



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

| If the recipe says: | Cook on LOW: | Cook on HIGH: |
|----------------------------|---------------------|----------------------|
| 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 |



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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.

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| Nutrition Facts | |
|--|--|
| 6 servings per container | |
| Serving size | 1/2 chicken breast and 2/3 cup sauce (287g) |
| Amount per serving | |
| Calories | 200 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 1.5g | 8% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 100mg | 33% |
| Sodium 200mg | 9% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 1g | 4% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 36g | |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 3mg | 15% |
| Potassium 147mg | 4% |
| <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 | |
| Serving size | 1 cup (349g) |
| Amount per serving | |
| Calories | 140 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 270mg | 12% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 10g | 36% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 43mg | 4% |
| Iron 4mg | 20% |
| Potassium 655mg | 15% |
| <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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