

Slow Cooker Veggie Omelet

Instructions:

1. Lightly grease the inside of the slow cooker with cooking spray and set aside.
2. In a large mixing bowl, combine eggs, milk, salt, pepper, garlic powder and chili powder. Using a whisk, beat the mixture until mixed and thoroughly combined.
3. Add broccoli florets, pepper, onion and garlic to the slow cooker. Stir in the egg mixture.
4. Cover and cook on high for 2 hours. Start checking at 1 hour 30 minutes. The omelet is done when eggs are no longer runny.
5. Sprinkle with cheese and cover; let stand for 2 to 3 minutes, or until the cheese is melted.
6. Cut the omelet and serve.

Ingredients:

- 8 large eggs
- 1/2 cup milk or half and half
- 1/4 cup of your favorite cheese, grated
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1 cup broccoli florets
- 1 small red bell pepper, diced
- 1 small yellow onion, finely chopped
- 2 cloves garlic, finely chopped
- Salt and pepper, to taste

How to store and reheat your omelet:

- **Store in the fridge:** In an air-tight container for up to 4 days.
- **Store in the freezer:** Let cool before putting in an air-tight container. Can be stored for up to 3 months.
- **To reheat:** Bring omelet to room temperature by setting it out on the counter, then heat on stove on low. Do not reheat in the slow cooker.

Slow Cooker Chicken Breast

Instructions:

1. Pour chicken broth (or water) into slow cooker.
2. Pat the chicken breast dry with paper towels, then rub with olive oil and set aside.
3. In a small mixing bowl, combine the Mrs. Dash (or salt-free seasoning), black pepper, paprika, garlic powder, onion powder, basil and oregano. Mix until thoroughly combined.
4. Rub the chicken breasts with the seasoning mixture and dump into the slow cooker.
5. Cover and cook on low for 3 to 4 hours, or until internal temperature of the chicken reaches 165°F.
6. Remove the chicken breasts from the slow cooker and let rest for about 5 to 8 minutes.
7. Cut and serve.

Optional

If you'd like a little browning on the cooked chicken, put it under the broiler for 3 to 4 minutes after being cooked in the slow cooker.

Ingredients:

- 1/2 cup low sodium chicken broth OR water
- 4 boneless, skinless chicken breasts
- 2 tablespoons olive OR canola oil
- 2 teaspoons Mrs. Dash OR salt-free seasoning
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Chopped fresh parsley, for garnish (optional)

Slow Cooker Chicken and Rice

Instructions:

1. In a slow cooker, stir together the broth, carrots, onion, red peppers, Italian seasoning, garlic , Mrs. Dash (or salt-free seasoning) and pepper.
2. Add chicken breasts, cover and cook on high for 2 hours or on low for 4 hours.
3. When chicken is cooked, remove and place on a cutting board.
4. Stir in the peas and rice, cover and cook on high for 15 minutes.
5. When the chicken is cool enough to handle, slice thinly.
6. After 15 minutes, stir the chicken, milk and cheese into the slow cooker. Cover and cook on high for 15 minutes, or until the cheese is melted and rice is tender.
7. Serve immediately.

Ingredients:

- 1 ½ cups low sodium chicken broth
- 2 large carrots, peeled and diced (or 2 cups baby carrots)
- 1 onion, diced
- 1/2 cup red bell pepper, chopped
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic, finely chopped
- 1 tablespoon Mrs. Dash OR salt-free seasoning
- 1 tablespoon black pepper
- 2 boneless, skinless chicken breasts
- 1 cup frozen peas
- 2 cups instant brown rice (if using regular brown rice, add 1 cup water)
- 1/3 cup milk
- 2 cups mozzarella cheese, shredded



Slow Cooker Chicken Fajitas

Instructions:

1. Add half of the sliced peppers and onions to slow cooker.
2. Coat all sides of chicken with taco seasoning and layer in slow cooker.
3. Top chicken with garlic, the juice from one lime and tomatoes.
4. Add the remaining peppers, onions and any remaining lime juice. Cover.
5. Cook on high for 3 to 4 hours.
6. Remove chicken and cut or shred.
7. Return the chicken to the slow cooker and marinate on low for about 10 minutes.
8. If you find that there is too much liquid, you can remove until there is a desired amount before serving.
9. Assemble fajitas to your liking and enjoy.

Ingredients:

- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow onion, sliced
- 2 pounds boneless, skinless chicken breast, cut in half
- 2 tablespoons taco seasoning
- 4 cloves garlic, diced
- 1 lime
- 10 ounces can diced tomatoes with green chiles, drained

For serving (optional):

- Flour tortilla
- Cheese
- Sour cream
- Guacamole

Slow Cooker Chicken & Biscuits

Instructions:

1. Place the chicken in slow cooker. Sprinkle on Mrs. Dash (or salt-free seasoning) and pepper.
2. Add the veggies and condensed soup and mix thoroughly.
3. Cook on high for 3 hours.
4. Rip biscuit dough into small pieces and drop evenly over chicken. Cook an additional hour and serve.

Ingredients:

- 3 chicken breasts, diced
- Mrs. Dash OR salt-free seasoning, to taste
- Pepper, to taste
- 2 cups broccoli florets
- 2 cups baby carrots, diced
- 2 - 10.5 ounce cans condensed cream of chicken soup
- 1 can refrigerated biscuits

Slow Cooker Chicken and Noodles

Instructions:

1. Season chicken with Mrs. Dash (or salt-free seasoning) and black pepper. Place onion and chicken in a slow cooker. Top with broth, cream of chicken soup and seasonings.
2. Cook for 3 hours on high or until onions are tender and the chicken is cooked through (internal temperature of 165°F).
3. Remove the chicken breasts from the slow cooker and shred. Add them back to the slow cooker along with the mixed vegetables and frozen egg noodles.
4. Cook an additional 60 to 90 minutes, or until the noodles are cooked through, stirring every 30 minutes. Do not overcook.
5. Stir in parsley (optional) and serve.

Ingredients:

- 3 large boneless, skinless chicken breasts
- 1 onion, diced
- 2 - 10.5 ounce cans cream of chicken soup
- 6 cups low sodium chicken broth
- 1 tablespoon Mrs. Dash OR salt-free seasoning
- 1 tablespoon black pepper
- 1 teaspoon dried thyme leaves
- 2 cups frozen mixed vegetables
- 24 ounces frozen egg noodles
- 2 tablespoons fresh parsley, chopped (optional)

Slow Cooker Chicken Taco Chili

Instructions:

1. Divide the jar of salsa in half.
2. Place the chicken, tomato sauce, beans, half the salsa, cumin, garlic powder, onion powder and Mrs. Dash (or salt-free seasoning) in the slow cooker and stir to combine. Refrigerate the remaining salsa to add at the end.
3. Cover and cook on high for 4 to 6 hours, or on low for 6 to 8, or until the chicken is cooked through. Do not uncover during this time.
4. Once the chicken is cooked, uncover and remove. Place the chicken on a cutting board and shred or chop into bite sized pieces. Add back to the slow cooker.
5. Stir in the remaining salsa. Serve with any toppings you like.

Ingredients:

- 1 ½ pounds boneless, skinless chicken breasts or thighs
- 1 - 15 ounce can tomato sauce
- 2 - 15 ounce cans kidney beans, drained and rinsed (or chili, black, or pinto beans)
- 1 - 15 ounce jar chunky salsa
- 2 tablespoon ground cumin
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons Mrs. Dash OR salt-free seasoning

Toppings (optional):

- Guacamole
- Salsa
- Lime juice
- Sour cream
- Cheese
- Chopped green onion
- Chopped cilantro

White Chicken Chili

Instructions:

1. Add the chicken, onion, white beans, green chilis, salsa verde, chicken stock, garlic powder, cumin, Mrs. Dash (or salt-free seasoning) and black pepper to the slow cooker.
2. Cover and cook on high for 4 to 5 hours, or on low for 6 to 8 hours.
3. Uncover, remove the chicken and shred or dice into chunks.
4. Remove ½ cup to 1 cup of the bean mixture and add to blender. Cover, blend for about 5 seconds on high, then add back to the chili, stirring to combine.
5. Spoon 2 to 3 tablespoons of the bean mixture into a medium bowl. Add the cream cheese and stir until well combined.
6. Add the chicken back to the slow cooker, along with the bean puree and cream cheese mixture, stirring to combine. Taste and add additional Mrs. Dash (or salt-free seasoning) or salsa, if needed.
7. Serve with any toppings you like.

Ingredients:

- 1 ½ pounds boneless, skinless chicken breasts or thighs
- 1 onion, diced
- 2 - 15 ounce cans white beans drained and rinsed (such as Great Northern or cannellini)
- 1 - 4.5 ounce can mild diced green chilis
- 1 cup mild green salsa verde tomatillo salsa
- 1 cup chicken stock
- 2 tablespoons garlic powder
- 1 tablespoon cumin
- 1 tablespoon Mrs. Dash OR salt-free seasoning
- 1 tablespoon black pepper
- 4 tablespoons cream cheese

Toppings (optional):

- Avocado
- Sour cream
- Crushed tortilla chips
- Onion, chopped
- Cilantro
- Lime juice
- Jalapeno
- Shredded cheese

5—Ingredient Slow Cooker Fajita Salsa Chicken

Instructions:

1. Add the chicken, onions, peppers, about 2/3 of the jar of salsa and Mrs. Dash (or salt-free seasoning) to the slow cooker, stirring until well combined.
2. Cover and cook on high for 4 hours, or on low for 6 hours, or until the chicken and vegetables are very tender.
3. Uncover and remove the chicken to a cutting board. Shred or cut into pieces.
4. If there is a lot of liquid in the slow cooker, you can drain some or leave it all in, depending on whether you want more of a wet/dry consistency.
5. Add back the chicken, the remaining salsa and lime juice, stirring everything together. Taste and add additional Mrs. Dash (or salt-free seasoning), lime juice, or salsa, if desired.

Ingredients:

- 2 pounds boneless, skinless chicken breasts or thighs
- 2 medium yellow onions, thinly sliced
- 2 medium bell peppers (any color), thinly sliced
- 1 - 16 ounce jar salsa, divided
- 1 tablespoon Mrs. Dash OR salt-free seasoning
- Juice of 1 lime (about 2 tablespoons)

Toppings (optional):

- Avocado
- Sour cream
- Crushed tortilla chips
- Shredded cheese

Slow Cooker Pot Roast

Instructions:

1. Place the chuck roast in the slow cooker and season with Mrs. Dash (or salt-free seasoning), pepper, onion powder and garlic powder.
2. Sprinkle the onion soup pack and top with vegetables and water.
3. Cook on high for 4 to 5 hours, or on low for 8 hours.
4. Stir and enjoy!

Ingredients:

- 3 pound chuck roast
- 2 tablespoons Mrs. Dash OR salt-free seasoning
- 2 tablespoons pepper
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 ounce dried onion soup mix
- 1 onion, diced
- 3 potatoes, diced
- 3 large carrots, chopped
- 1/2 cup water

Slow Cooker Carnitas

Instructions:

1. Cut pork into 6 equal pieces. Add it to the slow cooker.
2. Add Mrs. Dash (or salt-free seasoning), pepper, oregano, cumin, garlic, onion, bay leaves, lime juice, orange juice and squeezed orange. Mix until meat is well-coated.
3. Cover and cook on low for 8 to 10 hours, or until the meat pulls apart easily.
4. Remove the pork and transfer to a foil-lined baking sheet. Shred the pork and spread across the baking sheet in a single layer.
5. Pour about 1 cup of the remaining liquid in the slow cooker over the shredded pork.
6. Broil for 5 to 10 minutes, or until the meat browns and crisps along the edges.
7. Serve immediately.

Ingredients:

- 4 pounds boneless pork butt OR pork shoulder, cut into six equal pieces
- 2 teaspoons Mrs. Dash OR salt-free seasoning
- 1 teaspoon pepper
- 1 tablespoon dried oregano
- 1 tablespoon cumin
- 8 cloves garlic, crushed
- 1 medium onion, quartered
- 3 bay leaves
- 1 lime, juiced
- 1 large orange, juiced, save the used halves

Toppings (optional):

- Tortilla shell
- Rice
- 1 can black beans, rinsed and dried
- Salsa
- Guacamole
- Sour cream
- Fresh cilantro

4 Ingredient Slow Cooker Ravioli

Instructions:

1. Spray the inside of a slow cooker with cooking spray. Reserve 1 cup of pasta sauce and set aside.
2. In a pan, brown the sausage over medium heat until no pink remains and drain. Add the remaining pasta sauce and simmer for 2 minutes.
3. Place reserved 1 cup of pasta sauce in the bottom of the slow cooker.
4. Top with ½ of the ravioli, half of the meat sauce and half of the cheese.
5. Repeat layers, ending with cheese.
6. Cover and cook on low for 3 to 4 hours.

Ingredients:

- 1 pound Italian sausage
- 45 ounces of pasta sauce
- 4 cups mozzarella cheese
- 25-30 ounces cheese and spinach filled ravioli, uncooked (can use meat-filled ravioli, but skip Italian sausage)

Optional ingredients:

- Onion
- Garlic
- Mushroom
- Bell pepper
- Zucchini



Slow Cooker Potatoes

Instructions:

1. Add the potatoes, olive oil, garlic and Mrs. Dash (or salt-free seasoning) to slow cooker, stirring to combine.
2. Cover and cook on high for about 3 to 4 hours, or low for 5 to 6 hours, or until the potatoes are tender. Do not uncover during this time.
3. Uncover, stir and taste. Add additional olive oil or Mrs. Dash (or salt-free seasoning), if needed. Serve immediately.

Ingredients:

- 2 pounds small, unpeeled potatoes (such as small red potatoes, baby yellow potatoes, or fingerling potatoes)
- 2 tablespoons olive oil
- 3 garlic cloves, chopped into tiny pieces
- 1 tablespoon Mrs. Dash OR salt-free seasoning

Slow Cooker Baked Ziti

Instructions:

1. Coat slow cooker with cooking spray. Add in the ziti noodles, marinara sauce, seasonings, ricotta cheese and 1 cup of mozzarella cheese. Stir well to combine, then sprinkle with the remaining 1 cup of mozzarella cheese.
2. Cover and cook until the pasta is cooked through and the cheese is melted. This should take 1 to 2 hours on high, or 3 to 4 hours on low. Serve immediately.

Ingredients:

- Cooking spray
- 1 pound dried ziti pasta
- 48 ounces marinara sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 container ricotta cheese
- 2 cups shredded low-moisture mozzarella cheese

Slow Cooker Stuffed Peppers

Instructions:

1. In a bowl, mix the rice, corn, onion, beans, tomatoes, salsa, Mrs. Dash (or salt-free seasoning) and pepper.
2. Place the bell peppers hollowed side up into slow cooker. Cut the bottoms of the peppers if needed to help them stand up better.
3. Fill peppers halfway with rice mixture, then sprinkle on 1 cup of cheese.
4. Fill to the top with rice mixture, and top with the remaining cheese.
5. Pour chicken stock into the bottom of the slow cooker.
6. Cook on high for 4 hours.

Ingredients:

- 5 bell peppers, hollowed out
- 2 cups cooked rice, white or brown
- 1 can corn, rinsed and drained
- 1 onion, diced
- 1 can black beans, drained and rinsed
- 1/2 cup tomato, diced
- 1/2 cup salsa
- 2 cups shredded cheddar cheese
- 1/2 cup chicken stock
- 1/4 teaspoon Mrs. Dash OR salt-free seasoning
- 1/4 teaspoon black pepper

Slow Cooker Vegetable Soup

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add the onions, carrots and celery and cook for 5 minutes.
2. Stir in the garlic and cook for 30 seconds. Remove from heat and transfer to the slow cooker.
3. Add diced tomatoes, potatoes, green beans and tomato paste to the slow cooker.
4. Add bay leaves, paprika, Mrs. Dash (or salt-free seasoning), black pepper, thyme, basil, oregano and vegetable broth. Gently stir until well combined.
5. Cover and cook on high for 3 hours, or on low for 6 hours. Add corn the last 30 minutes of cooking.
6. Ladle into bowls for serving and enjoy!

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 4 carrots, peeled and sliced into rounds
- 3 celery sticks, sliced
- 4 cloves garlic, chopped into tiny pieces
- 28 ounces canned diced tomatoes, undrained
- 3 cups diced potatoes (2 large Russet potatoes would work)
- 2 cups frozen or fresh green beans, ends trimmed and chopped
- 1 cup frozen or fresh corn kernels
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 teaspoon paprika
- 1 tablespoon Mrs. Dash OR salt-free seasoning
- 2 tablespoons black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 8 cups low sodium vegetable broth