



# A nutrition Fact Sheet



## Slow Cooker Solutions

Since families are so busy, slow cooking is gaining renewed interest. Slow cookers are designed to cook ingredients slowly during the day while the family is away pursuing their activities. Modern slow cookers heat their contents more thoroughly. They are safer, retain heat for a longer period of time, and come in a variety of sizes.

### For Safe and Successful Cooking

1. Always use the slow cooker following manufacturer's directions.
2. Never fill the crock and let food stand more than two hours before turning on the cooker.
3. 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.
4. Fill the crock at least half full and no more than two-thirds full.
5. Thaw frozen meats and vegetables before placing in the cooker.
6. Place dense vegetables (like carrots, potatoes, etc.) in the crock first, since they take longer than meats to cook.
7. Dry beans can be successfully cooked in the cooker 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.
8. Milk, cheese, and cream may be added one hour before serving.
9. Change cooking times to meet your schedule. One hour on HIGH generally equals two hours on LOW.
10. 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. Cut 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. The exceptions are milk, sour cream, and cheese. These should be added during the last hour of cooking. 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

<b>If the recipe says:</b>	<b>Cook on LOW:</b>	<b>Cook on HIGH:</b>
15 to 30 minutes	4 to 6 hours	1½ to 2 hours
35 to 45 minutes	6 to 10 hours	3 to 4 hours
50 minutes to 3 hours	8 to 16 hours	4 to 6 hours

## Slow Cooker Pineapple Chicken

Yield: 6 servings • Serving Size: ½ chicken breast and ⅔ 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

Serving Size 1/2 chicken breast and 2/3 cup sauce (287g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein</b> 36g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 15%

## 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

Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein</b> 8g	
Vitamin A 100%	Vitamin C 6%
Calcium 4%	Iron 10%



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