



10
HEALTHY
CROCKPOT RECIPES TO
Warm the Soul

#THELIVEOUTLOUDPROJECT

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SLOW-COOKER TEX-MEX CHICKEN AND BEANS

This Tex-Mex chicken and bean stew is packed with nourishing ingredients.

INGREDIENTS

- 1 cup dried pinto beans, rinsed
- 1 jar (11 ounces) mild or medium Salsa (1 1/2 cups)
- 2 tablespoons chopped chipotle chiles in adobo sauce
- 2 tablespoons unbleached all-purpose flour
- 1 1/2 pounds boneless, skinless chicken thighs (about 8)
- Kosher salt and freshly ground pepper
- 1 red onion, chopped
- 1 red bell pepper, chopped
- Sour cream, finely chopped jalapeno, hot sauce, and tortilla strips or chips, for serving

INSTRUCTIONS

Step 1

Place beans in a large bowl; cover with water by several inches. Refrigerate, covered, overnight; drain. (To quick soak, cover beans in a large saucepan with water. Bring to a boil. Remove from heat. Let stand, covered, for 1 hour; drain.)

Step 2

Preheat a 5- to 6-quart slow cooker.

Step 3

Place beans, salsa, chiles, flour, and 1 cup water in the slow cooker. Season chicken with salt and pepper; arrange on top of bean mixture. Scatter onion and bell pepper on top of chicken. Cover and cook on low heat for 8 hours (or on high for 4 hours).

Step 4

Transfer chicken from slow cooker to a large plate. Using two forks, shred chicken into large pieces; return to stew. Serve with sour cream, jalapeno, hot sauce, and tortilla strips.

Prep: 15 mins

Total: 8 hrs 15 mins

Servings: 4



Photo: Stephen Kent Johnson

Source: www.marthastewart.com

SLOW-COOKER RIBOLLITA

Upgrade your vegetable soup with this Italian-inspired recipe, a hearty bread and vegetable potage.

INGREDIENTS

- 1/4 cup plus 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1/2 teaspoon red-pepper flakes
- 1 bunch lacinato kale, stems removed, leaves cut into 1/2-inch ribbons (4 cups)
- 2 medium zucchini, quartered lengthwise and cut into 1/2-inch slices
- 1 large tomato, finely chopped
- 1 cup fresh or frozen shelled cranberry beans
- 1 1/2 cups boiling water
- Kosher salt and freshly ground black pepper
- 2 slices country bread
- Finely grated Parmigiano-Reggiano, for serving

INSTRUCTIONS

Step 1

Preheat a 4-quart slow cooker. Heat 2 tablespoons oil in a large skillet over high. Add onion, garlic, and red-pepper flakes and cook until softened, about 5 minutes. Add kale and cook until just wilted, 5 minutes. Transfer to slow cooker.

Step 2

Add 1 tablespoon oil to skillet, then add zucchini and cook over high until lightly browned, 3 to 4 minutes. Transfer zucchini to slow cooker along with tomato, beans, and boiling water; season with salt and pepper. Cover and cook on high until beans are tender, 3 hours (or on low 6 hours).

Step 3

Heat remaining 3 tablespoons oil in a large skillet. Add bread and cook over medium, turning once or twice, until golden and crisp, 5 to 6 minutes. Let cool slightly, then tear into pieces; stir into stew in slow cooker. Cover and cook on high until thick, 1 hour more (or on low 2 hours more). Season with salt and pepper; serve, topped with grated cheese and drizzled with oil.

Servings: 4



Photo: Stephen Kent Johnson

Source: www.marthastewart.com

SLOW-COOKER WHITE-BEAN SOUP

Everything cooks together low and slow for six hours until the vegetables are tender and the broth becomes so flavorful.

INGREDIENTS

- 1 pound dried Great Northern beans, rinsed
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 3 leeks, white and light-green parts only, halved lengthwise, cut crosswise into 1/2-inch pieces, and well washed (4 cups)
- 5 cloves garlic, thinly sliced
- 1/2 teaspoon red-pepper flakes, plus more for serving
- 1 butternut squash, peeled, seeded, and cut into 1-inch pieces
- 3 sprigs sage
- 1 Parmesan rind, plus finely shredded Parmesan for serving
- 4 teaspoons fresh lemon juice
- 1 bunch spinach, trimmed and washed
- Kosher salt and freshly ground pepper

INSTRUCTIONS

Step 1

Place beans in a bowl; cover with 2 inches of water. Refrigerate, covered, overnight; drain and rinse. Cover with water in a saucepan. Bring to a boil; cook 10 minutes. Remove from heat; drain and rinse.

Step 2

Place beans, oil, leeks, garlic, pepper flakes, squash, sage, and rind in a 5-to-6-quart slow cooker. Add 8 cups water. Cover and cook on low 6 hours. Remove and discard sage and rind; stir in lemon juice and spinach. Season with salt and pepper. Serve, drizzled with oil and topped with shredded cheese and pepper flakes.

Prep: 25 mins

Total: 6 hrs 25 mins

Yield: Serves 6 to 8



Photo: Lennart Weibull

Source: www.marthastewart.com

SLOW-COOKER CHICKEN WITH 20 CLOVES OF GARLIC

Here's a milder version of the traditional French chicken with 40 cloves of garlic. Serve with plenty of crusty bread to soak up the aromatic liquid.

INGREDIENTS

- 8 whole chicken legs (about 4 pounds)
- 1 teaspoon extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 20 garlic cloves
- 2 lemons, thinly sliced
- 6 thyme sprigs
- Crusty bread, for serving

INSTRUCTIONS

Step 1

Preheat a 5-to 6-quart slow cooker; preheat oven to broil.

Step 2

Place chicken skin side up on a rimmed baking sheet. Rub oil onto skin and season generously with salt and pepper. Broil until skin is brown in places. Transfer chicken to the slow cooker. Add garlic, lemons, and thyme. Cover and cook on high until meat is tender and cooked through, about 2 1/2 hours (or on low for 5 hours). Serve with braised garlic, cooking liquid, and bread.

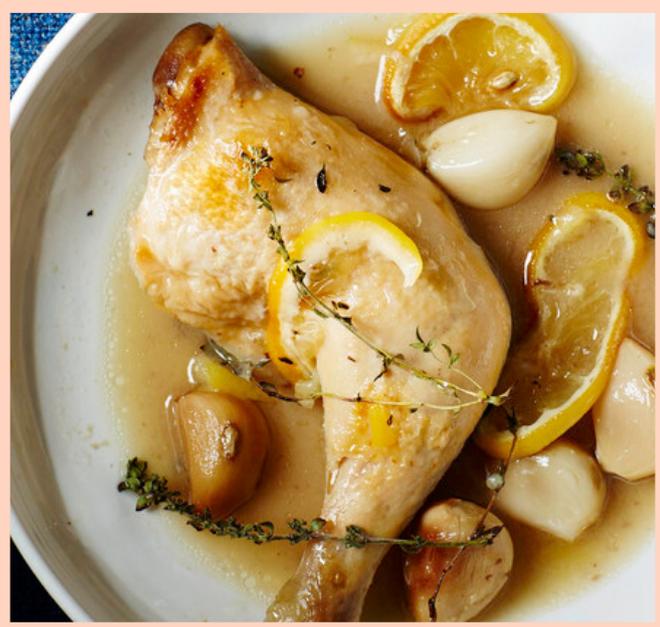


Photo: Stephen Kent Johnson

Source: www.marthastewart.com

Yield: Serves 6 to 8

SLOW-COOKER INDIAN-STYLE FISH CURRY

The best part about making curry in a slow cooker? No stirring! Give it a couple of hours to thicken and to let the flavors meld, then add your favorite white fish 20 minutes before serving.

INGREDIENTS

- 1/2 cup flaked unsweetened coconut
- 2 serrano chiles, sliced (ribs and seeds removed for less heat, if desired)
- 1 teaspoon whole coriander seeds
- 1/2 onion, coarsely chopped
- 1 inch fresh turmeric, peeled and coarsely chopped
- 1 inch fresh ginger, peeled and coarsely chopped
- 2 cloves garlic, thinly sliced
- 2 tablespoons tamarind paste
- 1 teaspoon ground cumin
- 1/4 teaspoon fenugreek seeds
- 1 tablespoon mild curry powder
- Kosher salt
- 2 cans (13.5 ounces each) unsweetened coconut milk
- 2 pounds firm white-fish fillets, such as cod or halibut, cut into 2-to-3-inch pieces
- Fresh cilantro, for serving

INSTRUCTIONS

Step 1

Preheat a 5-to-6-quart slow cooker. Combine coconut, chiles, coriander seeds, onion, turmeric, ginger, garlic, tamarind, cumin, fenugreek, curry powder, and 1 teaspoon salt in a food processor; puree until a paste forms.

Step 2

Transfer to a saucepan, add coconut milk, and bring to a boil. Transfer coconut mixture to slow cooker. Cover and cook on high until slightly thickened, 2 hours (or on low 4 hours).

Step 3

Season fish with salt and add to slow cooker, submerging in curry sauce. Cook on low until fish is flaky but not falling apart, about 20 minutes. Serve, sprinkled with cilantro.

Yield: Serves 4 to 6

Source: www.marthastewart.com



Photo: Stephen Kent Johnson

SOY-GINGER CHICKEN

An anti-inflammatory and antioxidant agent, ginger is an excellent dietary addition in this sweet and savory dish. Take it easy: Let your slow cooker or oven work its magic on this flavorful chicken dinner in a tasty soy-ginger sauce.

INGREDIENTS

- 1/3 cup soy sauce
- 2 tablespoons dark-brown sugar
- 5 garlic cloves, thinly sliced
- 2/3 cup fresh cilantro, chopped, plus sprigs for garnish
- 1 piece fresh ginger (about 2 inches long), peeled and cut into thin strips
- 5 scallions, thinly sliced on the diagonal (1 cup packed)
- 1 tablespoon balsamic vinegar
- 1 teaspoon ground coriander
- 1/2 teaspoon ground pepper
- 4 chicken drumsticks and 4 thighs (about 2 1/2 pounds total), skin removed
- 1 tablespoon cornstarch
- 2 medium carrots, thinly sliced crosswise

INSTRUCTIONS

In The Slow Cooker:

Step 1

In a 5- to 6-quart slow cooker, stir together soy sauce, sugar, garlic, cilantro, ginger, 1/2 cup scallions, vinegar, coriander, and pepper. Add chicken and carrots; toss to coat. Cover, and cook on low until chicken is tender, about 6 hours. Using a large spoon, skim off and discard any fat from surface of cooking liquid.

Step 2

In a 2-cup glass measuring cup, whisk cornstarch with 1 tablespoon water. Ladle 1 cup cooking liquid into measuring cup; whisk to combine. Pour into a small saucepan, and bring to a boil; cook until thickened, about 1 minute. With slow cooker turned off, stir in cornstarch mixture. Serve chicken with white rice, and garnish with cilantro sprigs and remaining 1/2 cup scallions.

In the Oven:

Step 1

Preheat oven to 350 degrees. Follow step 1 (above), using a 5-quart Dutch oven or heavy pot with a tight-fitting lid instead of the slow cooker. Add 1 cup water, and cover. Transfer to oven; cook until chicken is tender, about 1 1/2 hours. Proceed to step 2 (above).

Prep: 30 mins

Total: 6 hrs 30 mins

Servings: 4



Source: www.marthastewart.com

SLOW-COOKER BEEF AND TOMATO STEW

Ward off the winter frost with a warm bowl of beef-and-tomato stew. Chopped beef chuck provides lean protein, while supplies a hearty dose of hunger-quelling fiber.

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, diced small
- 3 medium carrots, cut into 1/4-inch rounds
- 3 celery stalks, cut into 1/4-inch pieces
- 2 pounds beef chuck, fat trimmed, cut into 1-inch pieces
- 1 can (28 ounces) crushed tomatoes
- 1 cup low-sodium chicken broth
- 3 garlic cloves, smashed and peeled
- Coarse salt and ground pepper
- 4 cups cooked brown rice
- 6 tablespoons nonfat plain Greek yogurt
- 1/3 cup chopped fresh parsley

INSTRUCTIONS

Step 1

In a large skillet, heat oil over medium. Add onion, carrots, and celery and cook, stirring frequently, until vegetables are softened, 10 minutes. Transfer mixture to a 5-to-6-quart slow cooker and add beef, tomatoes, broth, garlic, 1 teaspoon salt, and 1/4 teaspoon pepper.

Step 2

Cover and cook on high, 6 hours, stirring occasionally. To serve, divide brown rice and stew among 6 bowls and top with yogurt and parsley.

COOK'S NOTES

Use Greek yogurt in place of sour cream to garnish chilis and stews to get creamy tang without the fat. Ask your butcher to trim away most of the fat from the beef chuck; it will still become tender and flavorful in a slow cooker. Use bulgur in place of brown rice, if you like.

To store, refrigerate stew in an airtight container, up to 3 days, or freeze, up to 3 months.



Photo: Standard

Source: www.marthastewart.com

SLOW-COOKER GARLIC CHICKEN WITH COUSCOUS

Enriched with garlic, thyme, and dry white wine, this is one healthy slow-cooker recipe that will not force you to sacrifice flavor.

INGREDIENTS

- 1 whole chicken (3 1/2 to 4 pounds), cut into 6 to 8 pieces and patted dry
- Coarse salt and ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, halved and thinly sliced
- 6 garlic cloves, halved
- 2 teaspoons dried thyme
- 1 cup dry white wine, such as Sauvignon Blanc
- 1/3 cup all-purpose flour
- 1 cup couscous
- Chopped fresh parsley, for serving

INSTRUCTIONS

Step 1

Season chicken with salt and pepper. In a large skillet, heat oil over medium-high. In batches, cook chicken, skin side down, until skin is golden brown, about 4 minutes.

Step 2

Combine onion, garlic, and thyme in a 5-to-6-quart slow cooker and season with salt and pepper. Top with chicken, skin side up, in a tight layer. In a small bowl, whisk together wine and flour until smooth and add to slow cooker. Cover and cook on high until chicken is tender, about 3 1/2 hours (or 7 hours on low). Cook couscous according to package instructions. Serve chicken and sauce over couscous, sprinkled with parsley.



Photo: Romulo Yanes

Source: www.marthastewart.com

Prep: 25 mins
Total: 4 hrs
Servings: 4

SLOW-COOKER CAJUN STEW

It's a busy cook's dream: dinner that makes itself. With a slow cooker, it's a reality. Toss together the ingredients necessary to make this spicy seafood stew, push a button, and find a comforting meal ready at supper time.

INGREDIENTS

- 3/4 pound andouille or kielbasa, sliced into 1/2-inch-thick rounds
- 1 red onion, sliced into wedges
- 2 garlic cloves, minced
- 2 celery stalks, coarsely chopped
- 1 red or green bell pepper, coarsely chopped
- 2 tablespoons all-purpose flour
- 1 (28-ounce) can diced tomatoes 1/4 teaspoon cayenne pepper
- Coarse salt
- 1/2 pound large shrimp, peeled and deveined
- 2 cups frozen cut okra (from an 8-ounce package), thawed



Source: www.marthastewart.com

INSTRUCTIONS

Step 1

In a 5-to-6-quart slow cooker, place sausage, onion, garlic, celery, and bell pepper. Sprinkle with flour and toss to coat. Add tomatoes and their liquid, 1/2 cup water, and cayenne; season with salt. Cover and cook until vegetables are tender, 3 1/2 hours on high (or 7 hours on low). Add shrimp and okra, cover, and cook until shrimp are opaque throughout, 30 minutes (or 1 hour on low).

COOK'S NOTES

For best results, your slow cooker should be at least halfway but no more than two-thirds full when you start cooking. This will prevent overcooking and overflowing.

Prep: 15 mins

Total: 4 hrs 15 mins

Servings: 6

CHICKEN CACCIATORE WITH CREMINI MUSHROOMS

Selenium, potassium, antioxidants, and B-vitamins are in full-force in this wild mushroom and chicken dish. Dry sauvignon blanc and rosemary amplify the woody blend of mushrooms and vegetables.

INGREDIENTS

- 1 whole chicken, cut into 10 pieces, skin removed (except from wings)
- 8 ounces cremini mushrooms, quartered
- 1 can (28 ounces) whole peeled plum tomatoes in juice, drained, and broken up
- 1/4 cup all-purpose flour
- 1/4 cup dry white wine, such as Sauvignon Blanc
- 1 celery stalk, thinly sliced
- 1 small onion, halved and thinly sliced
- 1 sprig fresh rosemary or 1/2 teaspoon dried rosemary, crumbled
- Coarse salt and ground pepper

INSTRUCTIONS

Step 1

In a 5-quart slow cooker, stir together chicken, mushrooms, tomatoes, flour, wine, celery, onion, rosemary, 2 teaspoons salt, and 1/4 teaspoon pepper.

Step 2

Cover; cook on high setting until meat is tender, 4 hours. Do not lift the cover of the slow cooker while cooking. To serve, discard rosemary sprig.

Prep: 15 mins

Total: 4 hrs 15 mins

Servings: 4



Source: www.marthastewart.com