



All of the recipes that follow contain two to three servings. They fit perfectly in a small crockpot (2 to 3 quarts) but you can cook them in a larger slow cooker, too. Make them in the morning then come home to a healthy, delicious meal!

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Crockpot Corn Chowder

Ingredients:

- 3 potatoes (about 1 lb.), peeled & diced
- 1 small can cream of corn
- 1 cup frozen corn
- 1 1/2 cups chicken broth
- 4 oz. diced ham or pancetta
- 1/2 large onion, diced
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 tablespoons unsalted butter
- 1 cup milk

Instructions:

1. Place potatoes, cream of corn, chicken broth, ham, and onion into the insert of your crockpot, stir to mix well.
2. Cook on low for 7 hours, or until potatoes are nice and fork tender.
3. Before serving, add in the butter and stir in the half and half.

Adapted from <http://www.tablefortwoblog.com/crockpot-corn-chowder/>

Take-Out, Fake-Out: Slow Cooker Beef & Broccoli

Ingredients:

- 1/2 lb. boneless, beef chuck roast, sliced into thin strips
- 1/2 cup beef broth
- ¼ cup soy sauce
- 3 tablespoons dark brown sugar
- 1/2 tbsp. sesame oil
- 2 garlic cloves, minced
- 1 tbsp. cornstarch
- Package of frozen broccoli florets
- White rice, cooked

Instructions:

1. In the insert of the crockpot, whisk together beef consume, soy sauce, dark brown sugar, sesame oil, and garlic.
2. Gently place your slices of beef in the liquid and toss to coat.
3. Turn crockpot on low and cook for 6 - 8 hours. When done, drain about half of the cooking liquid into a small bowl
4. Whisk together cornstarch and cooking liquid to create a slurry, pour into crockpot, stir to mix well.
5. Toss in your broccoli florets. Cook on low for an additional 20-30 minutes then serve hot over white rice.

Adapted from <http://www.tablefortwoblog.com/take-out-fake-out-beef-broccoli-crockpot/>

Slow Cooker Rosemary Garlic Beef Stew

Ingredients:

- 2 medium carrots
- 2 stalks of celery
- 1/2 medium onion
- 1 lb. potatoes (red or any other kind)
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1/2 lbs. beef stew meat (or boneless beef chuck roast)
- Salt and pepper
- 2 tablespoons all-purpose flour
- 1 cups beef broth
- 1 Tbsp Dijon mustard
- 1/2 Tbsp Worcestershire sauce
- 1/2 Tbsp soy sauce
- ½ teaspoon dried rosemary
- ½ tsp dried thyme

Instructions:

1. Place the stew meat in the slow cooker and season liberally with salt and pepper. Add the flour and toss the meat until it is coated.
2. Dice the onion and slice the carrots and celery. Wash the potatoes well and cut them into one inch cubes. Place the onion, carrots, celery, and potatoes into the slow cooker.
3. Add the rest of the ingredients to the slow cooker and stir. Cook on low heat for 6 – 8 hours.

Adapted from <http://www.budgetbytes.com/2014/10/slow-cooker-rosemary-garlic-beef-stew-slow-cooker/>

Slow Cooker White Bean Soup

Ingredients:

- 1 Tbsp olive oil
- 2 cloves garlic
- 1/2 medium yellow onion
- 2 medium carrots
- 2 stalks celery
- 1/2 lb. dry navy beans
- 1 whole bay leaf
- 1/2 tsp dried rosemary
- ½ tsp dried thyme
- ½ tsp paprika
- Freshly cracked pepper
- 1 tsp (or more to taste) salt

Instructions:

1. Mince the garlic, dice the onion, slice the celery, and slice the carrots into thin rounds. Add the olive oil, garlic, onion, celery, and carrots to a slow cooker.
2. Sort through the beans and remove any debris or stones. Give them a quick rinse and then add them to the slow cooker, along with the bay leaf, rosemary, thyme, paprika, and some freshly cracked pepper.
3. Add three cups of water to the slow cooker and stir to combine the ingredients. Place the lid on the slow cooker and cook for 8 hours on low.
4. After 8 hours, stir the soup and mash the beans slightly. Add the 1 tsp. salt (add more to taste if desired).

Adapted from <http://www.budgetbytes.com/2013/09/slow-cooker-white-bean-soup/>

Slow Cooker Chicken Fajitas

Ingredients:

- 1 large (or 2 small) boneless skinless chicken breasts
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon sugar
- 1 tablespoon apple cider vinegar
- ½ tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes (optional)

Instructions:

1. Add all ingredients to crockpot and cook on low for 6-8 hours.
2. Shred chicken in the crock pot with two forks. Serve with a slotted spoon on tortillas with lettuce, cheese, sour cream, and/or avocado.

Adapted from <http://newleafwellness.biz/2015/08/31/make-ahead-freezer-chicken-fajitas/>

Slow Cooker Chicken Chili

Ingredients:

- 2 tsp. minced garlic
- 1/2 onion, diced
- 1 large (or 2 small) chicken breast
- 1 can diced tomatoes (fire-roasted if possible)
- 2 tablespoons tomato paste
- 1 1/2 cups chicken broth
- 1 tablespoon chili powder
- 1/4 teaspoon cayenne pepper (more or less to taste)
- 1/2 teaspoon cumin
- 1/4 teaspoon black pepper
- 1 tsp. Kosher or sea salt (to taste)
- 1 can chili beans or kidney beans
- 1/4 cup cheddar cheese for garnish (optional: cilantro, sour cream or avocado)

Instructions:

Combine all the above ingredients in the slow cooker. Cover and cook on low 8 hours. Spoon into bowls and garnish as desired.

Adapted from: <http://skinnyms.com/slow-cooker-chicken-chili/>