **Never let food sit more than two hours** before turning on the crock pot.
- **Keep the lid on.** It can take 20 minutes to regain the heat lost from removing the lid. If the recipe calls for stirring or adding ingredients, replace the lid as soon as possible.
- **Fill the crock pot at least half full** and no more than two-thirds full.
- **Thaw frozen meats and vegetables** before placing in the crock pot.
- **Place dense vegetables in crock pot first,** such as carrots and potatoes, since they take longer than meats to cook.
- **Dry beans can be cooked** in the crock pot by following these simple guidelines: Precook beans in the slow cooker overnight with just enough water to cover, then drain. Or simmer the dry beans in unsalted water for 10 minutes and then drain. Place in the slow cooker with other ingredients, including fresh water. The water should cover the beans by about two inches.
- **Change cooking times depending on your schedule.** One hour on HIGH generally equals two hours on LOW.
- **Add pasta at the end of the cooking process** or it may become mushy. You may want to cook pasta separately and add it just before serving.

## Adapting recipes

Most of your favorite recipes can be adapted to the slow cooker. Reduce the liquid when converting a non-slow cooker recipe. Use about half the liquid called for in the original recipe. Liquids will not “boil away” as in conventional cooking. You can always add more liquid later if needed. The only exception to this rule is for soups.

Slow cooking is “one step” cooking and many steps in the recipe can be deleted. Everything can usually go into the cooker at one time with the exception of some dairy products. **Milk, cheese, and cream should be added one hour before serving.** Most uncooked meat and vegetable combinations will require at least 8 hours of cooking on LOW or 4 hours on HIGH.

Time Chart for Adapting Recipes		
If the recipe says:	Cook on LOW:	Cook on HIGH:
15-30 minutes	4-6 hours	1 1/2-2 hours
35-45 minutes	6-10 hours	3-4 hours
50 minutes to 3 hours	8-16 hours	4-6 hours



## Slower Cooker Pineapple Chicken

**Yield: 6 Servings | Serving Size: 1/2 Chicken Breast & 2/3 Cup Sauce**

- 3-4 skinless chicken breasts (about 2 pounds)
- 1-20 ounce can of pineapple in juice (tidbits, chunks, or rings)
- 1 medium onion
- 2 Tablespoons low sodium soy sauce
- ½ cup low sodium chicken broth
- 2 Tablespoons cornstarch

- 1) Chop onion and place in slow cooker.
- 2) Place chicken breasts on top of onion.
- 3) Pour the can of pineapple (juice and all) over the chicken.
- 4) Add the soy sauce, chicken broth, and cornstarch.
- 5) Cover and cook on high in the slow cooker for 4-5 hours or on low for 6-8 hours.

**Note:** Serve over brown rice and with a steamed vegetable.

*momswithcrockpots.com*

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1/2 chicken breast and 2/3 cup sauce (287g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 36g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 3mg	<b>15%</b>
Potassium 147mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Slow Cooker Lentil Soup

**Yield: 8 Servings | Serving Size: 1 Cup**

- 6 cups water
- ¼ cup chopped, fresh parsley or 2 Tablespoons dried parsley (optional)
- 2 teaspoons beef bouillon or 2 cubes beef bouillon
- 2 teaspoons Italian seasoning blend
- 1½ cups dry lentils
- 4 medium carrots, sliced
- 1 medium onion, chopped
- 2 celery stalks, sliced

- 1) Mix all ingredients together in slow cooker.
- 2) Cook on high for 4-5 hours or on low for 8-10 hours.
- 3) Serve hot with whole grain crackers or bread.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 cup (349g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 43mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 655mg	<b>15%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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