



USING A SLOW COOKER

Want to save time and money? Try preparing dishes with a slow cooker! This appliance uses less electricity than an oven, and is ideal for cooking less expensive, less tender cuts of meat. With a little preparation in the morning, you can have a delicious meal waiting for you at the end of a busy day.

Basic Operating Tips

- To avoid cracking the stoneware, put cold foods in a cold slow cooker, and hot foods in a hot slow cooker.
- Fill your slow cooker only $\frac{1}{2}$ to $\frac{3}{4}$ full.
- Do not remove the cover while your food is cooking. A lot of heat will be lost, which could mean an additional 20-30 minutes of cooking time.
- For easy clean up, spray the inside of the slow cooker with cooking spray or line it with a cooking bag.



Adapting Recipes for the Slow Cooker

Some of your favorite recipes can be easily adapted to a slow cooker. You just need to make a few adjustments:

- Reduce the liquid by $\frac{1}{2}$.
- Increase the cooking time. Follow this chart:

Recipe says:	Cook on LOW heat	Cook on HIGH heat
15 - 30 minutes	4 - 6 hours	1½ - 2½ hours
35 - 45 minutes	6 - 10 hours	3 - 4 hours
50 minutes - 3 hours	8 - 18 hours	4 - 6 hours

Food Safety Tips

- Use thawed foods. Never put frozen meat in your slow cooker.
- If you prepare the ingredients the night before, keep them refrigerated until they are ready to be placed in the slow cooker.
- Do not store leftovers or reheat food in your slow cooker.



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SLOW COOKER RECIPES

Three Bean Vegetarian Chili

- 2 (15-ounce) cans black beans, rinsed and drained
- 2 (15-ounce) cans diced tomatoes, undrained
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1¾ cups of vegetable broth
- 1 onion, chopped
- 2 jalapeño peppers, seeded and chopped
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons Worcestershire sauce
- ½ teaspoon salt
- 2 garlic cloves, minced
- ½ cup reduced-fat sour cream
- ½ cup shredded Jack cheese
- ¼ cup chopped fresh cilantro



Preparation:

Combine the first 12 ingredients in a 6-quart slow cooker. Cover and cook on LOW for 8 hours. Ladle chili into bowls. Top with sour cream, cheese, and cilantro.

Pork Wraps

- 1 boneless pork loin roast (3 pounds)
- 1 cup hoisin sauce, divided
- ¼ teaspoon ground ginger
- 6 cups shredded red cabbage
- 1½ cups shredded carrots
- ¼ cup thinly sliced green onions
- 3 tablespoons rice vinegar
- 4½ teaspoons sugar
- 15 whole wheat flour tortillas, warmed

Preparation:

Cut roast in half. Combine a cup of hoisin sauce (save 2 teaspoons) and ginger. Rub over the pork. Transfer to a 3-quart slow cooker. Cover and cook on LOW for 7-8 hours or until pork is tender.

Combine the cabbage, carrots, green onions, vinegar and sugar. Chill until serving.

30 minutes before serving, shred meat with two forks and return to the slow cooker. Heat thoroughly. For each tortilla, spread 2 teaspoons of hoisin sauce down the center. Top with a cup of shredded pork and a cup of coleslaw. Roll up and enjoy!

Tuscan Chicken Soup

- 1 onion, chopped
- 2 tablespoon tomato paste
- ¼ teaspoon black pepper
- ⅛ teaspoon salt
- 1 (15-ounce) can cannellini bean or other white beans, rinsed and drained
- 1 (14-ounce) can chicken broth
- 1 (7-ounce) bottle roasted red bell peppers, rinsed, drained, and cut into ½-inch pieces
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 3 garlic cloves, minced
- ½ teaspoon chopped fresh rosemary
- 1 (6-ounce) package fresh baby spinach
- 8 teaspoons grated Parmesan cheese

Preparation:

Combine first 9 ingredients in a slow cooker. Cover and cook on HIGH for 1 hour. Reduce heat to LOW. Cook for 3 more hours. Stir in rosemary and spinach. Cover and cook on LOW for 10 minutes. Ladle soup into bowls. Top each serving with Parmesan cheese.

