

# Slow Cooker

## Recipe:

### Good Night Good Morning Oatmeal



Ingredients:	Approx. Cost:*
2 cups steel cut oats, from 24 oz pkg	\$2.08
Water, 9 cups	
Butter, 4 Tablespoons, from 1 stick	\$.56
Milk, honey and pinch of salt, all to taste**	\$.75
<b>Total:</b>	<b>\$3.39</b>

# of servings: 8 **Cost per serving: \$.42**

\*Based on Peapod's on-line pricing.

\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Combine all ingredients in a slow cooker. Cover and let cook on low overnight, or 8 to 9 hours. Serve with a sprinkle of brown sugar and cinnamon and milk, if desired.

#### Nutritional Information per 1 cup serving

<b>Calories</b>	277
<b>Total Fat</b>	7.5 g
Saturated Fat	4.2 g
% of daily total	19 %
<b>Carbohydrates</b>	50 g
<b>Protein</b>	5
<b>Fiber</b>	2 g

	% of daily total*	
Vit A	12	%
Vit C:	0	%
Calcium:	9	%
Iron	5	%
Good source of*	Vitamin A, B vitamins, Vitamin D, Magnesium, Zinc, Selenium	
	*(10% or more of the RDA)	

\*based on 2000 calorie diet



# Slow Cooker Recipe:

## Overnight Oatmeal Sundaes



Ingredients:	Approx. Cost:*
Rolled oats, 2 cups from 18 oz box	\$2.88
Water, 4 cups	
Brown sugar, ½ cup from 1 lb box	\$ .68
Cinnamon, 1 tsp, and pinch of salt**	\$ .50
<b>Total:</b>	<b>\$4.06</b>

# of servings: 6 **Cost per serving: \$.67**

\*Based on Peapod's on-line pricing.

\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Put all ingredients in the slow cooker and cook on low overnight. In the morning, serve oatmeal with a variety of toppings:

Fresh fruit: chopped oranges, bananas, berries, pears, apples

Dried fruit: cranberries, raisins, apricots, figs, cherries, blueberries

Chocolate chips, Coconut, Chopped nuts: walnuts, pecans, almonds, Nut butters: Almond, peanut, cashew, Flax seed, Fruit jams or butters, Honey, maple syrup

### Nutritional Information per 1 cup serving

<b>Calories</b>	121
<b>Total Fat</b>	<b>0.8 g</b>
Saturated Fat	0 g
% of daily total	0 %
<b>Carbohydrates</b>	<b>27 g</b>
<b>Protein</b>	<b>2 g</b>
<b>Fiber</b>	<b>2 g</b>

	% of daily total*	
Vit A	0	%
Vit C:	0.5	%
Calcium:	3.5	%
Iron	7	%
Good source of*	<i>Manganese</i>	
*(10% or more of the RDA)		

\*based on 2000 calorie diet



# Slow Cooker Recipe:

## Quinoa with Broccoli, Swiss Chard and Leeks



Ingredients:	Approx. Cost:*
1 bunch Swiss Chard	\$2.49
8 oz frozen broccoli (from 10 oz bag)	\$2.59
1 medium leek (from 1 bunch)	\$3.99
1- 14 oz can chicken broth	\$1.09
8 oz button mushrooms	\$1.99
Quinoa (10 oz from 26 oz bag)	\$6.00
Seasonings: vegetable oil, brown sugar, red pepper flakes, ginger powder	\$1.00
<b>Total:</b>	<b>\$19.15</b>

# of servings: 8. **Cost per serving: \$2.39**

\*Based on Peapod's on-line pricing.

\*watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Trim ends of Swiss chard stems, slice thinly then coarsely chop(should equal 6 cups). Slice leeks thinly, and swish in a bowl of cold water to remove grit. Place chard, leeks, broccoli, chicken broth, vegetable oil, brown sugar, red pepper flakes, ginger powder, mushrooms(optional), and quinoa in slow cooker and cook for 2 hours on high, or 3 1/2 hours on low, until vegetables are crisp tender and quinoa is soft and fluffy, not mushy.

\*\*Substitute vegetable oil with sesame oil and drizzle on top right before serving if desired\*\*

### Nutritional Information per 1 cup serving

<b>Calories</b>	192
<b>Total Fat</b>	<b>5.3 g</b>
Saturated Fat	0.6 g
% of daily total	2.7 %
<b>Carbohydrates</b>	<b>31 g</b>
<b>Protein</b>	<b>8</b>
<b>Fiber</b>	<b>6 g</b>

	% of daily total*	
Vit A	61	%
Vit C:	60	%
Calcium:	12	%
Iron	35	%
Good source of*	Vitamin A, B vitamins, Vitamin C, Calcium, Iron, Vitamin E, Magnesium, Potassium, Zinc	
*(10% or more of the RDA)		

\*based on 2000 calorie diet



# Slow Cooker Recipe:

## Chicken and Rice



Ingredients:	Approx. Cost*
Brown rice (1 16oz box), cooked	\$2.19
1 whole fryer chicken (4-5 lbs. at \$1.99 per pound), cooked and deboned	\$8.95
½-1 red onion, chopped (or green onion)	\$0.89
1 lb. bag of carrots, peeled and chopped	\$0.99
Liquid: 1 large can of chicken broth (32 oz. pacific natural foods)**	\$3.79
Seasonings: garlic, salt, thyme	\$0.75***
<b>Total</b>	<b>\$17.56</b>

# of servings: 16 **Cost per serving: \$1.10**

\*Based on Peapod's on-line pricing.

\*\*watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

\*\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Place onions and carrots in the slow cooker. Pour in rice. Place chicken, whole or cut up, on top of rice and vegetables. Add seasonings, chicken broth and 1 cup of water. Cover and cook on low 8 to 10 hours. If mixture looks dry while cooking, add broth or water to moisten.

### Nutritional Information per 1 cup Serving, including 3 oz chicken:

<b>Calories</b>	<b>275</b>
<b>Total Fat</b>	<b>5g</b>
Saturated Fat	1.3g
% of daily total	5.9%
<b>Carbohydrates</b>	<b>25.8g</b>
<b>Protein</b>	<b>18.6g</b>
<b>Fiber</b>	<b>2g</b>

	% of daily total*
Vit A	100 %
Vit C:	3.7%
Calcium:	3.0%
Iron	7.0%
Good source of*	B vitamins (not folate), Magnesium, Zinc, Choline
*(10% or more of the RDA)	

\*based on 2000 calorie diet

