

# Delicious Everyday Slow Cooker Recipes

## Italian Meatball Soup Recipe

This hearty soup is also surprisingly refreshing. Try some Italian-style soup for your next meal—you won't regret it.

*Serves: 8 – Prep. Time: 10 minutes – Cooking Time: 7 hours*  
*Nutritional facts per serving: Calories 287, Total Fat 13 g, Carbs 30 g, Protein 16 g, Sodium 1134 mg*

### **Ingredients**

- 2 cans (14½ ounces each) Italian-style tomatoes, diced, undrained
- 2 bags (12 ounces each) Italian-style turkey meatballs, thawed and cooked
- 1 can (15 ounces) black beans, rinsed, drained
- 1 can (14 ounces) seasoned chicken broth with roasted garlic
- 1 bag (10 ounces) frozen soup vegetables
- Some fresh oregano (*optional*)

### **Preparation**

1. Mix everything except the oregano in a bowl.
2. Transfer the mixture to your slow cooker and cook on LOW for 6 to 7 hours. *You can also cook on HIGH for 3 to 3½ hours if you are in a hurry.*
3. Transfer to a bowl and sprinkle with oregano, if desired.
4. Serve and enjoy.

# Simple Balsamic Chicken

Cooked and topped with balsamic vinaigrette—doesn't that sound delightful?

*Serves: 6 – Prep. Time: 15 minutes – Cooking Time: 4 hours*  
*Nutritional facts per serving: Calories 340, Total Fat 18 g,*  
*Carbs 4 g, Protein 39 g, Sodium 670 mg*

## ***Ingredients***

### **Balsamic Chicken:**

- 2½ pounds boneless skinless chicken thighs
- 2 tablespoons balsamic vinaigrette dressing
- 2 garlic cloves, minced
- Non-stick cooking spray

### **Topping:**

- ¼ cup balsamic vinaigrette dressing
- 3 cups cherry tomatoes, halved
- 1 cup fresh basil leaves, coarsely chopped

## ***Preparation***

1. Grease a slow cooker and then cover the bottom with a layer of chicken thighs.
2. Pour the rest of the balsamic chicken ingredients over the chicken.
3. Cook everything on LOW for 4 to 4½ hours. Make sure that the chicken's internal temperature reaches *at least* 165°F.
4. Transfer the chicken to a plate, discarding the liquid.
5. Mix tomatoes, basil, and dressing. Garnish the chicken with the tomato salad and serve.

# Coffee Roast Beef Recipe

Coffee gives the beef a special tang. Your guests will reach for second helpings right after the first bite.

*Serves: 12 – Prep. Time: 10 minutes – Cooking Time: 8 hours*

*Nutritional facts per serving: Calories 199, Total Fat 11 g,  
Carbs 2 g, Protein 22 g, Sodium 342 mg*

## ***Ingredients***

### Meat Rub:

- 5 cloves garlic, minced
- 1½ teaspoons salt
- ¾ teaspoons pepper, ground

### Beef:

- 3½ - 4 pounds boneless beef chuck roast
- ¾ cup brewed coffee, strong

### Sauce:

- 2 tablespoons cornstarch
- ¼ cup water, cold

## ***Preparation***

1. Mix together the meat rub ingredients, then rub it all over the beef.
2. Place the seasoned meat into the crock pot and cover with coffee.
3. Cook everything on LOW for 8 to 10 hours.
4. Transfer the beef to a plate and keep warm.
5. Transfer the liquid in the crockpot to a saucepan and remove the fat.
6. Bring the liquid to a boil.
7. Mix the corn starch and water together, then slowly pour into the boiling liquid. Cook for 1 to 2 minutes.
8. Pour the sauce over the meat and serve.

# Saucy Ribs Recipe

These ribs doused in sauce will make you want to get your hands dirty.

*Serves: 4 – Prep. Time: 10 minutes – Cooking Time: 5 hours*  
*Nutritional facts per serving: Calories 242, Total Fat 15 g,*  
*Carbs 26 g, Protein 25 g, Sodium 81 mg*

## **Ingredients**

- 1½ cups ketchup
- ½ cup packed brown sugar
- ½ cup white vinegar
- 2 teaspoons seasoned salt
- ½ teaspoon liquid smoke (*optional*)
- 2 pounds boneless country-style pork ribs

## **Preparation**

1. Mix all of the ingredients except for the meat together in the slow cooker.
2. Place the ribs in the sauce and cook everything on LOW for 5 to 6 hours.
3. Transfer the ribs to a plate and remove the fat from the sauce before drizzling over the ribs.
4. You can thicken the sauce by bringing it to a boil and reducing it to your desired consistency.
5. Place the ribs and sauce on a shallow plate and serve.

# Chickpea Curry Recipe

Try some of this creamy, tasty curry if you're in the mood for something different and delicious over a bowl of rice.

*Serves: 6 – Prep. Time: 10 minutes – Cooking Time: 6 hours*  
*Nutritional facts per serving: Calories 180, Total Fat 7 g,*  
*Carbs 24 g, Protein 7 g, Sodium 399 mg*

## **Ingredients**

- 2 tablespoons cooking oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 teaspoons curry paste
- Salt, to taste
- 2 cans (15 ounces each) chickpeas, cooked, undrained
- 1 can diced tomatoes (*optional*)

## **Preparation**

1. Sauté onions and garlic in oil for 5 minutes.
2. When the onions and garlic become aromatic, add in the curry paste and cook for another minute.
3. Pour the beans into the crockpot and then pour the onion mixture and tomatoes over them.
4. Cook everything on LOW for 5 to 6 hours.
5. Transfer everything to a bowl and serve with your chosen side dish.

# Party Crab Dip Recipe

Crab dip is amazing with vegetables, pretzels, bread, and/or celery sticks. Make this for your next party, and your guests will love you for it.

*Serves: 20 – Prep. Time: 30 minutes – Cooking Time: 3 hours*

*Nutritional facts per serving: Calories 70, Total Fat 6 g,  
Carbs 4 g, Protein 1 g, Sodium 125 mg*

## **Ingredients**

- 1 pound crab meat
- 3 packages (8 ounces each) cream cheese, diced into cubes
- ½ cup buffalo wing sauce or salsa
- 1 can chilies and tomatoes, drained
- ½ cup milk
- 2 lemons (optional)

## **Preparation**

1. Turn your crockpot on HIGH and place the cream cheese inside.
2. When the cream cheese starts to melt, add in the rest of the ingredients (except the lemons).
3. Cook everything on LOW for 2 to 3 hours, stirring every half hour.
4. Place your crockpot in the middle of the table and serve with your favorite snacks.
5. You can line the sides of the crockpot with lemons, if desired.

# Stuffed Apples Recipe

Apples are good on their own, but filling them with oats and spices really brings out that sweet apple taste.

*Serves: 4 – Prep. Time: 5 minutes – Cooking Time: 1 hour 30 minutes*  
*Nutritional facts per serving: Calories 321, Total Fat 4 g,*  
*Carbs 64 g, Protein 10 g, Sodium 77 mg*

## **Ingredients**

- 7 Gala apples, cored
- ½ stick butter
- ¼ cup water

## **Apple Filling:**

- ½ cup oats
- ½ cup brown sugar
- 3 teaspoons cinnamon
- 1 teaspoon allspice

## **Preparation**

1. Peel the tops of the apples and mix the apple filling ingredients.
2. Stuff each apple with the apple filling.
3. Pour the water into the crockpot and then carefully place the apples, side by side, into the water.
4. Divide the butter into 7 slices, then top each of the stuffed apples with a slice of butter.
5. Cook everything on HIGH for 3 to 4 hours.
6. Transfer each apple to its own plate and serve.

**\*\*\*These recipes and more are found in Louise Davidson's *5 Ingredient Slow Cooker Cookbook: From Crock Pot to Table Everyday Slow Cooker Recipes*. To get your copy, click on the cover below or click [here](#).**

