



Honey Garlic Chicken Slow Cooker Recipe

The Ingredients.

serves 4

1 1/2 to 2 pounds boneless, skinless chicken thighs (4 or one thigh per family member)

3 garlic cloves, smashed and chopped

1 teaspoon dried basil

1/2 cup soy sauce (La Choy or Tamari wheat-free are gluten free)

1/2 cup ketchup

1/3 cup honey

The Directions.

Use a 4-quart slow cooker (if using a 6-quart, this will cook faster. Check after 3 hours on high, 5 hours on low).

Put the chicken into your cooker. In a small bowl, combine the rest of the ingredients, then pour evenly over the top.

Cook on low for 6 hours or high for 3-4 (I'd go with low---).

Serve with basmati rice and steamed or roasted vegetables.

Cranberry-Mustard Pork Roast

2-3 pounds pork roast (lion, butt, or shoulder)

2 cups fresh or frozen cranberries

1/2 cup orange juice concentrate

1 tablespoon brown or Dijon mustard

1 onion, diced

1 tablespoon salt

1 teaspoon black pepper

1/4 teaspoon ground cinnamon, optional

Cook Time: 8 to 10 hours on low

Serve with: mashed potatoes and steamed green vegetables or side salad

Serves 6 to 8

Cilantro Lime Chicken with Corn and Black Beans

2 pounds boneless skinless chicken, thighs or breast (I recommend thighs, they don't dry out as much in the slow cooker)

1 cup corn

1, 15-ounce can black beans

1 orange bell pepper, diced

1 yellow bell pepper, diced

1 onion, diced

Juice from 2 limes

2 tablespoons chili powder

1 teaspoon salt

1 teaspoon cumin

½ teaspoon black pepper

2 tablespoons fresh chopped cilantro

Cook Time: 6- 8 hours on low or 5-6 hours on high

Serve with: treat this like you would taco filling – add to tacos, burritos, taco salad, nachos, or make burrito bowls with it. stir in 2 tablespoons fresh chopped cilantro before serving. It's very flexible.

Serves 6 to 8

Teriyaki Chicken

2 pounds boneless skinless chicken, thighs or breast, cut into bite-size pieces (I recommend thighs, they don't dry out as much in the slow cooker)

½ cup soy sauce

¼ cup rice wine vinegar

¼ cup maple syrup

1, 20-ounce can pineapple chunks

2 cloves garlic, minced

Cook Time: 8 hours on low

Serve with: cooked brown rice and green veggies

Serves 6 to 8

CROCK POT SANTA FE CHICKEN

INGREDIENTS:

24 oz (1 1/2) lbs chicken breast
14.4 oz can diced tomatoes with mild green chilies
15 oz can black beans, rinsed and drained
8 oz frozen corn
1/4 cup chopped fresh cilantro
14.4 oz can fat free chicken broth
3 scallions, chopped
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp cayenne pepper (to taste)
salt to taste

DIRECTIONS:

Combine chicken broth, beans (drained), corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the crock pot

Season chicken breast with salt and lay on top.

Cook on low for 8 – 10 hours or on high for 4 to 6 hours.

Thirty minutes before serving, remove chicken and shred.

Return chicken to slow cooker and stir in. Adjust salt and seasoning to taste.

Serve over rice or tortillas and with your favorite toppings.

BROWN SUGAR AND BALSAMIC GLAZED PORK LOIN

Ingredients:

1 (2 pound) boneless pork tenderloin (or regular pork loin)
1 teaspoon ground sage
1/2 teaspoon salt
1/4 teaspoon pepper
1 clove garlic, crushed

1/2 cup water

Glaze

1/2 cup brown sugar

1 tablespoon cornstarch

1/4 cup balsamic vinegar

1/2 cup water

2 tablespoons soy sauce

Directions:

Combine sage, salt, pepper and garlic. Rub over roast. Place in slow cooker with 1/2 cup water. Cook on low for 6-8 hours. About 1 hour before roast is done, combine ingredients for glaze in small sauce pan. Heat and stir until mixture thickens. Brush roast with glaze 2 or 3 times during the last hour of cooking. Serve with remaining glaze on the side.

CROCKPOT CHICKEN AND DUMPLINGS

This southern classic is sure to hit home. When you're in the mood for comfort food, these chicken and dumplings will do the trick. The crock pot does all the work for you, and you'll get to enjoy some good home cooking without wasting the afternoon. The canned biscuits really make the cooking easy as pie!

Ingredients:

4 boneless skinless chicken breasts

2 cans of cream of chicken soup

1 can of chicken broth

1 small onion, chopped

2 tablespoons of butter

1 can of biscuit dough

Directions:

In you crockpot, add all the ingredients except the biscuit dough. Make sure the chicken breasts are covered with the liquid. Cook on low for 6-8 hours. Once finished, shred the chicken with a fork or potato masher. Turn the heat up to high and add pinches of biscuit dough to the crockpot. Stir, cover, and let cook on high for an additional 45 minutes. Serve!

EASY CHICKEN SANTA FE

It's a little embarrassing how easy this is. And your family will think you've gone all out for them. Delicious!

INGREDIENTS:

1 (15 ounce) can black beans, rinsed & drained
1 small bag frozen sweet corn (or 2 cans, rinsed & drained)
1 cup bottled chunky salsa
6 skinless chicken thighs (or 6 skinless chicken breasts- see tips below)
1 (8 ounce) package cream cheese (low fat is fine), cut into chunks
hot, steamed rice
desired toppings: lettuce, tomato, shredded cheddar, avocado

DIRECTIONS:

In a slow cooker, add beans, corn and 1/2 cup salsa. Top with the chicken and pour remaining salsa over the chicken. Cover and cook on HIGH for 3 hours, or until the chicken is tender and cooked throughout.

Remove the chicken to a cutting board and cut into bite-sized pieces. Return the chicken to the slow cooker along with the cream cheese. Stir and let cream cheese melt into the mixture to create a creamy sauce.

For serving: You can serve the chicken & sauce over rice with a sprinkle of lettuce, tomato and cheddar cheese on top. Or you can serve these as tacos with cheese and a couple of taco fixings such as lettuce and tomato.

Spicy Honey Lime Pork Roast

Servings: 8 servings

Ingredients

1 1/2 pound sirloin pork roast
3-4 minced chipotle peppers about 1-2 tablespoons worth
1 tablespoon adobo sauce from the can of chipotle peppers
1/4 cup fresh lime juice about 2 medium limes worth
1/3 cup honey
2 large garlic cloves minced

Instructions

Rinse and pat dry the pork roast. Place in the slow cooker. Stir together the remaining ingredients and pour over the roast. Cover and cook on LOW heat for 6-7 hours, until the meat can be pulled apart with tongs. Toss the pieces of meat in the juices in the crock-pot. Enjoy!

Easy Slow-Cooker Jambalaya

Ingredients

2 pounds boneless, skinless chicken thighs
1 pound smoked sausage, cut into 2-inch slices
1 large onion, chopped
1 large green bell pepper, seeded and chopped
3 stalks celery, chopped
1 (28 oz.) can diced tomatoes with juice
3 cloves garlic, chopped
2 cups chicken broth
1 tablespoon Cajun or Creole spice mix
1 teaspoon dried thyme
1 teaspoon dried oregano
1 pound extralarge shrimp, peeled and deveined
1 3/4 cups long-grain rice
Parsley, optional

How to Make It

Step 1

Combine chicken, sausage, onion, green pepper, celery, tomatoes, garlic, chicken broth, spice mix, thyme and oregano in a large (5-quart) slow cooker. Cook on low for 5 hours.

Step 2

Add shrimp and rice; raise heat to high and cook for 30 minutes more. Sprinkle with chopped parsley, if desired.

Slow Cooker Banana Pepper Shredded Beef

2 pounds boneless beef chuck shoulder roast, fat trimmed
4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
1 medium yellow onion, peeled and sliced
1-1.25 cups beef broth (If you buy a can with 2 cups, you can use the leftover broth in my Shepherd's Pie recipe)

DIRECTIONS

Combine all ingredients in your slow cooker and cook for 6-8 hours on “low.” (The time depends on the strength of your slow cooker. You want the meat to fall apart and melt in your mouth.)

Remove beef from slow cooker and shred with a fork.

Teriyaki Chicken

2 pounds chicken thighs,
1/2 cup soy sauce,
1/4 cup rice wine vinegar,
1/4 cup brown sugar,
one 20-ounce can pineapple chunks (drained)

Cook time: 8 hours on LOW

Serve with: cooked white or brown rice, green veggies

Serves 4-6

Pork Country Ribs + BBQ Sauce

2 pounds boneless country ribs,
one 16-ounce bottle BBQ sauce (your favorite kind)

Cook time: 8-10 hours on LOW

Serve with: mashed potatoes, veggies, and salad

Serves 4

Crockpot Sausage-Stuffed Mini Sweet Peppers

Yields: 6 servings

Ingredients

1 1/2 pounds (24oz) mini sweet peppers (Our local store sells them in 8oz bags, so I bought three. If you can only find 16oz bags, but one and mix the extra sausage with the sauce or buy two and eat the extra peppers sliced on a salad.)

1 pound ground Italian sausage (sweet or spicy)

24oz jar spaghetti sauce (We like Prego Traditional)

8oz shredded mozzarella cheese (about 2 cups) (not needed until day of cooking)

Directions

Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)

Stuff the peppers with sausage and add to crockpot.

Cover with sauce and cook on "low" setting for 6-8 hours.

Top with mozzarella cheese and cook for additional 10 minutes or until melted.

slow cooker creole chicken and sausage

This Slow Cooker Creole Chicken and Sausage just takes 10 minutes to prep and has beans and bell peppers for bonus healthy points.

INGREDIENTS

the essentials:

1 pound boneless skinless chicken breasts

12 ounces smoked Andouille sausage, cut into small rounds

1 cup chopped onions

2 cloves minced garlic

1 1/4 cup low sodium chicken broth

1 can (14.5 ounces) diced tomatoes

3 tablespoons tomato paste

1/2 cup tomato sauce

2 teaspoons Creole seasoning

1/4 teaspoon cayenne

optional extras:

1 tablespoon brown sugar

1 14 ounce can black beans, rinsed and drained

2 green bell peppers, chopped

1/2 cup sliced green onions for topping

2 tablespoons almond butter (randomly delicious)

salt to taste

brown rice for serving

INSTRUCTIONS

Place the essential ingredients in the crockpot. Cover and cook on low for 6-8 hours or high for 3 hours.

Shred the chicken directly in the crockpot to your desired texture. Add the extras, if you want, and cover and cook for another 20-30 minutes. This is also a great time to make your rice, if you're serving it with rice. When everything is ready, taste the chicken mixture and season with salt. Serve the creole chicken over rice and topped with green onions.

White Chicken Chili

4 people

INGREDIENTS

2 pounds boneless skinless chicken breasts cubed

2 cans great northern white beans drained

1 medium onion, chopped

2 cloves garlic, minced

8 ounces canned green chilies drained

1 teaspoon ground cumin

1 teaspoon dried oregano

1/4 teaspoon black pepper

32 ounces chicken stock (not needed until ready to cook)

1 cup shredded cheddar cheese (not needed until ready to cook)

White chicken chili crock pot recipe is easy and delicious. It can even be frozen for a busy weeknight.

INSTRUCTIONS

Place all ingredients (except chicken stock and cheddar cheese) into a ziplock bag and freeze.

Southwest Chicken

4 people

INGREDIENTS

2 pounds boneless skinless chicken breasts butterflied in half

2 green peppers

8 ounces frozen corn

1 can black beans drained

16 ounces salsa

8 ounces cream cheese (not needed until ready to cook)

Southwest chicken crock pot recipe is easy and delicious. It can even be frozen for a busy weeknight.

INSTRUCTIONS

Add all ingredients to ziplock bag (except the cream cheese) and freeze.

Slow Cooker Hawaiian Chicken for the Freezer

Ingredients

1lb boneless, skinless chicken breasts, cut into bite-sized pieces

1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces

2 tablespoons light brown sugar

2 tablespoons low sodium soy sauce

Materials

1 gallon-sized plastic freezer bag

Prep

Label your freezer bag.

To your freezer bag, add pineapple, brown sugar, soy sauce, and chicken breasts. (Add the chicken breasts to the bag last, so they're the first ingredient poured into your slow cooker.)

Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

The night before cooking, move frozen bag to your refrigerator to thaw.

The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.