

Slow Cooker

Recipes



What's in your recipe book?

- ✓ Some tips about the slow cooker and how to use it
- ✓ Helpful food measures and conversions
- ✓ Hints for swapping ingredients in recipes
- ✓ Info on how to keep your food safe
- ✓ Food prep and food portion pictures to help you out
- ✓ Delicious, easy and affordable recipes! And healthy side dish ideas



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Slow Cooker Basics

Slow cookers are great for cooking recipes that need a long time to cook at low heat. They can make tough meat tender or cook dried peas and beans. You can put the ingredients in the slow cooker in the morning and come home from work to a well cooked meal. Slow cookers are great for making big batches of food that you can freeze for later or share with family and friends.

There are usually two main pieces, plus the lid:

- 1) The metal outside casing/base
- 2) The ceramic container that fits inside of the metal casing

The metal outside casing has the electrical coils inside of it that heat up and cook the food. Slow cookers come in many sizes and are usually round or oval. They use a very small amount of energy, so you can safely leave them on when you are away from home.

The slow cooker has 2 temperature settings:

'Low' setting: usually 200°F (90°C)

'High' setting: usually 300°F (150°C)

One hour on the 'high' setting is equal to about two hours on the 'low' setting.



Cleaning the Slow Cooker

Always unplug the slow cooker before cleaning it.

Use a clean, soapy cloth to wash the outside of the slow cooker (never submerge the metal casing/base in water). Dry the outside with a clean cloth to remove any soap film.

Wash the removable ceramic container and lid like you would wash any dishes.



Helpful Food Measures and Conversions

Short Forms and Measurements:

tbsp = Tablespoon

tsp = teaspoon

lb = pound

mL = milliliters

$\frac{1}{4}$ tsp = 1 mL

$\frac{1}{2}$ tsp = 2 mL

1 tsp = 5 mL

1 tbsp = 15 mL = 3 tsp

$\frac{1}{4}$ cup = 60 mL = 4 tbsp

$\frac{1}{3}$ cup = 80 mL = 5 tbsp

$\frac{1}{2}$ cup = 125 mL = 8 tbsp

$\frac{3}{4}$ cup = 175 mL = 12 tbsp

1 cup = 250 mL = 16 tbsp

1 litre = 1000 mL = 4 cups



Raw Food	Measure after cooking or chopping etc
1 large carrot	1 cup chopped carrot
1 large celery stalk	1 cup chopped celery
1 pound raw ground beef	2 $\frac{1}{3}$ cups browned ground beef
1 medium onion	1 cup chopped onions
1 cup (or $\frac{1}{2}$ pound) dried beans	2 - 2 $\frac{1}{2}$ cups cooked beans
1 can of beans	1 $\frac{1}{2}$ cups of beans after draining
1 cup dry barley	3 $\frac{1}{2}$ cups cooked
1 pound potatoes	3 cups sliced potatoes
1 pound fresh mushrooms	5 cups sliced
1 cup white rice	3 cups cooked white rice
1 cup brown rice	3 - 4 cups cooked brown rice
1 can of tomato paste (6oz)	$\frac{3}{4}$ cup tomato paste
1 tbsp of any fresh herb	1 tsp of any dried herb
1 pound of all purpose flour	3 $\frac{1}{2}$ cups flour, not sifted
1 pound of whole wheat flour	3 $\frac{1}{2}$ cups whole wheat flour, not sifted

Source: The Big Cook. Deanna Siemens, Lorelei Thomas, Joanne Smith. 2005. YouCan2 Publishing. Medicine Hat, Alberta. Transcontinental Printing, Louiseville, QC and Many Hands - Community Kitchens Share Their Best. Dianne Collis, Cristina Tognon, Karen Karnaby, Andrea Robertson, Elizabeth Corrigan. 2005. Community Kitchens Publishing. Vancouver, BC.

Ingredient Substitutes

If you do not have this...

1 cup of butter
1 teaspoon dry mustard
1 small onion

Use this instead...

$\frac{2}{3}$ cup of oil *OR* 1 cup margarine
1 tablespoon prepared mustard
1 teaspoon onion powder

Healthier Substitutions

Replace this ingredient...

Half the 'fat' (oil, butter, margarine) in a recipe
1 cup cream
Mayonnaise

With this...

Applesauce or plain 1% yogurt
1 cup evaporated 2% milk
Plain 1% yogurt

How to Soak Dried Beans

- For each 1 cup of dried beans, add 4 cups (1000ml) of water to pot. Soak overnight or for 8-12 hours. Drain.
- For each 1 cup of dried beans, add 4 cups (1000ml) of water. Place in pot and heat beans to boiling. Then turn down heat to low and simmer for 2-3 minutes. Cover and let stand one hour. Drain.
- You can store dried beans in an air tight container for up to 1 year. If they're cooked, they last 5-7 days in the fridge or 6 months in the freezer.



Keeping Food Safe

Start with a clean slow cooker, utensils and work area. Wash your hands before and during food preparation.

Do not leave perishable foods to sit out on the counter at room temperature. Keep them in the fridge until it's time to use them.

Avoid cross contamination; store vegetables separate from meat, fish and poultry. Be sure to wash hands before and between preparation steps to avoid cross-contamination.

Fill the slow cooker at least half ($\frac{1}{2}$) full and no more than two-thirds ($\frac{2}{3}$) full to make enough steam to kill bacteria.

Always defrost meats and poultry *before* placing them in the slow cooker. Frozen food will cool down the contents of the slow cooker. This makes it take longer for the food to reach safe temperatures.

Do not lift the lid while the food is cooking. This cools down the contents because heat and steam escape.

Once the food is cooked, do not keep it in the slow cooker for more than 2 hours. Food needs to be kept at temperatures below 4°C or above 60°C for safety.

Do not reheat leftovers in the slow cooker. Reheat food on the stove, in the microwave or conventional oven until the internal temperature of the food reaches at least 74°C.

WASH YOUR HANDS

1 Wet Hands



2 Soap



3 Lather



4 Rinse



5 Towel Dry



6 Turn Taps Off With Towel





Leeds, Grenville & Lanark District
HEALTH UNIT

The Leeds, Grenville & Lanark District Health Unit
Call Brockville 613-345-5685 or Smiths Falls 613-283-2740 or 1-800-660-5853
www.healthunit.org

Safe Cooking Temperatures Quick Reference

Safe Cooking Temperatures

Product	Celsius	Fahrenheit
Ground Meat and Meat Mixtures		
Turkey, chicken, game	74	165
Veal, beef, lamb, pork	71	160
Beef and Veal	60 - 74	140 - 165
Pork		
Ham, ribs, pork loin	71	160
Poultry		
Whole poultry	82	180
Poultry parts and stuffing (cooked alone or in bird)	74	165
Duck, goose, pheasant	74	165
Seafood		
Fish, shellfish and other seafood	70	158
Egg Dishes	74	165
Game		
Deer, elk, moose, caribou	74	165
Others		
Hot dogs, stuffing, leftovers	74	165

Hot Holding 60°C 140°F

and when reheating foods - heat to original cooking temperature



For More Information:
613-345-5685 • 613-283-2740
www.healthunit.org
www.facebook.com/LGLHealthUnit

2773 JD Dec 2014

Source: Safe Internal Cooking Temperatures Chart. Government of Canada. December 2012. Available from:
<http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/cook-temperatures-cuisson-tbl-eng.php>

Slicing, Dicing and More



CHOP: Means to cut foods with a knife or food processor into fine, medium or coarse pieces.



CUBE: Means to cut food into pieces all the same size, usually about 1/2 inch (1.3cm) on all sides.



DICE: Means to cut food into small pieces all the same size, usually about 1/4 inch (0.65cm) on all sides.



JULIENNE: Means to cut food into thin match like sticks about 2 inches (5cm) long - like carrots or celery sticks.



MINCE: Means to chop food into tiny pieces. Often garlic cloves are minced. You can also use a fine grater or garlic press to mince garlic.



SLICE: Means to cut food into flat, thin pieces.

Source: You Can Cook. Nanaimo Community Kitchens' Plain Language Tips & Recipes. December 2006. The Union of BC Municipalities Health Promotion Fund and the Ministry of Health.

Soups

Beef and Vegetable Soup

Cooking for 4	Ingredients
1 ¼ tbsp	Vegetable oil
0.75lb (375g)	Stewing beef
Half	Medium onion, chopped
1	Medium carrot, chopped
Half	Green pepper, chopped
1	Celery stalk, sliced
4 cups	Low sodium beef stock
½ lb (250g)	Tomatoes, chopped
½ tsp	Oregano
	Salt and pepper, to taste

1. Cut the beef into small pieces and sauté them in heated vegetable oil in a frying pan until they are well browned. Transfer to a slow cooker.
2. Sauté the onion in a frying pan until they are clear looking.
3. Add the carrots, pepper and celery and cook for 5 minutes. Put in the crock pot.
4. Stir the remaining ingredients into the crock pot.
5. Cover and cook on low heat for 8-12 hours.

Source: North Bay Parry Sound District Health Unit, 2013.

Turkey and Wild Rice Soup

Cooking for 4	Ingredients
1 tsp	Vegetable oil
½ lb	Lean ground turkey
½	Medium onion, coarsely chopped
½	Celery stalk, coarsely chopped
½	Medium carrot, coarsely chopped
1	Clove of garlic, minced
¼ cup	Wild rice, uncooked
2 cups	Low sodium turkey or chicken broth
2 cups	Water
¼ tsp each	Sage, savory, thyme, marjoram, parsley pepper

1. In a frying pan, heat the vegetable oil over medium heat. Brown the turkey and break up with a spoon, for about 8 minutes or until no longer pink. Drain off excess fat.
2. Transfer turkey to slow cooker and stir in all remaining ingredients.
3. Cover and cook on high for 4-5 hours or until rice and vegetables are tender.

Source: Dietitians of Canada: Cook! Mary Sue Waisman. 2011. Robert Rose Inc. Toronto, Ontario.

Lentil and Barley Soup

Cooking for 4	Ingredients
2 tbsp	Vegetable oil
½	Medium onion, finely chopped
1	Clove of garlic, minced
½	Medium carrot, finely chopped
2 tbsp	Parsley, chopped
½ cup	Brown or green lentils, dry
2 ½ cups	Water
1 tsp	Dried oregano
1 tsp	Dried thyme
¼ cup	Barley, uncooked
½	Can of tomatoes with their juice (28oz or 796mL), chopped

1. In a large pot, heat the vegetable oil over medium heat. Add the onion and cook, stirring occasionally, until soft and lightly browned.
2. Add the onion and oil to the slow cooker. Add the rest of the ingredients (garlic, carrots, parsley, lentils, water, oregano, thyme, barley and tomatoes). Cover and cook on high for 3-4 hours.
3. Add more water as necessary. The soup should be thick, but not like porridge.

Source: Many Hands, Community Kitchens Share Their Best. Community Kitchens Publishing. 2005. Vancouver, Canada.



Side Dishes

Sweet Potato and Barley

Cooking for 4	Ingredients
½ tbsp	Vegetable oil
½	Medium onion, finely chopped
1	Clove of garlic, minced
¼ tsp	Dried rosemary
Half	Sweet potato, peeled and cut into cubes about ¼ inch (0.5cm)
½ cup	Barley, uncooked
1 ½ cups	Low sodium vegetable or chicken broth

1. In a large pot, heat the vegetable oil over medium heat. Add onion and cook until softened. Add garlic and rosemary and cook for about 1 minute.
2. Stir in sweet potato and barley until well coated with mixture.
3. Transfer to slow cooker, add vegetable/chicken stock.
4. Cover and cook on low for 8 hours (or on high for 4 hours) until barley and sweet potatoes are tender.

Source: Delicious & Dependable Slow Cooker Recipes. Judith Finlayson. 2002. Robert Rose Inc. Toronto, Ontario.



Photograph copyright © Cara Howe, 2012

Wild Rice Casserole

Cooking for 4	Ingredients
½ cup	Wild rice
1 ½ cups	Boiling water
¼ cup	Butter
1 ¼ cup	Mushrooms, sliced
¼ cup	Onion, chopped finely
½	Can of tomatoes (28oz or 796 ml)
½ cup	<i>*Optional:</i> cheddar cheese, grated

- To prepare wild rice:
 - Wash rice.
 - Stir rice into 3 times the amount of cold water (1 cup of rice needs 3 cups of water).
 - Parboil rice by bringing the water to a boil and cooling for 5 minutes. Then let rice soak in that water for 1 hour (covered).
 - Drain and use in recipe.
- Cook rice in boiling water until nearly tender, about 30 minutes. Drain extra liquid if necessary.
- Heat butter in frying pan over medium heat. Add mushrooms and onions and cook for 5 minutes.
- Add rice and mushroom/onion mix to slow cooker. Add tomatoes and stir.
- Cover and cook for 6-8 hours on low setting or 3-4 hours on high, until rice is tender. Top with optional grated cheddar cheese before serving.

Source: Métis Cookbook and Guide to Healthy Living, Second Edition. Métis Centre, National Aboriginal Health Organization. 2008.
Ottawa: National Aboriginal Health Organization.

Tomato and Rice Casserole

Cooking for 4	Ingredients
1 tbsp	Vegetable oil
½ cup	Brown rice, uncooked
1 can	Can of tomatoes with its juice (19oz or 796mL)
2 tsp	Parsley
1 tsp	Chives
4 tbsp	Parmesan cheese
	Salt and pepper, to taste

- Heat the rice in the vegetable oil until golden brown. Place in slow cooker.
- Pour in the canned tomatoes. Add parsley, chives and salt and pepper into the slow cooker and mix.
- Cover and cook on low for 6-8 hours.
- Sprinkle with parmesan cheese before serving.

Source: North Bay Parry Sound District Health Unit, 2013.

Squash Couscous

Cooking for 4	Ingredients
½	Butternut squash, about 1 ½ lbs/ 750g
1 ½ cups	Chickpeas, cooked (or canned chickpeas, rinsed and drained)
1 cup	Zucchini, chopped
¼ cup	Onion, sliced finely
¼ cup	Raisins or cranberries
1 tsp	Ground ginger
¼ tsp	Ground turmeric
¼ tsp	Black pepper
2 cups	Low sodium vegetable or chicken broth
1 tbsp	Margarine or butter
½ cup	Couscous, uncooked
2 tsp	Dried parsley

1. Peel butternut squash and cut into 1 inch cubes (2.5cm); you should have about 4-5 cups of cubed squash.
2. Place squash, chickpeas, zucchini, onions, raisins/cranberries, ginger, turmeric, pepper, broth and margarine in the slow cooker. Cover and cook on low for 4-5 hours.
3. Uncover slow cooker and increase heat to high for about 15 minutes.
4. Place couscous in a large bowl and pour in 1 cup of hot broth from the slow cooker. Cover with plastic wrap and let stand for 5-10 minutes until couscous is plumped. Fluff up with a fork.
5. Spoon squash mixture from slow cooker over couscous and ladle extra broth over top if you would like.

Source: Dietitians of Canada: Cook! Mary Sue Waisman. 2011. Robert Rose Inc. Toronto, Ontario.



Coleslaw with Apples and Cranberries

Cooking for 4	Ingredients
3 cups	Cabbage, thinly sliced
1	Medium carrot, diced
½ cup	Red pepper, finely chopped
2	Green onions, diced
⅓ cup	Apple, unpeeled and diced
⅓ cup	Cranberries or raisins
⅓ cup	Sunflower seeds
Dressing:	
¼ cup	Plain yogurt
2 tbsp	Light mayonnaise
2 tbsp	Lemon juice
1 tsp	Honey
	Salt and pepper

1. Use food processor to grate cabbage or slice/grate by hand.
2. Mix all of the vegetables, apples, cranberries/raisins and sunflower seeds together in a large bowl.
3. Mix the dressing ingredients together in a small bowl and spread over the portion of coleslaw you plan on serving. Refrigerate leftover dressing and coleslaw.

Source: North Bay Parry Sound District Health Unit, 2013.



Beef Mains

Swiss Steak

Cooking for 4	Ingredients
1 ½ tsp	Vegetable oil
1 lb	Beef (round steak or “simmering” steak)
1	Onion, sliced finely
½	Carrot, slice finely
1	Celery stalk, sliced finely
1	Clove garlic, minced
¼ tsp	Black pepper
1 tbsp	Flour
½ (*save ¼ cup of the liquid)	Can of plum tomatoes (28oz or 796ml), drained and chopped
1 ½ tsp	Worcestershire sauce
½	Bay leaf

1. In a frying pan, heat the oil over medium heat. Add steak, in pieces if necessary, and brown in frying pan on all sides. Transfer steak to slow cooker.
2. In the same frying pan, add onions, carrots, celery, garlic and pepper to frying pan, cook until softened (about 8 minutes). Sprinkle flour over vegetables and cook for 1 minute, stirring occasionally. Add tomatoes, the saved tomato juice and Worcestershire sauce. Bring to boil and stir until thickened. Add bay leaf.
3. Pour mixture over roast. Cover and cook on low for 8-10 hours (or high for 4-5 hours), until meat is tender.
4. Discard bay leaf before serving.

Source: The Big Cook. Deanna Siemens, Lorelei Thomas, Joanne Smith. 2005. YouCan2 Publishing. Medicine Hat, Alberta. Transcontinental Printing, Louiseville, QC.



Meatloaf

Cooking for 4	Ingredients
1 lb	Extra lean or lean ground beef
½	Can of condensed tomato soup (10oz or 284ml), low or reduced sodium
1	Onion, finely chopped
1	Celery stalk, finely chopped
1	Clove garlic, minced
2 tsp	Parsley
¼ tsp	Black pepper
2	Eggs, slightly beaten
¾ cup	Fine, dry bread crumbs

1. Fold a 2 foot (60cm) piece of foil in half, lengthwise. Place on bottom and up sides of slow cooker.
2. In a large bowl, combine all ingredients and mix well. Shape into loaf and place in middle of foil strip on bottom of slow cooker.
3. Cover and cook on low for 8-10 hours or on high for 4-5 hours.
4. Lift out loaf using foil strip and transfer to a platter.

Source: Delicious & Dependable Slow Cooker Recipes. Judith Finlayson. 2002. Robert Rose Inc. Toronto, Ontario.

Beef Stroganoff

Cooking for 4	Ingredients
1 ½ lbs	Beef stewing meat, cubed
2 tsp	Paprika
1 tbs	Vegetable oil
2 cups	Sliced mushrooms (button, shiitake)
1	Clove garlic, minced
1 cup	Onion, chopped finely
1 ½ cups	Low sodium beef broth
½ cup	Sour cream
½ tsp	Pepper
¼ cup	Flour
2 cups	Whole wheat egg noodles, cooked

1. Rub the pepper and 1 tsp of the paprika on the beef. Transfer beef to slow cooker.
2. Add mushrooms, beef broth, onions, garlic and the last 1 tsp of paprika to the slow cooker.
3. Cover and cook on low until beef is tender, about 6 hours. Stir sour cream and flour together and then add to slow cooker. Cook for another 15 minutes. Now is a good time to boil your water and cook your whole wheat egg noodles.
4. Spoon the beef onto whole wheat egg noodles.

Source: North Bay Parry Sound District Health Unit, 2013.

Fish Mains

Citrus Fish

Cooking for 4	Ingredients
About ¾ lb	Fish fillets
¼ cup	Onion, chopped finely
2 ½ tsp	Parsley
1 tsp	Orange rind, grated
1 tsp	Lemon rind, grated
2 tbsp	Lemon juice
1 ½ tsp	Vegetable oil
	Lemon slices for garnish, optional
	Salt and pepper, to taste

1. Thinly spread butter on bottom and up sides of slow cooker.
2. Sprinkle fish fillets with salt and pepper. Place fish in slow cooker.
3. Place onion, parsley, grated orange and lemon rind, lemon juice and oil on top of fish.
4. Cover and cook on low for 1 ½ hours.

Source: North Bay Parry Sound District Health Unit, 2013.

Tuna Potato Casserole

Cooking for 4	Ingredients
2	Medium potatoes, peeled and sliced
1 cup	Green peas
1	Can of tuna (170g), drained
½ can	Can of cream of celery soup (10oz or 284ml), low or reduced sodium
1 tsp	Curry powder
2 tbsp	Water

1. Layer half of potatoes in bottom of slow cooker; half of the peas, half of the tuna and half the curry powder.
2. Repeat layer on top, using the rest of the vegetables, tuna and curry powder.
3. Spoon soup mix over top of layers and pour in water.
4. Cover and cook on low for 7-10 hours or until potatoes are tender.

Source: North Bay Parry Sound District Health Unit, 2013.

Pork Mains

Baked Ham with Mustard Glaze

Cooking for 4	Ingredients
2 lbs	Ham, boneless
1/8 tsp (pinch)	Ground nutmeg
¼ tsp	Ground cloves
1 ½ tsp	Mustard
1 ½ tsp	Lemon juice
½ cup	Orange juice
1 ½ tsp	Corn starch
1 ½ tsp	Honey

1. Combine all of the ingredients, except the ham, together in a bowl and mix well.
2. Place the ham in the slow cooker and pour the liquid over the ham.
3. Cover and cook on low for 6-8 hours or on high for 4-5 hours. Baste the ham with the juices from the slow cooker.

Source: The Big Cook. Deanna Siemens, Lorelei Thomas, Joanne Smith. 2005. YouCan2 Publishing. Medicine Hat, Alberta. Transcontinental Printing, Louiseville, QC.

Old Time Baked Beans

Cooking for 4	Ingredients
¼ cup	Molasses
1	Medium onion, chopped finely
6 cups	Cold water
¼ cup	Brown sugar
1 tsp	Dry mustard
2 cups	White beans, cooked
½ lb	Salt pork

1. Combine all of the ingredients, except the beans and pork, together in the slow cooker and mix well.
2. Add the beans and pork and mix again.
3. Cover and cook on high for 5 hours or on low for 7-8 hours. Add liquid if needed.

Source: Métis Cookbook and Guide to Healthy Living, Second Edition. Métis Centre, National Aboriginal Health Organization. 2008. Ottawa: National Aboriginal Health Organization.

Poultry Mains

Chicken in a Slow Cooker

Cooking for 4	Ingredients
1	Onion, sliced finely
1	Celery stalk, sliced coarsely
1	Carrot, sliced coarsely
½ tsp	Salt
¼ tsp	Pepper
½	Whole chicken (3lbs or 1 ½ kg)
¼ cup	Water
½ tsp	Basil

1. Put vegetables in the bottom of the slow cooker.
2. Place salt and pepper on the chicken and place on top of the vegetables.
3. Pour in the liquid and sprinkle with basil.
4. Cover and cook on low setting for 7-10 hours or 3-4 hours on high setting (add another ½ cup of water if you cook on high). You can use the juices from the chicken to make gravy, if desired.

Source: North Bay Parry Sound District Health Unit, 2013.



Chicken or Turkey Cacciatore

Cooking for 4	Ingredients
1 ½ pounds	Chicken thighs, skinless and cubed, bone removed
¾ cup	Onion, chopped finely
1 ½	Cloves garlic, minced
1	Bay leaf
¾	Can of tomatoes, italian style (28oz or 540ml), diced
¾	Can of tomato paste (6oz or 175ml)
¾	Can of mushrooms (10oz or 284ml)
¼ tsp	Pepper
1 tsp	Italian seasoning
2 ½ tbsp	Low sodium chicken or vegetable stock

1. Combine all of the ingredients in the slow cooker.
2. Cover and cook on low for 6-8 hours or on high for 3-4 hours. Serve with pasta or rice.

Source: The Big Cook. Deanna Siemens, Lorelei Thomas, Joanne Smith. 2005. YouCan2 Publishing. Medicine Hat, Alberta. Transcontinental Printing, Louiseville, QC.

Chicken Stew

Cooking for 4	Ingredients
1 ½ pounds	Boneless, skinless chicken breasts cut into cubes (1 inch or 2.5cm)
2 ¼ cups	Low sodium chicken broth
1 ½ cups	Potatoes, peeled and cubed
¾ cup	Onion, chopped
¾ cup	Celery, chopped
¾ cup	Carrots, chopped
¾ cup	Frozen peas
¾	Can of tomato paste (6oz or 175ml)
½ tsp	Pepper
½ tsp	Paprika
½ tsp	Thyme
½ tsp	Sage
2 ½ tbsp	Cold water
2 tbsp	Corn starch

1. Combine all of the ingredients in the slow cooker except the water and cornstarch. Cover and cook on low for 6-8 hours.
2. Turn slow cooker on high. Mix cornstarch and water and stir until smooth. Then stir mixture into stew.
3. Cook stew, uncovered for 30 minutes or until the vegetables are tender.

Source: North Bay Parry Sound District Health Unit, 2013.

Wild Game Mains

Moose Meat Roast

Cooking for 4	Ingredients
2 tsp	Vegetable oil
1 ¼ pounds	Moose meat
¼ tsp each	Onion powder, parsley, celery seed, pepper
¼ cup	Dried onion flakes
2 tbsp	Beef bouillon, powdered
1	Turnip, chopped into chunks
⅔ cup	Apple juice

1. Heat oil in a large frying pan over medium heat. Brown the roast on all sides in the hot oil. Remove, and transfer to a slow cooker.
2. Add turnip. Sprinkle spices, onion flakes and bouillon over the roast and turnips, then pour in the apple juice.
3. Cover and cook on low for 7 to 10 hours, or until meat is very tender. Check occasionally and add more juice if necessary. Serve roast with juice.

Source: Métis Cookbook and Guide to Healthy Living, Second Edition. Métis Centre, National Aboriginal Health Organization. 2008. Ottawa: National Aboriginal Health Organization.

Slow Cooked Venison

Cooking for 4	Ingredients
1 lb	Venison, boneless (cuts could be round, blade, or shoulder roast)
¼ tsp	Pepper and salt
1 ½ tsp	Vegetable oil
½	Onion, diced
1	Clove garlic, minced
¼ cup	Barbeque sauce or ketchup
1 ½ tsp	Soy sauce
½ cup	Water
¼ tsp	Thyme

1. Trim off silver skin membrane and any visible fat from venison. Sprinkle with salt and pepper.
2. Heat vegetable oil in a skillet over medium heat. Stir in onion and cook until softened, about 3 minutes. Stir in garlic and cook 2 more minutes until softened. Place half of mixture on bottom of slow cooker.
3. Place venison into a slow cooker, on top of garlic and onion mixture. Place the other half of the mixture on top of the venison.
4. Stir together barbeque sauce, soy sauce, water, pepper, and thyme. Pour over the venison.
5. Cover and cook on low for 6 hours until tender.

Source: Dietitians of Canada: Cook! Mary Sue Waisman. 2011. Robert Rose Inc. Toronto, Ontario.

Beans

Three Bean Chili

Cooking for 4	Ingredients
1	Can of tomatoes (28 oz or 796ml)
¼ cup	Tomato paste
1 tbsp	Chili powder
1 tsp <i>each</i>	Oregano, cumin
¼ tsp <i>each</i>	Pepper, sugar
1	Onion, chopped
2	Cloves garlic, minced
1	Carrot, chopped
1	Celery stalk, chopped
1 ½ cups of each type of bean	Kidney beans, black beans and chickpeas If using canned, drain and rinse

1. In slow cooker, mash tomatoes with potato masher. Add tomato paste, chili powder, oregano, cumin, pepper and sugar. Stir to blend.
2. Add onion, garlic, carrot, celery and all of the beans.
3. Cover and cook on low for 8-10 hours, until thickened.

Source: North Bay Parry Sound District Health Unit, 2013.

Lentil and Bean Casserole

Cooking for 4	Ingredients
1 ½ tsp	Vegetable oil
½	Large onion, chopped
1-2	Celery stalks, chopped
¾ cup	Cooked kidney beans
¾ cup	Cooked lentils
½	Can of tomatoes (28 oz or 796ml), drained
½ tsp	Thyme
½ tsp	Pepper
¾ cup	Grated mozzarella cheese

1. In a frying pan, heat the oil over medium heat. Cook the onion and celery until softened, then transfer to slow cooker.
2. Add all of the remaining ingredients, except the cheese, to the slow cooker. Mix well.
3. Cook for 3-4 hours on low. Sprinkle the grated cheese on top to melt, just before serving.

Source: The Basic Shelf Cookbook. Canadian Public Health Association. 2011. Canadian Public Health Association. Ottawa, Ontario.

Breakfast or Dessert

Baked Apples

Cooking for 4	Ingredients
4	Large cooking apples (Granny Smith, McIntosh, Empire, Paula Red etc.)
$\frac{2}{3}$ cup	Orange juice
2 tsp	Orange rind, grated
1 tsp	Lemon rind, grated
$\frac{2}{3}$ cup	Water
$\frac{1}{4}$ tsp	Cinnamon
$\frac{1}{4}$ tsp	Brown sugar

1. Remove the core from the apples and place them in the slow cooker.
2. Mix orange juice, rinds, water, cinnamon and sugar together. Pour over apples.
3. Cover and cook on low for 3 $\frac{1}{2}$ hours, or until apples are tender.

Source: Delicious & Dependable Slow Cooker Recipes. Judith Finlayson. 2002. Robert Rose Inc. Toronto, Ontario.

Apple Cinnamon Porridge

Cooking for 4	Ingredients
1 cup	Steel-cut oats
1 cup	Dried apples or pears, diced
$\frac{1}{3}$ cup	Raisins or currants
1 tbsp	Brown sugar
1 tsp	Cinnamon
4 cups	Water

1. In a slow cooker, combine all of the ingredients.
2. Cover and cook on low for 2 hours.

Source: Delicious & Dependable Slow Cooker Recipes. Judith Finlayson. 2002. Robert Rose Inc. Toronto, Ontario.



Raisin Bread

Cooking for 4	Ingredients
1 cup	Whole wheat flour
½ cup	Corn meal
¼ cup	Wheat germ
½ tsp	Baking powder
½ tsp	Baking soda
½ tsp	Salt
¼ cup	Brown sugar
2 tbsp	Molasses
2 tbsp	Margarine
1 cup	Buttermilk
½ cup	Raisins

1. Mix together the flour, corn meal, wheat germ, baking powder and soda, salt and brown sugar in a mixing bowl.
2. Add the molasses, margarine and buttermilk. Mix well and stir in raisins.
3. Use non-stick cooking spray or margarine to grease a tin that will fit into the slow cooker. Add flour to the sides of the tin.
4. Pour the mixture into the tin and cover with aluminum foil.
5. Pour 2 cups of water into the slow cooker. Put the filled tin in the slow cooker.
6. Cover the slow cooker and cook on high heat for about 4 hours or until bread is cooked.

Source: North Bay Parry Sound District Health Unit, 2013.



Bumbleberry Crisp

Cooking for 4	Ingredients
1 cup	Blackberries
1 ½ cups	Raspberries
1 cup	Blueberries
¼ cup	Whole wheat flour
⅔ cup	Rolled oats
⅓ cup	Brown sugar
2 tsp	Cinnamon
1 tsp	Nutmeg
⅓ cup	Butter or margarine

1. In a large bowl, gently toss together blackberries, raspberries and blueberries. Set aside.
2. In another bowl combine flour, oats, brown sugar, cinnamon and nutmeg. Add in butter and mix with the back of a spoon until crumbly.
3. Place berry mixture in the slow cooker. Sprinkle crumble over berries.
4. Cook on high for 3 hours. Let cool before eating.

Source: North Bay Parry Sound District Health Unit, 2013.



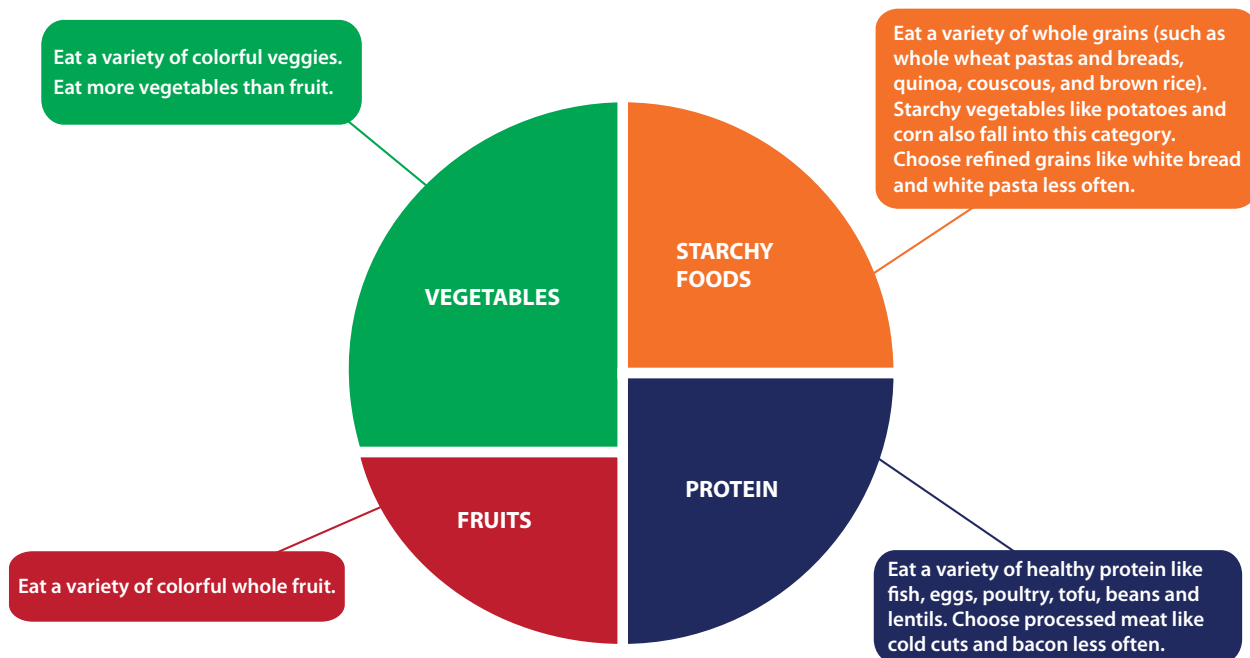
Quick & Healthy Side Dish Ideas

Aim to have half of your plate be filled with vegetables and split the other half of your plate into a starch (rice, pasta, potato, bread) and a protein (meat, poultry, game, beans).

There are some slow cooker side dishes included in your recipe booklet (sweet potato and barley risotto, tomato and rice casserole, squash couscous) but here are some other quick ideas that can be used alongside another recipe:

- Frozen spinach mixed into your main dish (soup, casserole, lasagna, stew, omelet)
- Roasted cauliflower and broccoli
- Canned mixed beans mixed with canned vegetables
- Lentils with some butter and garlic powder
- Roasted squash with cinnamon
- Spinach or mixed green salad
- Wild and brown rice
- Steam frozen broccoli with grated cheese on top
- Quinoa on its own or mixed with vegetables like peppers, zucchini, tomatoes etc.
- Roasted sweet potatoes and red peppers
- Raw shredded cabbage with dressing, or cooked with spices
- A bean salad (try black beans mixed with whatever chopped vegetables you have and a blend of oil and vinegar with garlic powder and/or your spice of choice)
- Cold, whole wheat pasta salad

CREATE A HEALTHY PLATE



Drink water with your meals!