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# Slow Cooker Recipes - Dinner

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GF = Gluten-Free  
DF = Dairy-Free  
NF = Nut-Free  
SF = Soy-Free

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# Chicken Pho GF, DF



**Time:** 4 hrs 30 min

**Servings:** 6

**CONTAINS:** Fish

## Ingredients:

- 8 c of low-sodium chicken broth (two 32-oz boxes)
- 2 Tbsp light brown sugar (optional)
- 2 Tbsp fish sauce
- 10 whole star anise
- 6 whole cloves
- 1 2-in piece of fresh ginger, peeled and thinly sliced
- 1 cinnamon stick
- 6 oz of wide rice noodles
- 2 bone-in chicken breasts (about 2 1/2 lbs total), skin removed, trimmed
- 2 c mung bean sprouts
- 2 c fresh basil leaves
- 1 c fresh cilantro leaves
- 1 lime, cut into 6 wedges

## Instructions:

1. Combine broth, brown sugar, fish sauce, star anise, cloves, ginger and cinnamon stick in a 5- to 6-quart slow cooker. Add chicken breasts, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the chicken to a cutting board. Remove spices and discard. Add noodles and bok choy to the slow cooker. Cover and cook on High for 30 minutes.
3. Remove the chicken from the bone and shred with two forks. When the noodles are tender, stir in the shredded chicken. Serve bowls of soup with bean sprouts, basil, mint, cilantro, sliced chile and lime wedges on the side so everyone can add their own toppings.

Website:

<http://www.eatingwell.com/recipe/250679/slow-cooker-chicken-pho/>

# Mediterranean Chicken & Orzo

DF, NF, SF



**Active:** 15 min

**Total:** 5 hrs

**Servings:** 4

**CONTAINS:** Gluten

## Ingredients:

- 1 lb boneless, skinless chicken breasts, trimmed
- 1 c low-sodium chicken broth
- 1 medium onion, sliced
- Zest & juice of 1 lemon
- 1 tsp of herbs de Provence
- ½ tsp salt
- ½ tsp ground pepper
- ¾ c of whole wheat orzo (can be substituted with GF grains)
- ⅓ c quartered black or green olives
- 2 Tbsp fresh parsley, chopped

## Instructions:

1. Cut each chicken breast half into 4 pieces.
2. Combine the chicken, broth, tomatoes, onion, lemon zest, lemon juice, herbs de Provence, salt and pepper in a 6-quart slow cooker.
3. Cook on High for 2 hours or on Low for 4 hours.
4. Stir in orzo and olives; cook for 30 minutes more.
5. Let cool slightly. Sprinkle with parsley.

## Website:

<http://www.eatingwell.com/recipe/262157/slow-cooker-mediterranean-chicken-orzo/>

# Carnitas Tacos

GF, NF, SF



## Ingredients:

**Active:** 30 min  
**Total:** 8 hrs 30 min  
**Servings:** 8

- 3 to 3.5 lb bone-in pork shoulder roast, trimmed & cut into 2-in pieces
- ½ c of chopped onion
- ⅓ c orange juice
- 1 Tbsp ground cumin
- 1.5 tsp kosher salt
- 1 tsp dried oregano, crushed
- ¼ tsp cayenne pepper
- 1 lime
- 2 (5.3 oz) containers of plain low-fat Greek yogurt
- 1 pinch salt
- 16 soft yellow corn
- 4 leaves green cabbage, quartered
- 1 c thinly sliced red onion
- 1 c salsa (optional)

## Instructions:

1. Remove meat from bone and trim fat. Cut into 2-inch pieces and place in slow cooker. Stir in onion, orange juice, cumin, salt, oregano and cayenne.
2. Cover and cook on low 8 to 10 hours or high 4 to 5 hours. Remove meat from cooker. Shred meat using two forks. Stir in enough cooking liquid to moisten.
3. For lime crema, remove 1 tsp. zest (set aside) and squeeze 2 Tbsp. juice from lime. In a small bowl combine lime juice, yogurt, and dash salt.
4. Serve meat in tortillas with cabbage, red onion, salsa (if desired), and lime crema. Sprinkle with lime zest.

## Website:

<http://www.eatingwell.com/recipe/259735/carnitas-tacos/>

# Slow Cooker Vegetable Soup

GF, NF, SF

## Ingredients:

**Active:** 35min  
**Total:** 4 hrs 35 min  
**Servings:** 8

- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 oz fresh green beans, cut into ½ in pieces
- 4 c chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 cloves of garlic, minced
- 2 (15 oz) cans no-salt-added cannellini or other white beans, rinsed
- 4 c low-sodium chicken or vegetable broth
- 2 tsp salt
- ½ tsp ground pepper
- 2 tsp red-wine vinegar
- 8 tsp of prepared pesto

## Instructions:

1. Combine onion, carrots, celery, green beans, kale, zucchini, tomatoes, garlic, white beans, broth, salt and pepper in a 6-quart or larger slow cooker. Cook on High for 4 hours or Low for 6 hours.
2. Stir in vinegar and top each serving of soup with 1 teaspoon pesto.

## Website:

<http://www.eatingwell.com/recipe/261637/slow-cooker-vegetable-soup/>



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# Slow Cooker Recipes - Apps & Desserts

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# Lentil Hummus

DF, GF



## Ingredients:

- 1 (15.5 oz) package of uncooked lentils (any kind, red or orange work best when blending)
- ~7 cups of water
- 2 Tbsp tahini
- 1.5 Tbsp lemon juice
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp unsalted tomato paste (optional)
- 1 tsp salt
- 1 tsp smoked paprika
- 1.5 tsp ground cumin
- Fresh parsley for garnish (optional)

**Active:** 10 min

**Total:** 2 hrs 10 min

**Servings:** 24

**CONTAINS:** Sesame

## Instructions:

1. Rinse and sort lentils. Place in slow cooker and add water until the ratio of lentils to water is 1:2.
2. Cook on high for 2-3 hrs or low 5-6 hours, until lentils have split and are mushy.
3. Drain and spread lentils evenly on baking sheet and chill for 30 min.
4. Measure out 2.5 to 3 cups of lentils. **Save remaining lentils for another dish.**
5. In food processor or blender, process lentils, tahini, lemon juice, oil, tomato paste, garlic, salt, paprika, and cumin until smooth, about 30 seconds, stopping to scrape down sides as needed. Spoon into a serving bowl. If desired, garnish with parsley and olive oil.

## Website:

<https://www.cookinglight.com/recipes/smoky-red-lentil-hummus>

# Apple Crisp

DF, GF



## Ingredients:

### Apple filling:

- 4-5 apples, thinly sliced
- 1 Tbsp lemon juice (½ lemon juiced)
- 2 Tbsp maple or pancake syrup or honey
- 1 tsp ground cinnamon

### Crisp topping:

- ¾ c of pecans, chopped
- ½ c almond meal/flour
- 2 Tbsp maple or pancake syrup or honey
- ½ tsp ground cinnamon

**Active:** 15 min

**Total:** 4 hrs 15 min

**Servings:** 6

**CONTAINS:** Tree nuts

## Instructions:

1. Add apples and lemon juice to a large mixing bowl, and toss to combine. Stir in the maple syrup and cinnamon until completely combined. Pour the mixture into the bowl of the slow cooker, and spread it out so that it is in an even layer.
2. Add all topping ingredients to a medium bowl. Stir ingredients until crumbles form. Evenly spoon mixture over apples.
3. Place cheese cloth on top of the slow cooker, and place the lid on top of the cloth. This will help soak up the condensation that forms along the top of the lid, and keep the topping nice and crisp.
4. Cook on high for 3-4 hours, or on low for 6-8 hours until the apples are soft and cooked through.

## Website:

<https://www.kimscravings.com/skinny-slow-cooker-apple-crisp/#wprm-recipe-container-25915>

# Cinnamon Sugar Almonds

DF, GF, SF

## Ingredients:

- 2 c raw almonds
- ¼ c egg whites
- 2 Tbsp honey
- 1.5 tsp cinnamon
- 3 Tbsp white or coconut sugar
- ⅓ c of old fashioned, gluten-free oats

**Active:** 15 min  
**Total:** 2 hr 15 min  
**Servings:** 8  
**CONTAINS:** Tree Nuts,  
Eggs



## Instructions

1. In a large bowl, whisk together honey and egg whites until slightly foamy.
2. Stir in almonds to cover completely.
3. In a separate bowl with a lid, mix cinnamon & sugar. Mix in almonds and stir.
4. Spray crockpot with non-stick spray and cook almonds on low for 2 hrs, stir every 20-30 min.
5. Spread on wax paper and let cool for 1 hr. Transfer to large bowl.
6. Blend oats and (optional) additional sugar to taste, add to bowl, and toss almonds until completely coated.

Website:

<https://www.yummly.com/recipe/Healthier-Crock-Pot-Cinnamon-Sugar-Almonds-1033583#directions>

# Chocolate Fudge Cake

GF, NF, SF



## Ingredients:

- 1 ¼ c unsweetened cocoa powder
- 1 c of gluten-free (or all purpose) flour
- 2 tsp baking powder
- ¼ tsp salt
- 2 Tbsp unsalted butter
- 2 large eggs, room temp
- 1 Tbsp vanilla extract
- ¾ c of sugar
- ½ c plain nonfat Greek yogurt
- ¾ c nonfat milk

**Active:** 30 min  
**Total:** 3 hrs  
**Servings:** 12  
**CONTAINS:** Dairy

## Website:

<https://www.yummly.com/recipe/Skinny-Slow-Cooker-Chocolate-Fudge-Cake-1196935#directions>

## Instructions

1. Coat slow cooker with non-stick spray.
2. Whisk together the cocoa powder, flour, baking powder, and salt in a medium bowl.
3. In a separate bowl, whisk together the butter, eggs, and vanilla. Add in the sugar, yogurt and ¼ cup of milk, mixing thoroughly until no large lumps remain.
4. Alternate between adding the flour mixture and remaining milk, stirring just until incorporated, beginning and ending with the flour mixture.
5. Spread the batter into the slow cooker. Cook on low for 2 ¼ to 2 ½ hours, or until the center no longer looks moist and feels barely firm to the touch.
6. Remove the lid, turn off the slow cooker, and cool the cake in the ceramic bowl for 20 minutes before carefully turning out onto a wire rack to cool completely.