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Slow Cooker

Lunch

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Slow Cooker White Chicken Chili

WellPlated



6 servings



5hrs 15 mins

INGREDIENTS

1 1/4 pounds boneless skinless chicken breasts (about 2 to 3 breasts)

4 cups low-sodium chicken stock (see notes if you prefer a thicker chili) (32 ounces)

2 (15-ounce) cans reduced-sodium white beans

2 (4.5-ounce) cans diced green chiles

3 cloves garlic minced

1 small yellow onion (or 1/2 large) finely diced

2 teaspoons ground cumin

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1/4 cup chopped fresh cilantro

Fresh lime wedges

For serving diced jalapeno, diced avocado, nonfat sour cream or plain Greek yogurt, shredded cheese, crushed tortilla chips



INSTRUCTIONS

1. Place chicken in the bottom of a 6-quart or larger slow cooker.
2. Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.
3. With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (If you don't have an immersion blender, you can instead transfer a few ladlefuls of the chili to a food processor or blender and pulse roughly, then return back into the chili.)
4. Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.

NUTRITIONAL INFORMATION

Calories 314

Fat 4g

Protein 34g

Sugars 1g

Carbohydrates: 36g

Slow-Cooker Buffalo Chicken Salad

Taste of Home



6 servings



2 hrs 30mins

INGREDIENTS

1-1/2 pounds boneless skinless chicken breast halves

3/4 cup Buffalo wing sauce

3 tablespoons butter

1 envelope ranch salad dressing mix

1 package (10 ounces) hearts of romaine salad mix

1 cup julienned carrot

1 medium ripe avocado, peeled and cubed

1/2 cup crumbled blue cheese

1/2 cup blue cheese salad dressing



INSTRUCTIONS

1. Place chicken in a 1-1/2- or 3-qt. slow cooker. Top with wing sauce, butter and ranch dressing mix. Cook, covered, on low until thermometer inserted in chicken reads 165°, 2-1/2 to 3 hours.
2. Remove chicken; shred with 2 forks. Reserve 1/3 cup cooking juices; discard remaining juices. Return chicken and reserved juices to slow cooker; heat through.
3. Place romaine salad mix in a serving dish. Top with shredded chicken, carrots, avocado and blue cheese; drizzle with blue cheese dressing. Serve immediately.

NUTRITIONAL INFORMATION

Calories 385

Fat 26g

Protein 28g

Sugars 2g

Carbohydrates: 12g

Slow Cooker Pulled Turkey Tenderloin Sandwich

Taste of Home



5 servings



6 hours

INGREDIENTS

1 package (20 ounces) turkey breast tenderloins

2 cups water

1/2 cup sweet pickle juice

1 envelope onion soup mix

2 tablespoons canned diced jalapeno peppers

1/2 cup fat-free plain Greek yogurt

1 tablespoon yellow mustard

1/8 teaspoon pepper

5 kaiser rolls, split

Optional: Prepared coleslaw, sliced jalapeno peppers and sweet pickles



INSTRUCTIONS

1. Place turkey in a 3-qt. slow cooker. In a small bowl, combine the water, pickle juice, soup mix and jalapeno peppers; pour over turkey. Cover and cook on low for 6-8 hours or until meat is tender. Remove turkey and shred with 2 forks. Transfer to a small bowl.
2. Strain cooking juices, reserving 1/2 cup juices. In another small bowl, combine the yogurt, mustard, pepper and reserved cooking juices. Pour over turkey; toss to coat. Serve on rolls and, if desired, with optional toppings.

NUTRITIONAL INFORMATION

Calories 339

Fat 4g

Protein 36g

Sugars 7g

Carbohydrates: 40g

Slow Cooker Red Pepper Chicken

Taste of Home

 4 servings  6 hours

INGREDIENTS

4 boneless skinless chicken breast halves (4 ounces each)

1 can (15 ounces) no-salt-added black beans, rinsed and drained

1 can (14-1/2 ounces) Mexican stewed tomatoes, undrained

1 jar (12 ounces) roasted sweet red peppers, drained and cut into strips

1 large onion, chopped

Pepper to taste

Hot cooked rice



INSTRUCTIONS

1. Place the chicken in a 3-qt. slow cooker. In a bowl, combine the beans, tomatoes, red peppers, onion and pepper. Pour over the chicken. Cover and cook on low until chicken is tender, about 6 hours. Serve with rice.

NUTRITIONAL INFORMATION

Calories 288

Fat 3g

Protein 30g

Sugars 8g

Carbohydrates: 28g

Beef & Rice Stuffed Cabbage Rolls

Taste of Home



6 servings



6 hours

INGREDIENTS

12 cabbage leaves

1 cup cooked brown rice

1/4 cup finely chopped onion

1 large egg, lightly beaten

1/4 cup fat-free milk

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound lean ground beef (90% lean)

sauce:

1 can (8 ounces) tomato sauce

1 tablespoon brown sugar

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce



INSTRUCTIONS

1. In batches, cook cabbage in boiling water 3-5 minutes or until crisp-tender. Drain; cool slightly. Trim the thick vein from the bottom of each cabbage leaf, making a V-shaped cut.
2. In a large bowl, combine rice, onion, egg, milk, salt and pepper. Add beef; mix lightly but thoroughly. Place about 1/4 cup beef mixture on each cabbage leaf. Pull together cut edges of leaf to overlap; fold over filling. Fold in sides and roll up.
3. Place 6 rolls in a 4- or 5-qt. slow cooker, seam side down. In a bowl, mix sauce ingredients; pour half of the sauce over cabbage rolls. Top with remaining rolls and sauce. Cook, covered, on low 6-8 hours or until a thermometer inserted in beef reads 160° and cabbage is tender.

NUTRITIONAL INFORMATION

Calories 204

Fat 7g

Protein 18g

Sugars 5g

Carbohydrates: 16g