

## Easy Crock Pot Entrées:

Tip: Crock pot recipes are great for people who have busy schedules and need to prepared healthy meals ahead of time. These recipes can be prepped and cooked over night so lunch is ready to pack and take the next morning.

### Smoky Slow-Cooked Chili

Courtesy of: "[MyRecipes.com](http://www.myrecipes.com/recipe/smoky-slow-cooker-chili-10000001867598/)" [<http://www.myrecipes.com/recipe/smoky-slow-cooker-chili-10000001867598/>]

Yield: 8 servings

Total: 5 Hours, 35 Minutes

#### Ingredients

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- 1 pound ground pork
- 1 pound boneless pork shoulder, cut into 1/2-inch pieces
- 3 cups chopped onion
- 1 3/4 cups chopped green bell pepper
- 3 garlic cloves, minced
- 3 tablespoons tomato paste
- 1 cup lager-style beer (such as Budweiser)
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 3/4 teaspoon freshly ground black pepper
- 6 tomatillos, quartered
- 2 bay leaves
- 2 (14 1/2-ounce) cans plum tomatoes, undrained and chopped
- 1 (15-ounce) can no-salt-added pinto beans, drained
- 1 (7 3/4-ounce) can Mexican hot-style tomato sauce (such as El Paso)
- 1 smoked ham hock (about 8 ounces)
- 1 1/2 tablespoons sugar
- 1/2 cup finely chopped cilantro
- 1/2 cup finely chopped green onions
- 2 ounces crumbled queso fresco (about 1/2 cup)
- 8 lime wedges

#### Directions

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Heat a large nonstick skillet over medium-high heat.  
Coat pan with cooking spray.  
Add ground pork to pan  
Cook 5 minutes or until browned, stirring to slightly crumble.  
Drain well.

Transfer pork to an electric slow cooker.  
 Recoat pan with cooking spray.  
 Add pork shoulder; cook 5 minutes or until lightly browned, turning occasionally.  
 Transfer pork to slow cooker.  
 Recoat pan with cooking spray. Add onion and bell pepper; sauté 8 minutes, stirring frequently.  
 Add garlic; sauté 1 minute.  
 Add tomato paste; cook 1 minute, stirring constantly.  
 Stir in beer; cook 1 minute.  
 Transfer onion mixture to slow cooker.  
 Add chili powder, and next 9 ingredients (through ham hock) to slow cooker.  
 Cover and cook on HIGH 5 hours or until meat is tender.  
 Remove bay leaves and ham hock; discard.  
 Stir in sugar.  
 Ladle about 1 1/3 cups chili into each of 8 bowls; top each serving with 1 tablespoon tomato, 1 tablespoon green onions, and 1 tablespoon cheese. Serve each serving with 1 lime wedge.

*Note: You can also cook the chili in a slow cooker on LOW for 8 hours. For cooking chili on the stovetop, use a total of 12 ounces beer and simmer, covered, for 2 1/2 to 3 hours or until the pork shoulder is tender.*

*Nutritional Facts per serving*

Calories	337
Fat	14.4g
Saturated Fat	5.3 g
Cholesterol	84mg
Sodium	594mg
Fiber	6.8g
Carbohydrates	27.7g
Protein	27.7g

## Barbecue Pulled Chicken

Courtesy of: "[EatingWell.com](http://www.eatingwell.com)"

[[http://www.eatingwell.com/recipes/barbecue\\_pulled\\_chicken.html](http://www.eatingwell.com/recipes/barbecue_pulled_chicken.html)]

Makes: 8 servings  
Prep Time: 25 minutes  
Total Time: 5 1/2 hours

Suggestions: Serve on whole wheat buns with a side salad or other vegetable.

### Ingredients

- 1 8-ounce can reduced-sodium tomato sauce
- 1 4-ounce can chopped green chiles, drained
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 tablespoon sweet or smoked paprika
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile
- 1/2 teaspoon salt
- 2 1/2 pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced

### Directions

Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth.

Add chicken, onion and garlic; stir to combine.

Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.

Transfer the chicken to a cutting board and shred with a fork.

Return the chicken to the sauce, stir well and serve.

### TIPS & NOTES

*Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 1 month.*

### Nutritional Facts per serving

Calories	364
Fat	13g ( 3g sat , 5g mono )
Cholesterol	93mg
Carbohydrates	32g

Sugar	4g
Protein	30g
Fiber	4g
Sodium	477mg
Potassium	547mg

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*Nutrition Bonus: Zinc (18% daily value), Vitamin A (16% dv)*

## Slow-Cooker Stout & Chicken Stew

Courtesy of: "EatingWell.com"

[http://www.eatingwell.com/recipes/stout\\_chicken\\_stew.html](http://www.eatingwell.com/recipes/stout_chicken_stew.html)

Makes: 8 servings, about 1 1/3 cups each

Active Time: 45 minutes

Total Time: Slow-cooker time: 4-8 hours

### Ingredients

- 6 tablespoons plus 1/2 cup all-purpose flour, divided
- 1 teaspoon salt, divided, plus more to taste
- 1/2 teaspoon freshly ground pepper, plus more to taste
- 2 1/2 pounds boneless, skinless chicken thighs, trimmed
- 4 teaspoons extra-virgin olive oil, divided
- 3 pieces bacon, chopped
- 1 2/3 cups Guinness beer or other stout (14-ounce can)
- 1 pound whole baby carrots or large carrots cut into 1-inch pieces
- 1 8-ounce package cremini or button mushrooms, halved if large
- 2 cups chopped onion
- 4 cloves garlic, minced
- 1 1/2 teaspoons dried thyme
- 1 cup reduced-sodium chicken broth
- 2 cups frozen baby peas, thawed

### Directions

1. Combine 6 tablespoons flour with 1/2 teaspoon each salt and pepper in a shallow bowl.
2. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.
3. Heat 2 teaspoons oil in a large skillet over medium-high heat.
4. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker.
5. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs.
6. Arrange the chicken in an even layer in the slow cooker.
7. Add bacon to the pan and cook, stirring often, for 2 minutes.
8. Sprinkle the remaining 1/2 cup flour over the bacon and cook, stirring constantly, for 2 minutes more.
9. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan.
10. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.
11. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.
12. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining 1/2 teaspoon salt and pepper.

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*Make Ahead Tip:* Trim chicken, chop bacon; prep onion and garlic; defrost peas. Refrigerate in separate containers. Equipment: 5- to 6-quart slow cooker

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*Nutritional Facts per serving*

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Calories	366
Fat	13 g ( 3 g sat , 6 g mono )
Cholesterol	88 mg
Carbohydrates	28 g
Sugar	0 g
Protein	30 g
Fiber	4 g
Sodium	566 mg
Potassium	650 mg

*Nutrition Bonus:* Vitamin A (200% daily value), Folate & Zinc (23% dv), Vitamin C (22% dv), Potassium (19% dv), Iron (17% dv)

## Slow-Cooker Pulled-Pork Tacos

Courtesy of: "RealSimple.com" [<http://www.realsimple.com/food-recipes/browse-all-recipes/pulled-pork-tacos-0000000008021/index.html>]

Serves 6

Hands-On Time: 15m

Total Time: 8hr 30m

### Ingredients

- 2 cups store-bought salsa, plus more for serving
- 2 tablespoons chili powder
- 2 tablespoons dried oregano
- 2 tablespoons unsweetened cocoa powder
- kosher salt
- 1 2 1/2-pound boneless pork butt or shoulder, trimmed of excess fat
- 18 corn tortillas
- 1/2 cup fresh cilantro sprigs
- 3/4 cup sour cream
- 1 lime, cut into wedges

### Directions

1. In a 4- to 6-quart slow cooker, combine the salsa, chili powder, oregano, cocoa, and 1 teaspoon salt. Add the pork and turn to coat.
2. Cook, covered, until the meat is tender and pulls apart easily, on high for 4 to 5 hours or on low for 7 to 8 hours.
3. Twenty minutes before serving, heat oven to 350° F.
4. Stack the tortillas, wrap them in foil, and bake until warm, about 15 minutes.
5. Meanwhile, using 2 forks, shred the pork and stir into the cooking liquid.
6. Serve with the tortillas, cilantro, sour cream, lime, and extra salsa.

### Nutritional Facts per serving

Calories	728 (Calories From Fat 49%)
Fat	40g, Saturated Fat 15g
Cholesterol	180mg
Carbohydrates	45g
Sugar	5g
Protein	47g
Fiber	9g
Sodium	982mg

## 1 Ingredient Crock Pot Chicken

Makes: 8 servings  
Prep time: 5 minutes  
Cook time: 6-8 hours

### Ingredients

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- 2.5 pounds chicken breast

### Directions

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1. Place raw or frozen chicken in crockpot
2. Set to low and leave for 6-8 hours, cutting into chicken to check for doneness.
3. Serve whole chicken breasts or pull chicken apart with two forks to have shredded chicken.

### Serving ideas:

- Chicken on salad greens
- Chicken served with a side or healthy carbohydrate (brown rice, potato, quinoa, etc.) and a vegetable (cooked/raw)
- Season chicken as desired for tacos, soups, stews, etc.
- Large batches of this simple chicken can be made ahead and used throughout the rest of the week and/or frozen and saved for later.

### Nutritional Facts per serving

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Calories	140
Fat	3g
Cholesterol	119mg
Saturated fat	0 g
Trans fat	0 g
Carbohydrates	0g
Sugar	0g
Protein	22g
Fiber	0G
Sodium	104mg