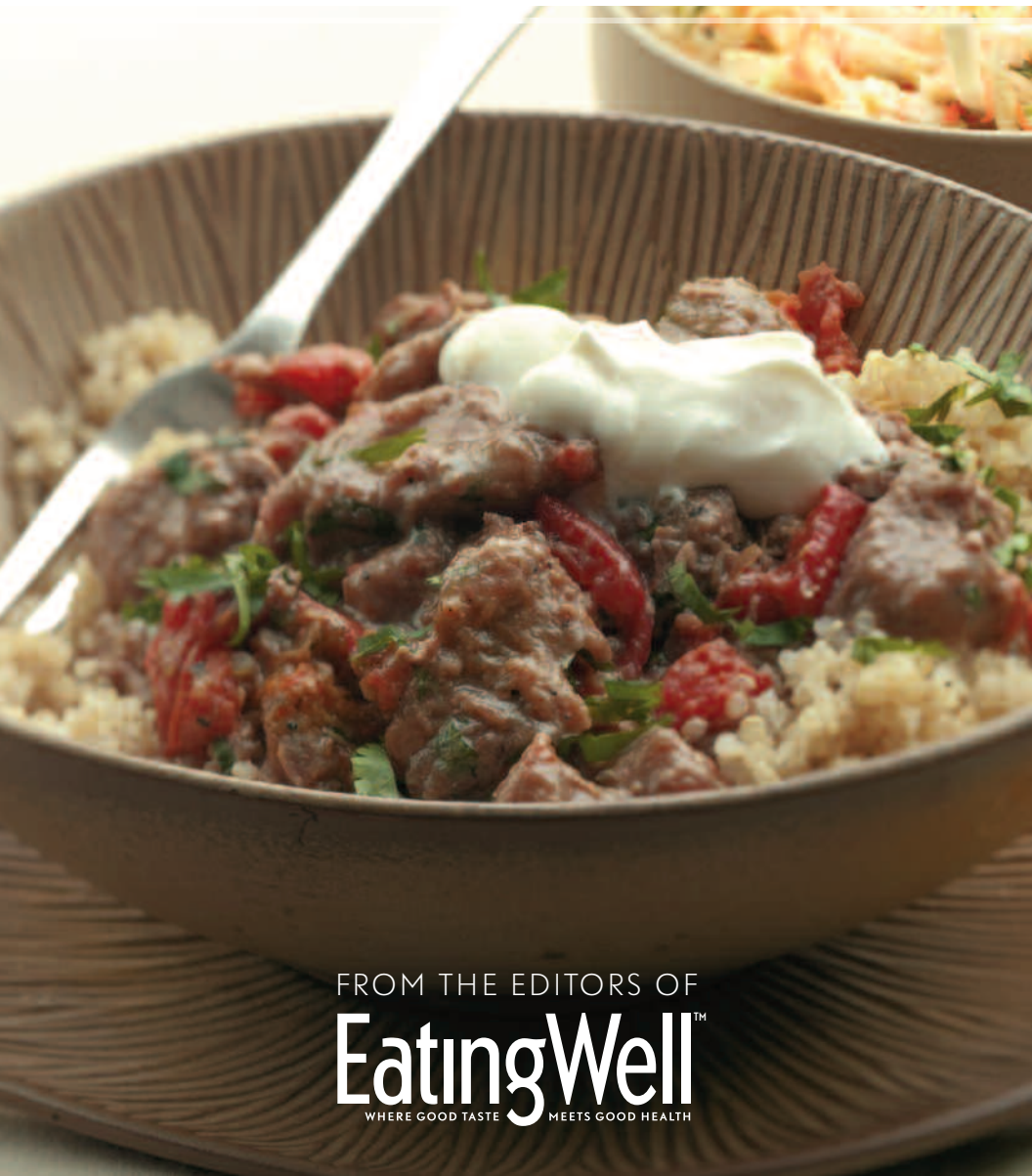


SLOW COOKER

— EDITORS' PICKS RECIPE COLLECTION —



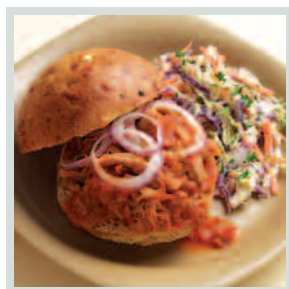
FROM THE EDITORS OF
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Barbecue Pulled Chicken

ACTIVE TIME: 25 MINUTES | **SLOW-COOKER TIME:** 5 HOURS ON LOW | **TO MAKE**
AHEAD: Cover and refrigerate for up to 3 days or freeze for up to 1 month. | **PREP AHEAD:**
Combine sauce ingredients (in Step 1) in a bowl. Trim chicken thighs. Chop onion and mince garlic.
Refrigerate in separate covered containers for up to 1 day. | **EQUIPMENT:** 6-quart slow cooker

This fanciful reinterpretation of pulled pork uses chicken and lots of tomato sauce. Have sliced jalapeños, sliced red onions and some sour cream on hand to top this hearty main course.

- 1 8-ounce can reduced-sodium tomato sauce
- 1 4-ounce can chopped green chiles, drained
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 tablespoon sweet or smoked paprika
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile
- ½ teaspoon salt
- 2½ pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced



1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
2. Put the lid on and cook on Low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well and serve.

MAKES 8 SERVINGS.

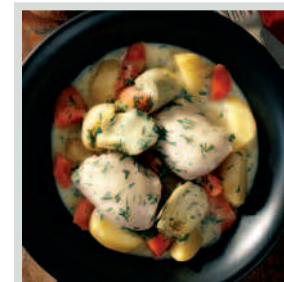
PER SERVING: 210 CALORIES; 9 G FAT (2 G SAT, 3 G MONO); 74 MG CHOLESTEROL; 10 G CARBOHYDRATE; 4 G ADDED SUGARS; 21 G PROTEIN; 1 G FIBER; 312 MG SODIUM ; 389 MG POTASSIUM.
NUTRITION BONUS: Vitamin C (18% DAILY VALUE), Vitamin A & Zinc (15% DV).

Greek Chicken & Vegetable Ragout

ACTIVE TIME: 40 MINUTES | **SLOW-COOKER TIME:** 2½-3 hours on High or 4-4½ hours on Low | **TO MAKE AHEAD:** Cover and refrigerate for up to 2 days. Freezing is not recommended.
PREP AHEAD: Peel and cut potatoes; cover with water. Trim chicken thighs. Combine broth, wine and minced garlic. Refrigerate in separate covered containers for up to 1 day. | **EQUIPMENT:** 4-quart or larger slow cooker

Chicken thighs stay moist and succulent during slow cooking, infusing the accompanying vegetables with superb flavor. This easy braise has a luxurious finish of avgolemono, a versatile Greek sauce made with egg, lemon and fresh dill.

- 1 pound carrots, cut into 1 ¼-inch pieces, or 3 cups baby carrots
- 1 pound (3-4 medium) yellow-fleshed potatoes, such as Yukon Gold, peeled and cut lengthwise into 1 ¼-inch-wide wedges
- 2 pounds boneless, skinless chicken thighs, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- ⅓ cup dry white wine
- 4 cloves garlic, minced
- ¾ teaspoon salt
- 1 15-ounce can artichoke hearts, rinsed and quartered if large
- 1 large egg
- 2 large egg yolks
- ⅓ cup lemon juice
- ⅓ cup chopped fresh dill
- Freshly ground pepper to taste



1. Spread carrots and potatoes over the bottom and up the sides of a 4-quart or larger slow cooker; arrange chicken on top. Bring broth, wine, garlic and salt to a simmer in a saucepan over medium-high heat. Pour over the chicken and vegetables. Cover and cook until the chicken is cooked through and vegetables are tender, 2½ to 3 hours on High or 4 to 4½ hours on Low.
2. Add artichokes to the slow cooker, cover and cook on High for 5 minutes. Meanwhile, whisk egg, egg yolks and lemon juice in a medium bowl.
3. Transfer the chicken and vegetables to a serving bowl using a slotted spoon. Cover and keep warm. Ladle about ½ cup of the cooking liquid into the egg mixture. Whisk until smooth. Whisk the egg mixture into the remaining cooking liquid in the slow cooker. Cover and cook, whisking 2 or 3 times, until slightly thickened and sauce reaches 160°F on an instant-read thermometer, 15 to 20 minutes. Stir in dill and pepper. Pour the sauce over the chicken and vegetables and serve.

MAKES 6 SERVINGS, ABOUT 1 ⅓ CUPS EACH.

PER SERVING: 357 CALORIES; 13 G FAT (4 G SAT, 5 G MONO); 192 MG CHOLESTEROL; 29 G CARBOHYDRATE; 0 G ADDED SUGARS; 30 G PROTEIN; 5 G FIBER; 761 MG SODIUM; 804 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (206% DAILY VALUE), Vitamin C (38% DV), Potassium (23% DV).

Slow-Cooker Black Bean-Mushroom Chili

ACTIVE TIME: 25 MINUTES | **SLOW-COOKER TIME:** 5-8 HOURS | **TO MAKE AHEAD:** Refrigerate for up to 2 days or freeze for up to 3 months. | **EQUIPMENT:** 5- to 6-quart slow cooker

Black beans, earthy mushrooms and tangy tomatillos combine with a variety of spices and smoky chipotles to create a fantastic full-flavored chili. It can simmer in the slow cooker all day, which makes it perfect for a healthy supper when the end of your day is rushed.

- 1 pound dried black beans (2 1/2 cups), rinsed
- 1 tablespoon extra-virgin olive oil
- 1/4 cup mustard seeds
- 2 tablespoons chili powder
- 1 1/2 teaspoons cumin seeds or ground cumin
- 1/2 teaspoon cardamom seeds or ground cardamom
- 2 medium onions, coarsely chopped
- 1 pound mushrooms, sliced
- 8 ounces tomatillos, husked, rinsed and chopped
- 1/4 cup water
- 5 1/2 cups mushroom broth or vegetable broth
- 1 6-ounce can tomato paste
- 1-2 tablespoons minced canned chipotle peppers in adobo sauce
- 1 1/4 cups grated Monterey Jack or pepper Jack cheese
- 1/2 cup reduced-fat sour cream
- 1/2 cup chopped fresh cilantro
- 2 limes, cut into wedges



1. Soak beans overnight in 2 quarts water. Drain the beans, discarding soaking liquid.
2. Combine oil, mustard seeds, chili powder, cumin and cardamom in a 5- to 6-quart Dutch oven. Place over high heat and stir until the spices sizzle, about 30 seconds. Add onions, mushrooms, tomatillos and water. Cover and cook, stirring occasionally, until the vegetables are juicy, 5 to 7 minutes. Uncover and stir often until the juices evaporate and the vegetables are lightly browned, 10 to 15 minutes. Add broth, tomato paste and chipotles; mix well.
3. Place the beans in a 5- to 6-quart slow cooker. Pour the hot vegetable mixture over the beans. Turn heat to High. Put the lid on and cook until the beans are creamy, 5 to 8 hours.
4. Garnish servings with cheese, a dollop of sour cream, a sprinkling of cilantro and a lime wedge.

MAKES 10 SERVINGS, GENEROUS 1 CUP EACH.

PER SERVING: 306 CALORIES; 10 G FAT (4 G SAT, 2 G MONO); 20 MG CHOLESTEROL; 40 G CARBOHYDRATE; 0 G ADDED SUGARS; 18 G PROTEIN; 13 G FIBER; 415 MG SODIUM; 735 MG POTASSIUM. **NUTRITION BONUS:** Folate (47% DAILY VALUE), Iron (22% DV), Potassium (21% DV).

Stovetop Variation | **TOTAL:** 4 1/2 HOURS

In Step 2, increase broth to 8 1/2 cups. Omit Step 3. Add beans to the Dutch oven; cover and simmer chili gently over low heat, stirring occasionally, until beans are creamy, about 3 hours.

French Country Beef Stew

ACTIVE TIME: 35 MINUTES | **SLOW-COOKER TIME:** 6-7 HOURS
TO MAKE AHEAD: Cover and refrigerate for up to 2 days or freeze for up to 3 months.
EQUIPMENT: 5- to 6-quart slow cooker

In France, this classic stew made with beef, vegetables and red wine would be known as a daube. Slow-cooking the surprisingly lean beef shanks melts and softens the connective tissue, producing succulent results. If you prefer, use nonalcoholic wine. Serve with barley to soak up the delicious sauce. For oven variation, come to eatingwell.com.

- 2 teaspoons extra-virgin olive oil
- 4 slices turkey bacon, coarsely chopped
- 1 1/2 cups finely chopped onion (2 medium)
- 1 1/2 cups diced carrots (2 medium)
- 1/2 cup diced celery (1 stalk)
- 3 cups reduced-sodium beef broth
- 2 cups dry red wine, such as Merlot or Zinfandel
- 1 teaspoon fresh thyme leaves or 1/2 teaspoon dried
- 2 bay leaves
- 2 2 1/2-inch-long strips orange zest
- 3 1/2-3 3/4 pounds sliced beef shank or cubed stewing beef, trimmed
- Freshly ground pepper to taste
- 1/2 cup chopped watercress or parsley



1. Heat oil in a 4- to 5-quart Dutch oven over medium-high heat. Add bacon and cook, stirring often, until lightly browned, 3 to 5 minutes. Add onions, carrots and celery; cook, stirring often, until the vegetables are softened and lightly browned, 8 to 10 minutes. Add broth, wine, thyme, bay leaves and orange zest. Bring to a boil.
2. Rinse beef with cool water to remove any bone bits. Place the beef in a 5- to 6-quart slow cooker and turn heat to High. Carefully pour the hot vegetable mixture over the beef. Put the lid on and cook until the beef is falling-apart tender when prodded with a fork, 6 to 7 hours.
3. Preheat oven to 350°F. Using a slotted spoon, transfer the cooked beef to a bowl. Lift out the bones. Scoop marrow out and add to the meat, if desired; discard bones. Break the meat into 2- to 3-inch chunks with a spoon. Cover and keep warm.
4. Discard the bay leaves and orange zest from the sauce; skim fat. Pour the sauce into a large skillet. Bring to a boil over high heat. Boil, skimming froth from time to time, for about 20 minutes, to intensify flavors and thicken slightly. Season with pepper. Add the beef and heat through. To serve, ladle the stew into bowls and sprinkle with watercress (or parsley).

MAKES 8 SERVINGS, 3/4 CUP EACH.

PER SERVING: 296 CALORIES; 10 G FAT (3 G SAT, 4 G MONO); 79 MG CHOLESTEROL; 8 G CARBOHYDRATE; 0 G ADDED SUGARS; 32 G PROTEIN; 2 G FIBER; 298 MG SODIUM; 696 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (84% DAILY VALUE), Zinc (60% DV), Iron (22% DV), Potassium (20% DV).

Slow-Cooker Braised Pork with Salsa

ACTIVE TIME: 45 MINUTES | **SLOW-COOKER TIME:** 6-7 HOURS

TO MAKE AHEAD: Cover and refrigerate for up to 2 days or freeze for up to 3 months. Reheat on the stovetop, in a microwave or in the oven. | **EQUIPMENT:** 5- to 6-quart slow cooker

With just a few ingredients, you can produce a full-flavored, meltingly tender pork stew in your slow cooker. Serve over quinoa or rice.

- 3 pounds boneless pork shoulder or butt
- 1½ cups prepared tomatillo salsa (see Note)
- 1¾ cups reduced-sodium chicken broth
- 1 medium onion, thinly sliced
- 1 teaspoon cumin seeds or ground cumin
- 3 plum tomatoes (½ pound), thinly sliced
- ½ cup chopped fresh cilantro, divided
- ½ cup reduced-fat sour cream



1. Trim and discard pork surface fat. Cut meat apart following layers of fat around muscles; trim and discard fat. Cut into 2-inch chunks and rinse with cold water. Place in a 5- or 6-quart slow cooker. Turn heat to High.
2. Combine salsa, broth, onion and cumin seeds in a saucepan and bring to a boil over high heat. Pour over the meat. Add tomatoes and mix gently. Put the lid on and cook until the meat is pull-apart tender, 6 to 7 hours.
3. With a slotted spoon, transfer the pork to a large bowl; cover and keep warm. Pour the sauce and vegetables into a large skillet; skim fat. Bring to a boil over high heat. Boil, skimming froth from time to time, for about 20 minutes, to intensify flavors and thicken slightly. Add the pork and ¼ cup cilantro; heat through.
4. To serve, ladle into bowls and garnish each serving with a dollop of sour cream and a sprinkling of the remaining ¼ cup cilantro.

MAKES ABOUT 8 SERVINGS, GENEROUS ¾ CUP EACH.

PER SERVING: 252 CALORIES; 12 G FAT (5 G SAT, 5 G MONO); 84 MG CHOLESTEROL; 7 G CARBOHYDRATE; 0 G ADDED SUGARS; 28 G PROTEIN; 1 G FIBER; 253 MG SODIUM; 854 MG POTASSIUM.

Oven Variation | TOTAL: 3 HOURS

Preheat oven to 350°F. Combine pork, salsa, ½ cup chicken broth, onion, cumin seeds and tomatoes in a 9-by-13-inch baking dish; cover snugly with foil. Bake until the pork is pull-apart tender, about 2¼ hours. Skim fat. Uncover and bake until the meat begins to brown, about 15 minutes more. Stir in ¼ cup cilantro. Ladle into bowls, garnish with sour cream and remaining cilantro.

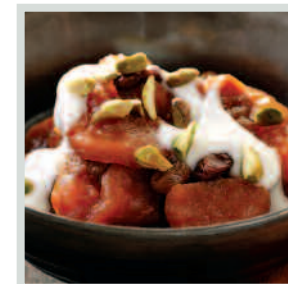
INGREDIENT NOTE: Tomatillo salsa (sometimes labeled salsa verde or green salsa) is a blend of green chiles, onions and tomatillos.

Dried Fruit Compote with Green Tea & Lemon

ACTIVE TIME: 10 MINUTES | **SLOW-COOKER TIME:** 1½-2½ hours on High or 3½-4 hours on Low (plus chilling time) | **EQUIPMENT:** 4-quart or larger slow cooker

Serve topped with low-fat plain yogurt and chopped pistachios for breakfast or dessert.

- 3 green tea bags
- ¾ cups boiling water
- 2 tablespoons sugar
- 2 teaspoons freshly grated lemon zest
- 3 cups mixed dried fruit, such as apples, apricots, pears, figs and/or raisins



Steep tea bags in boiling water for 3 to 5 minutes. Remove tea bags. Stir sugar and lemon zest into the tea. Cut any large pieces of fruit into halves or quarters. Place the fruit and tea in a 4-quart or larger slow cooker. Cover and cook until the fruit is plump and tender and the liquid is syrupy, 1½ to 2½ hours on High or 3½ to 4 hours on Low. Transfer to a bowl and let cool slightly. Cover and refrigerate until chilled (or for up to 4 days).

MAKES 8 SERVINGS, ABOUT ½ CUP EACH.

PER SERVING: 146 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 39 G CARBOHYDRATE; 3 G ADDED SUGARS; 1 G PROTEIN; 4 G FIBER; 10 MG SODIUM; 462 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (30% DAILY VALUE).

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