

Health-Full Eating & Nutrition



Simple Healthy Crock-Pot Recipes

While living in a pandemic, who said meal prep has to be hard? Crock-Pots are an excellent tool for those of us who are busy and need some more flexibility when it comes to making meals. Not to mention clean up is a breeze, and typically there are leftovers to enjoy for another meal. Enjoy the advantages of hands-free easy cooking with these crock-pot recipes.

Recipe #1: Skinny Vegetarian Chili

Total Cook Time: 4 Hours

Makes: 4 Servings

Ingredients: 2 15oz cans Red Kidney Beans drained, 1 15oz can Black Beans drained, 2 14.5 oz cans Fire Roasted Diced Tomato's, 1 cup Vegetable Broth, 1 cup frozen or canned Corn, 3 cloves minced Garlic, ½ Sweet Onion Chopped, 1 Red Bell Pepper chopped, 3-4 TBS Chili Powder, 1 TSP Red Cayenne Pepper, 1TSP Oregano, 1TSP Brown Sugar, ¼ TSP Sea Salt, ½ TSP Black Pepper.

Cooking Instructions:

1. Add all ingredients to a slow cooker.
2. Cook on High for 4 hours or low for 8 hours.
3. Top with your favorite toppings, Avocados, Cilantro, Cheese, Sour Cream, etc.
4. Serve with tortilla chips or baguettes.



Recipe #2: Chicken Zucchini Meatballs

Total Cook Time: 6 Hours 10 Minutes

Makes: 6-8 Servings

Ingredients: 2 pounds ground chicken, 1 medium zucchini, shredded and the liquid squeezed out, $\frac{1}{2}$ cup chopped onion, $\frac{1}{4}$ cup coconut flour, 2 TBS Italian seasoning, 1 TBS garlic powder, $\frac{1}{2}$ TBS Red pepper flakes, salt & pepper to taste, 2 cups marinara sauce divided



Cooking Instructions:

1. In a large mixing bowl, mix together chicken, shredded zucchini, onion, coconut flour, Italian seasoning, garlic powder, red pepper flakes, and salt and pepper until well combined. Using a tablespoon as a scoop, form into 1-1 1/2 inch-sized balls.
2. Pour 1/2 cup of the pasta sauce on the bottom of your slow cooker. Place meatballs on top. You will probably have to stack them on top of each other, which is fine. Pour the remaining sauce (1 1/2 cups) on top.
3. Set slow cooker on low for 6-8 hours or on high for 4 hours. Once done, carefully remove (some might be a little stuck to each other since they are stacked on top) and serve with zucchini noodles or pasta.

Recipe #3: Lasagna

Total Cook Time: 4-6 Hours

Makes: 8 Servings

Ingredients: 1 pound lean ground turkey, or lean ground beef, 1 large onion, diced, 3 cloves garlic, minced, 2) jars pasta sauce, no sugar added , 2 cups low-fat cottage cheese, 8 ounces shredded (part skim) mozzarella cheese , 1 TSP Italian seasoning, Pinch of salt , 12 (uncooked) whole wheat lasagna noodles, (break in half before adding to slow cooker), $\frac{1}{2}$ cup freshly grated Parmesan cheese, Fresh basil for garnish

Cooking Instructions:

1. Add the turkey and onion to a large skillet and cook over medium heat until the turkey has lost its pink color. Add the garlic and cook for one additional minute. Drain any fat from the cooked turkey. Add 1 1/2 jars pasta sauce and stir to combine.
2. Combine the cottage cheese, mozzarella, Italian seasoning, and salt.
3. Add a 1/2 cup meat sauce to the bottom of the slow cooker. Next, add a layer of lasagna noodles and spread 1/4 cheese mixture over noodles. Repeat the layers until these ingredients are gone.
4. Cover and cook in slow cooker on low-heat until noodles are al dente and cheese is bubbly, approximately 4-6 hours. Remove the lid and add the parmesan to the top. Turn off the slow cooker and allow the casserole to sit for 15 minutes before cutting. If desired, serve garnished with the fresh basil and additional parmesan.

References:

<https://eatthegains.com/slow-cooker-chicken-zucchini-meatballs/>

<https://skinnyms.com/slow-cooker-lasagna-8/>

<https://tastefulventure.com/slow-cooker-skinny-vegetarian-chili/>