

# One-Pot Slow Cooker Meals

## Silky Smooth Hot Chocolate

Serves 8-10

### Ingredients

- 2 cups heavy whipping cream
- 1 (14 ounce) can sweetened condensed milk
- 2 cups semi-sweet chocolate chips
- 1/4 cup unsweetened cocoa powder
- 6 cups whole milk

### Directions

1. Combine all ingredients in slow cooker.
2. Cover and cook for 2 hours on LOW.
3. Use a whisk to mix occasionally while cooking. Make sure all the chocolate is melted and well-blended into the mixture.
4. Serve mini marshmallows, if desired (optional).

### Nutrition per serving

Calories 587, Fat 35 g, Carbs 58 g, Protein 16 g

## Cranberry Meatballs

Serves 12-16

### Ingredients

- 2 pounds ground turkey
- 1/4 cup chopped fresh parsley
- 1/2 cup thinly diced onion
- 1/2 cup seasoned breadcrumbs
- 2 large eggs
- 2 (14-ounce) cans jellied cranberry sauce
- 1/2 cup chili sauce
- 2/3 cup ketchup

### Preparation

1. Combine the turkey, breadcrumbs, parsley, onion, and eggs in a large bowl. Mix together well and shape the mixture into 48 balls.
2. In the slow cooker, mix the cranberry sauce, ketchup, and chili sauce together and then add the meatballs, stirring them with the sauce mixture.
3. Put the lid on the slow cooker and cook on LOW for 6 hours, stirring once or twice.

### Nutrition per serving

Calories 242, Fat 14 g, Carbs 20 g, Protein 9 g

# Osso Bucco

Serves 2–4

## **Ingredients**

- 4 beef shanks or veal shanks
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 3 tablespoons whole wheat flour
- 1–2 tablespoons olive oil
- 2 medium onions, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 1 (14-ounce) can diced tomatoes
- 2 teaspoons dried thyme leaves
- ½ cup beef or vegetable stock

## **Directions**

1. Season the shanks with salt and pepper on both sides, then dip in the flour to coat.
2. Heat a large skillet over high heat. Add the olive oil. When the oil is hot, add the shanks and brown evenly on both sides. When browned, transfer to the slow cooker.
3. Pour the stock into the skillet and let simmer for 3–5 minutes while stirring to deglaze the pan.
4. Add the rest of the ingredients to the slow cooker and pour the stock from the skillet over the top.
5. Set the slow cooker to low and cook for 8 hours.
6. Serve the Osso Bucco over quinoa, brown rice, or even cauliflower rice.

## **Nutrition per serving**

Calories 589, Fat 21.3 g, Carbs 14.8 g, Protein 74.7 g

# Honey-Garlic Wings

Serves 4-6

## Ingredients

- 1 ½ pounds chicken wings
- Lemon wedges for serving

## For the sauce

- ⅓ cup raw honey
- 2 tablespoons lemon juice
- ⅛ cup coconut aminos
- 4 cloves garlic, minced
- ¼ teaspoon ground ginger

## Directions

1. Whisk together the ingredients for the sauce in a bowl.
2. Place the chicken wings in the slow cooker and pour in the sauce mixture.
3. Cover and cook for 6 hours on LOW or 3 to 4 hours on HIGH.
4. If needed, transfer the sauce to a pan and cook on the stovetop to reduce then toss in the wings. For browner, crispier skin, place in the broiler (for about 2 minutes).
5. Serve with lemon wedges

## Nutrition per serving

Calories 234, Fat 3.9 g, Carbs 17.5 g, Protein 25.2 g

# Slow Cooker Ratatouille

Serves 8

## Ingredients

- 3 tablespoons olive oil
- 2 medium yellow onions, diced
- 1 pound eggplant, trimmed and cut into 1-inch cubes
- 1 pound zucchini or summer squash, cut into 1 inch cubes
- 2 large red, green, or yellow bell peppers, cleaned and chopped into pieces
- 1 pound tomatoes, washed and cut into cubes
- 4 cloves garlic, diced
- 2 tablespoons tomato paste
- ½ teaspoon fine salt, plus more for seasoning
- ¼ cup fresh basil leaves, coarsely chopped (plus more for garnish)

## Directions

1. Place all ingredients into the slow cooker and cook on low for 6 hours.
2. When vegetables are very soft, serve with fresh basil.

## Nutrition per serving

Calories 159, Fat 7.7 g, Carbs 22.3 g, Protein 4.4 g

# Cherry Cobbler

Serves 4

## Ingredients

- 1 can cherry pie filling
- 2 tablespoons cold butter, diced

## For the topping

- ¼ cup cold butter
- ¾ cup sugar
- 1½ cups all-purpose flour
- ½ teaspoon salt
- 1½ teaspoons baking powder
- ¾ cup evaporated milk

## Directions

1. Coat the inside of a 4-quart slow cooker with butter or cooking spray.
2. Spread the cherry pie filling in the slow cooker and dot with butter.
3. In a blender or food processor, place the butter, sugar, flour, salt, and baking powder and pulse to a sandy consistency. Transfer it to a bowl and mix in the evaporated milk.
4. Spoon the topping over the cherries. Cover and cook on HIGH for 3–4 hours, until the topping is firm and cooked through and the cherries are bubbly.

## Nutrition per serving

Calories 513, Fat 12 g, Carbs 85 g, Protein 8 g

\*\*\*These recipes and more are found in Louise Davidson's *Slow Cooker Cookbook: Easy One-Pot Meal Crock Pot Recipes*. To get your copy, click on the cover below or click [here](#).

