

Slow Cooker Chicken Cacciatore

Course: Dinner, Main

Cuisine: Italian

Servings: 4

Source: Skinny Taste

Ingredients:

4 chicken thighs, with bone, skin removed

14 oz. can crushed tomatoes

½ red bell pepper, sliced into strips

½ green bell pepper, sliced into strips

½ medium onion, sliced

½ tsp. oregano

1 bay leaf

Salt + pepper to taste

2 TBSP fresh basil or parsley to top

Additions: to keep this low carb and to increase vegetable intake, serve over zoodles (zucchini noodles), spaghetti squash or a fresh green salad.

The alternative instructions below help to enrich the flavor of the dish, if you don't have the time do not worry!

Instructions:

1. Season chicken with salt and pepper and place into slow cooker.
2. Pour tomatoes over the chicken, top with onions and peppers, add oregano, bay leaf, salt, pepper, give it a quick stir and cover.
3. Set crock pot to LOW for 8 hours or HIGH for 4 hours.
4. When done, remove lid and keep the crock pot on HIGH one hour to help thicken the sauce.
5. Remove bay leaf and serve over zoodles or spaghetti squash.

Alternatively:

1. Heat a large skillet over medium-high, lightly spray with cooking spray and brown chicken on both sides for a few minutes, season with salt and pepper. Add to the slow cooker.
2. To the skillet, spray with a little more oil and add onions and peppers. Sauté until juices release and the vegetables become golden. Add to the slow cooker. Pour tomatoes over the chicken and vegetables. Add oregano, bay leaf, salt and pepper. Give it a quick stir and cover.
3. Set crock pot to LOW for 8 hours or HIGH for 4 hours. Remove bay leaf and serve over zoodles or spaghetti squash.

Slow Cooker Chicken Marsala

Course: Dinner, Main

Cuisine: Italian

Servings: 6

Source: Delish

Ingredients:

1 1/2 lb. boneless skinless chicken breasts
kosher salt
Freshly ground black pepper
8 oz. mushrooms, sliced
3 cloves garlic, minced
1 c. chicken broth
1/2 c. water
1/4 c. cornstarch
2 tbsp. heavy cream, optional (to make the sauce creamier)
2 tbsp. chopped parsley
Lemon wedges, for serving

Additional: goes best over spiralized squash or cauliflower mash

Instructions:

1. Spray inside of Crock-Pot with cooking spray. Season chicken all over with salt and pepper and add to Crock-Pot. Top with mushrooms and garlic then pour marsala wine on top. Cover and cook on low for 4 to 5 hours, until chicken is cooked through.
2. Remove cooked chicken breasts from Crock-Pot. In a small bowl, whisk together water and cornstarch and whisk into the sauce. Whisk in heavy cream, if using, then return chicken to Crock-Pot. Cover and cook on high until the sauce has thickened, about 20 minutes more.
3. Garnish with parsley, serve with lemon wedges.

Slow-Cooker Spring Beef Bourguignon

Course: Dinner, Main

Cuisine: French

Servings: 6

Source: Delish

Ingredients:

4 lb. beef chuck roast, cut into chunks
3 tbsp. extra-virgin olive oil
1 c. red wine
1 c. beef broth
2 c. sliced baby bella mushrooms
2 large carrots, sliced into rounds
1 large onion, diced
2 cloves garlic, chopped
3 sprigs fresh thyme
3 sprigs fresh rosemary
1 bunch asparagus, trimmed and quartered
Chopped fresh parsley, for serving

Instructions:

1. Heat a large skillet over medium-high heat. While it heats, toss beef with oil. Sear beef in batches, 3 minutes per side. Between each batch, deglaze pan with some red wine, scraping up any bits with a wooden spoon. Pour mixture into slow-cooker along with seared beef as it's done.
2. To slow-cooker, add beef broth, mushrooms, carrots, onion, garlic, thyme, rosemary and remaining red wine. Cook on high 6 to 7 hours, until beef is easily shredded. Thirty minutes before serving, remove herbs and add asparagus; cook until just tender.
3. Garnish with parsley and serve.

Crispy Slow Cooker Pork Carnitas

Course: Dinner, Main

Cuisine: Mexican

Servings: 6-8

Source: Chef Savvy

Ingredients:

- 1 tablespoon olive oil
- 1 4-5 pound pork shoulder/pork butt trimmed of excess fat
- 1 lime juiced
- 5 cloves garlic minced
- 1 medium onion roughly chopped
- 1 4-ounce can diced green chiles
- 1 cup chicken broth
- 3 bay leaves
- 1 tablespoon chipotle chili powder
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon chili powder
- 2 teaspoons cumin
- 2 teaspoons oregano
- cilantro for serving if desired

Additional toppings: avocado slices, pico de gallo, shredded cheese, lettuce, jalapenos, peppers

Instructions:

1. Heat oil in a large pan over high heat. Add the pork and sear on each side until browned, about 1-2 minutes per side. Transfer pork to a large slow cooker.
2. Add the remaining ingredients to the crock pot. Cook on low for 8 hours or on high for 4-5 hours or until the pork is tender. Remove the bay leaves.
3. Remove the meat from the slow cooker and shred. (Make sure to keep the liquid)
4. Transfer the shredded pork to a baking sheet and broil for 5 minutes or until crispy.
5. Remove from the oven and pour 1/4 cup of the reserved juices from the slow cooker onto the crispy pork and toss.
6. Place the baking sheet back in the broiler for an additional 5 minutes or until the meat is crispy. Pour an additional 1/4 cup liquid over the crispy pork and serve immediately with cilantro for serving, if desired

Slow Cooker Stuffed Taco Peppers

Course: Dinner, Main

Cuisine: Mexican-American

Servings: 6

Source: Ruled Me

Ingredients:

6 small red bell peppers

1 c. cauliflower rice

1 lb. lean ground turkey

1 c. shredded Monterey jack cheese

1 tsp. garlic powder

1 tsp. chili powder

1 ½ TBSP olive oil

1 c. water

Additional toppings: avocado slices, cheese, sour cream, jalapenos

Instructions:

1. Cut off stems of peppers and core out the inside, leaving a hollow shell.
2. In a bowl, mix together minced turkey and spices.
3. Stir in cauliflower rice and olive oil.
4. Mix in Monterey jack cheese
5. Scoop some of the turkey mixture and pack it into each pepper shell.
6. Place in crock pot and pour 1 c. of water around the peppers.
7. Cook on HIGH for 4 hours or on LOW for 8 hours.

Slow Cooker Buffalo Chicken Lettuce Wraps

Course: Dinner, Main

Cuisine: American

Servings: 6

Source: Skinny Taste

Ingredients:

24 oz, 3 boneless chicken breasts

1 celery stalk, diced

½ onion, diced

1 clove of garlic, minced

16 oz low sodium chicken broth

½ cup hot sauce (such as Frank's)

6 large lettuce leaves (Bibb or Iceberg)

1 ½ c. shredded carrots

2 large celery stalks, cut into 2-inch matchsticks

Additional: Greek yogurt-based ranch dressing or bleu cheese dressing, a small amount of bleu cheese crumbles if desired

Instructions:

1. In a slow cooker, combine chicken, onions, celery stalk, garlic and broth.
2. Cover and cook on HIGH for 4 hours or LOW for 8 hours.
3. Remove chicken from the pot and reserve ½ c. broth and discard the rest.
4. Shred the chicken, return to slow cooker with ½ c. broth and ½ c. hot sauce and set on HIGH for additional 30 minutes. Yields 3 c. chicken.
5. To make lettuce wraps, place ½ c. buffalo chicken in each leaf, top with ¼ c. shredded carrots, celery and dressing of your choice.
6. Wrap up and enjoy!

Slow Cooker White Chicken Chili

Course: Dinner, Main

Cuisine: Mexican

Servings: 5

Source: Real Food RDs

Ingredients:

- 1 ½ lb. Boneless, skinless chicken breasts or thighs
- 1 Tbsp. ghee or avocado oil (*for stovetop and Instant Pot versions only*)
- 1 medium onion, diced
- 1 medium bell pepper, any color; diced
- 1 small jalapeno, seeds and membranes removed and finely diced
- 6 cloves garlic, minced
- 2 ½ tsp. ground cumin
- 1 tsp. dried oregano
- 1 Tbsp. chili powder
- 1 tsp. salt, plus more to taste
- ½ tsp. black pepper
- 1 ½ cups organic chicken broth
- 1 14-ounce can full-fat coconut milk
- Juice of ½ lime
- ½ cup fresh cilantro, chopped
- Fresh cilantro and lime wedges for garnish, optional

Instructions:

1. Add onion, peppers, garlic, and spices (cumin through black pepper) to the bottom of a slow cooker. Arrange chicken on top of vegetables in a single layer.
2. Add broth and place lid on slow cooker.
3. Set heat to LOW and cook 6-7 hours or until chicken is done and vegetables are tender.
4. Remove chicken from slow cooker and shred with two forks. Return chicken to slow cooker.
5. Turn heat to HIGH. Add coconut milk, stir and replace lid. Continue heating an additional 10-15 minutes or until soup is heated through.
6. Stir in lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.