

slow cooker

favorites



contents

APPETIZERS

- 2 Queso Verde Dip
- 2 Cherry-Pistachio Brie
- 3 Fruit Chutney with Spiced Chips
- 3 White Bean Spread
- 4 Caribbean Cocktail Sausages
- 5 Flamin' Cajun Riblets
- 5 Meatball Sliders

SANDWICHES

- 7 Philly Cheese-Pot Roast Sandwiches
- 7 Southwestern Shredded Beef Sandwiches
- 7 Shredded Beef Master Recipe
- 8 Spicy Pulled Pork
- 8 Jerk Pork Wraps with Lime Mayo
- 9 Honey BBQ Shredded Pork Wraps
- 9 Pesto Chicken Sandwiches
- 10 Chicken Tostadas
- 10 Italian Sausage Heros
- 11 Rockin' Sloppy Joes

SOUPS & STEWS

- 13 Polenta with Ground Beef Ragoût
- 13 Pork and Edamame Soup
- 14 Turkey and Herb Dumpling Soup
- 14 Lentil and Ham Soup
- 15 In-a-Hurry Chicken Curry
- 15 New-World Chili
- 15 New England Clam Chowder
- 16 Pumpkin, Chickpea, and Red Lentil Stew
- 16 Cha-Cha Corn Chowder

AROUND THE WORLD

- 18 Russian Braised Brisket
- 18 Spanish Braised Short Ribs with Orange Gremolata
- 19 Mexican Tacos Carnitas
- 20 Italian Chicken with Fennel and Cannellini
- 20 Moroccan Chicken Stew
- 21 Thai-Style Vegetable Rice
- 21 Chinese Red-Cooked Chicken

DESSERTS

- 23 Crustless Lemony Cheesecake
- 23 Old-Fashioned Rice Pudding
- 24 Tropical Apricot Crisp
- 24 Mixed Berry Pudding Cake
- 24 Angel Cake with Cherry Sauce
- 25 Caramel-Spiced Apples
- 25 Triple-Berry Cobbler



OLD-FASHIONED
RICE PUDDING

CHERRY-PISTACHIO BRIE



appetizers

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Queso Verde Dip

Prep: 20 minutes
Cook: 3 to 3½ hours (low) or 1 to 1¾ hours (high)

- 1 pound uncooked ground turkey
- ¾ cup chopped onion
- 1 tablespoon vegetable oil
- 1 16-ounce jar green salsa (salsa verde)
- 1 8-ounce package cream cheese, cut up
- 2 cups shredded Monterey Jack cheese (8 ounces)
- 1 medium fresh poblano chile, seeded and chopped*
- 1 tablespoon Worcestershire-style marinade for chicken
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- 1 tablespoon snipped fresh cilantro
- Tortilla chips

1. In a large skillet cook ground turkey and onion in hot oil over medium heat until turkey is no longer pink and onion is tender, using a wooden spoon to break up turkey as it cooks. Drain off fat.

2. In a 3½- or 4-quart slow cooker combine turkey mixture, salsa, cream cheese, Monterey Jack cheese, poblano chile, Worcestershire-style marinade, cumin, and garlic.

3. Cover; cook on low-heat setting for 3 to 3½ hours or on high-heat setting for 1½ to 1¾ hours. Stir until cream cheese is well mixed. Serve immediately or keep warm, covered, on warm-heat setting or low-heat setting for up to 2 hours. Stir before serving. Sprinkle with cilantro. Serve with tortilla chips.

MAKES 22 SERVINGS

***Tip** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands touch the peppers, wash your hands and nails well with soap and warm water.

PER SERVING: 122 cal., 9 g total fat (5 g sat. fat), 37 mg chol., 146 mg sodium, 3 g carbo., 0 g fiber, 7 g pro.



QUESO VERDE DIP

Cherry-Pistachio Brie

(pictured on page 1)

Prep: 10 minutes
Cook: 3 hours (low) or 1 to 1¼ hours (high)

- ½ cup snipped dried cherries
- ¼ cup cherry preserves
- 1 tablespoon Cognac or brandy (optional)
- 2 8-ounce rounds Brie cheese
- ½ cup pistachios or walnuts, toasted and coarsely chopped
- Crackers or pear slices

1. In a bowl combine cherries, preserves, and, if desired, Cognac. Place one round of Brie in a 1½- or 2-quart slow cooker; spoon half of the cherry mixture on cheese in slow cooker. Add second round of Brie and remaining cherry mixture.

2. Cover and cook on low-heat setting for 3 hours or on high-heat setting for 1 to 1¼ hours* or until Brie is softened but not melted. Transfer to a serving plate. Sprinkle with nuts. Serve with crackers or pear slices. **MAKES 20 SERVINGS**

***Note** Some 1½-quart slow cookers include variable heat settings; others offer only one standard (low) setting. If your cooker does not have heat settings, check the manufacturer's directions for timing guidelines.

PER SERVING: 166 cal., 8 g total fat (4 g sat. fat), 23 mg chol., 145 mg sodium, 20 g carbo., 3 g fiber, 6 g pro.

Chipotle-Raspberry Brie

Prepare as directed above, except instead of cherries and cherry preserves, combine ½ cup raspberry preserves or jam, 1 tablespoon finely chopped canned chipotle peppers in adobo sauce (see tip, left), and 1 teaspoon finely shredded orange peel. Sprinkle cooked Brie with ¼ cup crumbled crisp-cooked bacon (4 slices) before serving. Serve Brie with toasted baguette-style French bread slices.

MAKES 20 SERVINGS

PER SERVING: 148 cal., 7 g total fat (4 g sat. fat), 24 mg chol., 278 mg sodium, 14 g carbo., 0 g fiber, 7 g pro.

Fruit Chutney with Spiced Chips

Prep: 25 minutes
Cook: 2 hours (high)

- 2 large apples, cored and cut into 1-inch pieces
- 2 large pears, cored and cut into 1-inch pieces
- 1 cup chopped sweet onion
- 1 cup fresh or frozen cranberries,
- ⅓ cup packed brown sugar
- ¼ cup balsamic vinegar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ⅛ teaspoon salt
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- 1 recipe Spiced Chips
- 4 ounces goat cheese (chèvre), crumbled

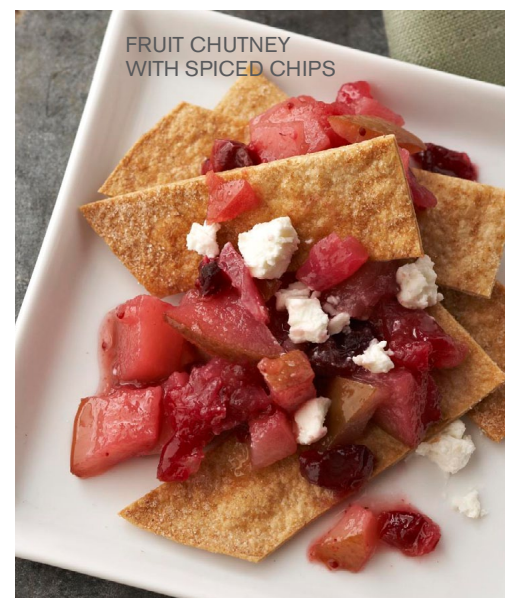
1. For fruit chutney, in a 3½- or 4-quart slow cooker combine apples, pears, onion, cranberries, brown sugar, vinegar, cinnamon, ginger, and salt.

2. Cover and cook on high-heat setting for 1 hour. In a small bowl combine cornstarch and the cold water; stir into the slow cooker. Cover and cook on high-heat setting for 1 hour more.

3. Serve chutney warm or at room temperature with Spiced Chips and crumbled goat cheese.

MAKES 24 SERVINGS

Spiced Chips Preheat oven to 400°F. Using a pizza wheel, cut 9 whole wheat tortillas into eight



FRUIT CHUTNEY WITH SPICED CHIPS



WHITE BEAN SPREAD

equal wedges each (72 total). Place tortilla wedges in a single layer on baking sheets. Lightly coat wedges with nonstick cooking spray. Mix together ½ teaspoon granulated sugar and ¼ teaspoon ground coriander. Sprinkle evenly over tortilla wedges. Bake for 10 minutes, turning once halfway through baking. Makes 72 chips.

PER SERVING: 114 cal., 2 g total fat (1 g sat. fat), 4 mg chol., 182 mg sodium, 21 g carbo., 2 g fiber, 3 g pro.

White Bean Spread

Prep: 15 minutes
Cook: 3 to 4 hours (low)

- 2 15-ounce cans Great Northern or cannellini (white kidney) beans, rinsed and drained
- ½ cup reduced-sodium chicken or vegetable broth
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 teaspoon snipped fresh marjoram or ¼ teaspoon dried marjoram, crushed
- ½ teaspoon snipped fresh rosemary or ⅛ teaspoon dried rosemary, crushed
- ⅛ teaspoon black pepper
- Snipped fresh marjoram and rosemary (optional)
- 1 recipe Whole Wheat Pita Chips

1. In a 1½-quart slow cooker combine beans, broth, oil, garlic, the 1 teaspoon fresh marjoram, the ½ teaspoon fresh rosemary, and the pepper.

2. Cover and cook on low-heat setting for 3 to 4 hours (see note, page 2).

3. Using a potato masher, slightly mash the bean mixture. Spoon into a serving bowl. If desired, sprinkle with additional snipped fresh marjoram and rosemary. Serve dip warm or at room temperature with Whole Wheat Pita Chips.

MAKES 20 SERVINGS

Whole Wheat Pita Chips

Preheat oven to 350°F. Split 4 whole wheat pita bread rounds horizontally in half; cut each circle into six wedges (48 total). Place pita wedges in a single layer on large baking sheets. Combine 2 tablespoons olive oil, 2 teaspoons snipped fresh oregano, and ¼ teaspoon kosher salt; lightly brush pita wedges with oil mixture. Bake for 12 to 15 minutes or until crisp and lightly browned. Remove from baking sheet; cool on a wire rack. Makes 48 chips.

PER SERVING: 77 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 173 mg sodium, 13 g carbo., 3 g fiber, 4 g pro.

Caribbean Cocktail Sausages

Prep: 15 minutes **Cook:** 4 hours (low) or 2 hours (high)

- 2 16-ounce packages cocktail wieners or small cooked smoked sausage links
- 1 12-ounce jar pineapple preserves
- ½ teaspoon finely shredded lime peel
- 1 tablespoon lime juice

- 1 teaspoon Jamaican jerk seasoning
- 1 teaspoon ground ginger
- 2 cloves garlic, minced
- Few dashes bottled hot pepper sauce
- Key lime wedges (optional)

1. In a 3½- or 4-quart slow cooker combine wieners, preserves, lime peel, lime juice, jerk seasoning, ginger, garlic, and hot pepper sauce.

2. Cover; cook on low-heat setting for 4 hours or on high-heat setting for 2 hours. Serve immediately or keep warm, covered, on warm or low-heat setting for up to 2 hours. Serve with decorative toothpicks. If desired, garnish with key lime wedges. **MAKES 24 SERVINGS**

PER SERVING: 194 cal., 10 g total fat (4 g sat. fat), 24 mg chol., 421 mg sodium, 21 g carbo., 0 g fiber, 5 g pro.



Flamin' Cajun Riblets

Prep: 25 minutes **Cook:** 5 to 6 hours (low) or 2½ to 3 hours (high)

- 3 pounds pork loin back ribs
- 1 tablespoon Cajun seasoning
- 1 cup chili sauce
- ½ cup finely chopped onion (1 medium)
- 1 fresh serrano chile, seeded and finely chopped (see tip, page 2)
- 2 tablespoons quick-cooking tapioca, crushed
- 1 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- 1 to 2 teaspoons bottled hot pepper sauce
- Snipped fresh parsley (optional)

1. Sprinkle ribs evenly with Cajun seasoning; rub in with your fingers. Cut ribs into single rib portions. Place ribs in a 3½- or 4-quart slow cooker.

2. In a medium bowl combine chili sauce, onion, serrano chile, tapioca, lemon peel, lemon juice, and hot pepper sauce. Pour over ribs.

3. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Serve immediately or keep warm, covered, on warm-heat setting or low-heat setting for up to 2 hours. (Remove any bones without meat.) If desired, sprinkle with parsley.

MAKES 12 SERVINGS

PER SERVING: 231 cal., 17 g total fat (6 g sat. fat), 57 mg chol., 369 mg sodium, 7 g carbo., 1 g fiber, 12 g pro.



MEATBALL SLIDERS

Meatball Sliders

Prep: 15 minutes **Cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)

- 1 large red onion, cut into thin wedges
- 2 12-ounce packages frozen cooked Italian meatballs (24 meatballs total)
- 1 24- to 26-ounce jar marinara sauce or tomato-base pasta sauce (about 2¼ cups)
- 1 tablespoon balsamic vinegar
- ½ teaspoon crushed red pepper
- 4 roma tomatoes, sliced
- 6 slices provolone cheese (6 ounces), quartered
- 24 cocktail buns, split and toasted if desired

1. Place onion wedges in a 3½- or 4-quart slow cooker. Top with frozen meatballs. In a medium bowl combine marinara sauce, balsamic vinegar, and crushed red pepper. Pour over meatballs.

2. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours.

3. Gently stir mixture in cooker. Place a tomato slice and quartered cheese slice on the bottom half of each cocktail bun. Top each with a meatball; replace bun tops. If desired, secure with decorative toothpicks. **MAKES 24 SLIDERS**

PER SLIDER: 217 cal., 11 g total fat (5 g sat. fat), 24 mg chol., 516 mg sodium, 20 g carbo., 2 g fiber, 10 g pro.



sandwiches

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- 7 Southwestern Shredded Beef Sandwiches
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- 9 Pesto Chicken Sandwiches
- 10 Chicken Tostadas
- 10 Italian Sausage Heros
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Philly Cheese-Pot Roast Sandwiches

Prep: 20 minutes **Cook:** 10 to 12 hours (low) or 5 to 6 hours (high) + 30 minutes (high)

- 1 2½- to 3-pound boneless beef chuck pot roast
- 1 cup chopped onion (1 large)
- ¼ cup Worcestershire sauce
- 1 tablespoon instant beef bouillon granules
- 2 cloves garlic, minced
- 1 teaspoon dried oregano, crushed
- ½ teaspoon dried basil, crushed
- ½ teaspoon dried thyme, crushed
- ½ cup chopped pepperoncini (Italian pickled peppers) or other pickled peppers
- 8 hoagie buns, split and toasted
- 8 slices American cheese

1. Trim fat from meat. Cut meat into 1-inch pieces. In a 3½- or 4-quart slow cooker combine meat, onion, Worcestershire sauce, bouillon granules, garlic, oregano, basil, and thyme.

2. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Stir to break up meat pieces. If using low-heat setting, turn to high-heat setting. Stir in pepperoncini. Cook, uncovered, on high-heat setting for 30 minutes more, stirring often to break up meat.

3. Preheat broiler. Using a slotted spoon, place meat mixture on bottom halves of buns; add cheese. Place on a baking sheet. Broil 4 to 5 inches from heat 1 minute or until cheese is melted. Cover with bun tops. **MAKES 8 SANDWICHES**

PER SANDWICH: 493 cal., 18 g total fat (8 g sat. fat), 122 mg chol., 1,009 mg sodium, 35 g carbo., 2 g fiber, 46 g pro.

Southwestern Shredded Beef Sandwiches

Start to Finish: 25 minutes

- 1 cup chopped onion (1 large)
- 1 tablespoon vegetable oil
- 2 cups Shredded Beef (see recipe, right)
- 1 10-ounce can diced tomatoes and green chiles, undrained



SOUTHWESTERN SHREDDED BEEF SANDWICHES

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 tablespoon snipped fresh cilantro
- ½ cup shredded cheddar or Monterey Jack cheese (2 ounces)
- 4 onion rolls, split and toasted if desired
- 1 cup shredded lettuce

1. In a large saucepan cook onion in hot oil over medium heat about 4 minutes or until tender. Add Shredded Beef, tomatoes, cumin, and chili powder. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until heated through and desired consistency.

2. Sprinkle some of the cheese over bottoms of rolls. Spoon about ½ cup meat mixture over cheese on each bun. Sprinkle with remaining cheese and shredded lettuce. Add roll tops. **MAKES 4 SANDWICHES**

PER SANDWICH: 457 cal., 16 g total fat (6 g sat. fat), 65 mg chol., 920 mg sodium, 41 g carbo., 4 g fiber, 36 g pro.

Shredded Beef

Prep: 30 minutes **Cook:** 11 to 12 hours (low) or 5½ to 6 hours (high)

- 1 3- to 3½-pound boneless beef chuck pot roast
- 2 large onions, cut into thin wedges
- 2 cloves garlic, minced
- 1 14.5-ounce can beef broth
- 1 tablespoon Worcestershire sauce

- 2 teaspoons dry mustard
- 1 teaspoon dried thyme, crushed
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

1. Trim fat from beef. If necessary, cut beef to fit into a 4- to 5-quart slow cooker. Place onion and garlic in the cooker. Top with beef. In a medium bowl combine broth, Worcestershire sauce, dry mustard, thyme, salt, and cayenne pepper. Pour over beef in cooker.

2. Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5½ to 6 hours. Remove beef and onion from cooker, reserving juices. Using two forks, shred the meat, discarding any fat. Skim fat from juices. Add onion to beef; add enough juices to beef to moisten.

3. Place 2-cup portions of beef in airtight containers and refrigerate for up to 3 days or freeze for up to 3 months. Use in burritos, tacos, and sandwiches (such as Southwestern Shredded Beef Sandwiches, left). **Makes 6 cups.**

PER CUP: 326 cal., 10 g total fat (4 g sat. fat), 100 mg chol., 404 mg sodium, 5 g carbo., 1 g fiber, 51 g pro.

Spicy Pulled Pork

Prep: 15 minutes **Cook:** 8 to 10 hours (low) or 4 to 5 hours (high)

- 1 2- to 2½-pound boneless pork shoulder roast
- Salt and black pepper
- 1 large sweet onion, cut into thin wedges
- 1 18- to 20-ounce bottle hot-style barbecue sauce (about 1¾ cups)
- 1 cup Dr. Pepper carbonated beverage*
- 8 hamburger buns or 16 baguette slices, toasted
- Sliced pickles (optional)

1. Trim fat from meat. If necessary, cut meat to fit into a 3½- or 4-quart slow cooker. Sprinkle meat with salt and pepper.

2. Place onion in the slow cooker. Top with meat. In a medium bowl stir together barbecue sauce and carbonated beverage. Pour sauce mixture over meat.

3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

4. Transfer meat to a cutting board. Using two forks, shred meat. Place meat in a large bowl. With a slotted spoon remove the onion from cooking liquid and add to meat. Skim fat from cooking liquid. Stir enough of the remaining cooking liquid into meat mixture to moisten.

5. Using a slotted spoon, divide meat mixture among buns or half of the baguette slices. Top with remaining baguette slices (if using) and secure with decorative toothpicks. If desired, serve sandwiches with sliced pickles.

MAKES 8 SANDWICHES

***Note** Do not use diet Dr. Pepper. The artificial sweeteners in the diet version will develop an off flavor while cooking.

PER SANDWICH: 378 cal., 8 g total fat (3 g sat. fat), 73 mg chol., 1,355 mg sodium, 45 g carbo., 1 g fiber, 27 g pro.

Jerk Pork Wraps with Lime Mayo

Prep: 30 minutes **Cook:** 8 to 10 hours (low) or 4 to 5 hours (high)

- 1 1½- to 2-pound boneless pork shoulder roast
- 1 tablespoon Jamaican jerk seasoning
- ¼ teaspoon dried thyme, crushed
- 1 cup water
- 1 tablespoon lime juice
- 6 to 8 10-inch flour tortillas
- 6 to 8 lettuce leaves (optional)
- 1 cup chopped fresh mango or pineapple
- ½ cup chopped red or green sweet pepper (1 small)
- 1 recipe Lime Mayo

1. Trim fat from meat. If necessary, cut meat to fit into a 3½- or 4-quart slow cooker. Sprinkle jerk seasoning evenly over meat; rub in with your fingers. Place meat in the slow cooker. Sprinkle with thyme. Pour the water over meat.

2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3. Transfer meat to a cutting board; discard cooking liquid. Using two forks, shred meat. Place shredded meat in a bowl; stir in lime juice.

4. If desired, line tortillas with lettuce leaves. Spoon meat mixture onto one half of each tortilla just below centers. Top with mango, sweet pepper, and Lime Mayo. Fold bottom edge of each tortilla up and over filling; fold in sides. Roll up from the bottom.

MAKES 6 TO 8 WRAPS

PER WRAP: 314 cal., 13 g total fat (3 g sat. fat), 48 mg chol., 503 mg sodium, 33 g carbo., 2 g fiber, 16 g pro.

Lime Mayo In a small bowl stir together ½ cup mayonnaise or salad dressing, ¼ cup finely chopped red onion, ¼ teaspoon finely shredded lime peel, 1 tablespoon lime juice, and 1 clove garlic, minced. Cover and store in refrigerator for up to 1 week.

Honey BBQ Shredded Pork Wraps

Prep: 25 minutes **Cook:** 13 to 14 hours (low) or 6½ to 7 hours (high)

- 1 3- to 3½-pound boneless pork shoulder roast
- 1 cup ketchup
- 1 cup chopped celery (2 stalks)
- 1 cup chopped onion (1 large)
- ½ cup water
- ⅓ cup honey
- ¼ cup lemon juice
- 3 tablespoons white vinegar
- 2 tablespoons dry mustard
- 2 tablespoons Worcestershire sauce
- ½ teaspoon black pepper
- 12 8-inch whole wheat tortillas

1. Trim fat from pork. If necessary, cut roast to fit into a 4- to 5-quart slow cooker. Place meat in slow cooker. For sauce, in a bowl stir together ketchup, celery, onion, water, honey, lemon juice, vinegar, dry mustard, Worcestershire sauce, and pepper. Pour over meat in slow cooker.

2. Cover; cook on low-heat setting for 13 to 14 hours or on high-heat setting for 6½ to 7 hours. Remove meat from cooker, reserving sauce. Using two forks, shred meat; place meat in a large bowl. Skim fat from sauce. Add enough of the sauce to moisten pork (about 1 cup). Spoon about ⅔ cup pork onto each tortilla. Roll up tortillas and cut into halves to serve. **MAKES 12 WRAPS**

PER WRAP: 326 cal., 10 g total fat (3 g sat. fat), 73 mg chol., 589 mg sodium, 24 g carbo., 10 g fiber, 31 g pro.



HONEY BBQ SHREDDED PORK WRAPS



PESTO CHICKEN SANDWICHES

Pesto Chicken Sandwiches

Prep: 30 minutes **Cook:** 4 to 5 hours (low) or 2 to 2½ hours (high) + 30 minutes (high)

- 1 teaspoon dried Italian seasoning, crushed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound skinless, boneless chicken breast halves
- 1 large onion, thinly sliced
- 8 ounces fresh mushrooms, sliced
- 2 cloves garlic, minced
- 1 14.5-ounce can diced tomatoes, undrained
- 2 tablespoons red wine vinegar
- 1 medium zucchini or yellow summer squash, halved lengthwise and sliced ¼ inch thick
- 1 large red, yellow, and/or green sweet pepper, cut into strips
- ⅓ cup mayonnaise or salad dressing
- 2 tablespoons purchased pesto
- 1 12-inch ciabatta, cut in half horizontally
- Fresh basil leaves (optional)

1. In a small bowl combine Italian seasoning, salt, and black pepper. Sprinkle evenly over all sides of

chicken; rub into chicken with your fingers. Place chicken in a 3½- or 4-quart slow cooker.

2. Add onion, mushrooms, and garlic to slow cooker. In a medium bowl combine tomatoes and vinegar; pour over chicken and vegetables in cooker.

3. Cover; cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. If using low-heat setting, turn to high-heat setting. Stir in zucchini and sweet pepper. Cover; cook on high-heat setting for 30 minutes more.

4. Meanwhile, in a small bowl combine mayonnaise and pesto. Spread pesto mixture evenly over cut sides of bread.

5. Transfer chicken to a cutting board. Thinly slice chicken. Arrange chicken on bottom half of bread. Using a slotted spoon, spoon vegetable mixture onto chicken. Discard cooking juices. Add basil (if desired) and bread top. Cut loaf into 6 or 8 sandwiches.

MAKES 6 TO 8 SANDWICHES

PER SANDWICH: 447 cal., 16 g total fat (3 g sat. fat), 50 mg chol., 830 mg sodium, 48 g carbo., 5 g fiber, 27 g pro.



SPICY PULLED PORK



CHICKEN TOSTADAS

Chicken Tostadas

Prep: 25 minutes
Cook: 5 to 6 hours (low) or 2½ to 3 hours (high)

- 2 jalapeños, seeded and finely chopped (see tip, page 2)
- 8 cloves garlic, minced
- 3 tablespoons chili powder
- 3 tablespoons lime juice
- ¼ teaspoon bottled hot pepper sauce
- 2 pounds skinless, boneless chicken thighs
- 1 medium onion, sliced and separated into rings
- 1 16-ounce can fat-free refried beans
- 10 purchased tostada shells
- ¾ cup shredded reduced-fat cheddar cheese (3 ounces)
- 2 cups shredded lettuce
- ¾ cup bottled salsa
- ¾ cup light sour cream
- ½ cup sliced ripe olives
- Lime wedges (optional)

1. In a 3½- to 5-quart slow cooker combine jalapeños, garlic, chili powder, lime juice, and hot pepper sauce. Add chicken and onion.

2. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

3. Remove chicken and onion from cooker, reserving ½ cup of the cooking liquid. Using two forks, shred chicken. In a medium bowl combine chicken, onion, and the ½ cup cooking liquid.

4. Spread refried beans on tostada shells. Top with hot chicken mixture and cheese. Serve with lettuce, salsa, sour cream, and olives. If desired, serve with lime wedges.

MAKES 10 TOSTADAS

PER TOSTADA: 285 cal., 11 g total fat (4 g sat. fat), 86 mg chol., 606 mg sodium, 22 g carbo., 5 g fiber, 25 g pro.

Italian Sausage Heros

Prep: 20 minutes
Cook: 4 to 5 hours (low)

- 8 ounces bulk Italian sausage
- 4 ounces lean ground beef
- ½ cup chopped onion (1 medium)
- 1 clove garlic, minced
- 1 cup ketchup
- 1 4-ounce can mushroom stems and pieces, drained
- ¼ cup sliced pitted ripe olives (optional)
- ½ teaspoon dried Italian seasoning, crushed
- ¾ cup shredded mozzarella cheese (3 ounces)
- 4 French-style rolls or hoagie buns, split lengthwise

1. In a large skillet cook sausage, ground beef, onion, and garlic over medium heat until meat is browned and onion is tender. Drain off fat.

2. Meanwhile, in a 1½-quart slow cooker combine ketchup, mushrooms, olives (if desired), and Italian seasoning. Stir in meat mixture.

3. Cover and cook on low-heat setting for 4 to 5 hours (see note, page 2). To serve, place half of the cheese on bottom halves of rolls. Spoon meat mixture over cheese.

Top with remaining cheese and roll tops. **MAKES 4 SANDWICHES**

PER SANDWICH: 484 cal., 27 g total fat (10 g sat. fat), 74 mg chol., 1,648 mg sodium, 39 g carbo., 3 g fiber, 23 g pro.



ITALIAN SAUSAGE HEROS

Rockin' Sloppy Joes

Prep: 30 minutes **Cook:** 6 to 8 hours (low) or 3 to 4 hours (high)

- 1½ pounds ground beef
- 1 cup chopped onion (1 large)
- 2 cloves garlic, minced
- 1 cup chopped red sweet pepper (1 large)
- 1 cup shredded carrots (2 medium)
- 1 4-ounce can diced green chiles
- 1 5.5-ounce can hot-style vegetable juice or vegetable juice
- ½ cup ketchup
- 1 tablespoon packed brown sugar

- 1 tablespoon yellow mustard
- 2 teaspoons chili powder
- 1 teaspoon cider vinegar
- 8 hamburger buns, split and toasted

1. In a large skillet cook ground beef, onion, and garlic over medium heat until meat is browned and onion is tender. Drain off fat.

2. In a 3½- or 4-quart slow cooker combine meat mixture, sweet pepper, carrots, green chiles,

vegetable juice, ketchup, brown sugar, mustard, chili powder, and vinegar.

3. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Serve meat mixture in buns.

MAKES 8 SANDWICHES

PER SANDWICH: 354 cal., 15 g total fat (6 g sat. fat), 58 mg chol., 572 mg sodium, 33 g carbo., 3 g fiber, 21 g pro.





NEW ENGLAND CLAM CHOWDER

soups & stews

- 13 Polenta with Ground Beef Ragout
- 13 Pork and Edamame Soup
- 14 Turkey and Herb Dumpling Soup
- 14 Lentil and Ham Soup
- 15 In-a-Hurry Chicken Curry
- 15 New-World Chili
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- 16 Cha-Cha Corn Chowder

Polenta with Ground Beef Ragout

Prep: 25 minutes
Cook: 7 to 9 hours (low) or 3½ to 4½ hours (high) + 30 minutes (high)

- 1 pound extra-lean ground beef
- 1 14.5-ounce can no-salt-added stewed tomatoes, undrained
- 3 medium carrots, cut into ½-inch slices
- 2 medium onions, cut into thin wedges
- ½ cup water
- 1 teaspoon dried Italian seasoning
- ¼ teaspoon black pepper
- 6 cloves garlic, minced
- 1 large red sweet pepper, cut into 1-inch pieces
- 1 medium zucchini, halved lengthwise and cut into ¼-inch slices
- 1 16-ounce tube refrigerated cooked polenta
- ¼ cup purchased pesto
- Fresh basil sprigs (optional)

1. In a large skillet cook ground beef until browned. Drain off fat. Transfer meat to a 3½- or 4-quart slow cooker. Stir in tomatoes, carrots, onions, the water, Italian seasoning, black pepper, and garlic.
2. Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours.
3. If using low-heat setting, turn to high-heat setting. Stir in sweet pepper and zucchini. Cover and cook about 30 minutes more or until pepper and zucchini are crisp-tender.
4. Meanwhile, prepare polenta according to package directions. Serve ragout over polenta. Top servings with pesto. If desired, garnish with basil.

MAKES 6 SERVINGS

PER SERVING: 285 cal., 9 g total fat (3 g sat. fat), 50 mg chol., 488 mg sodium, 30 g carbo., 6 g fiber, 21 g pro.



PORK AND EDAMAME SOUP

Pork and Edamame Soup

Prep: 25 minutes
Cook: 7 to 8 hours (low) or 3½ to 4 hours (high) + 30 minutes (high)

- 1 2- to 2½-pound boneless pork shoulder roast
- 1 tablespoon vegetable oil
- 2 14.5-ounce can reduced-sodium chicken broth
- 1 8-ounce can sliced water chestnuts, drained
- 1 cup chopped red sweet pepper
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon bottled hoisin sauce
- 2 teaspoons grated fresh ginger
- ¼ to ½ teaspoon crushed red pepper
- 6 cloves garlic, minced
- 1 12-ounce package frozen sweet soybeans (edamame)
- 1 3-ounce package ramen noodles, broken
- ¼ cup sliced green onions (2)

1. Trim fat from roast. Cut roast into 1-inch pieces. In a large skillet heat oil over medium-high heat. Cook meat, half at a time, in hot oil until browned. Drain off fat. Transfer meat to a 3½- to 4½-quart slow cooker. Stir in broth, water chestnuts, sweet pepper, soy sauce, hoisin sauce, ginger, crushed red pepper, and garlic.
2. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Skim off fat. Stir in edamame and ramen noodles (discard seasoning packet). Cover and cook for 5 minutes more. Top servings with green onions.

MAKES 9 SERVINGS

PER SERVING: 275 cal., 11 g total fat (3 g sat. fat), 65 mg chol., 473 mg sodium, 14 g carbo., 3 g fiber, 27 g pro.



TURKEY AND HERB DUMPLING SOUP

Turkey and Herb Dumpling Soup

Prep: 40 minutes
Cook: 6 to 8 hours (low) or 3 to 4 hours (high) + 30 minutes (high)

- 1 cup chopped onion (1 large)
- 1 cup chopped celery (2 stalks)
- 1 cup chopped carrots (2 medium)
- 1 pound piece roasted skinless, boneless turkey breast
- 3 cups no-salt-added chicken stock or broth
- 3 cups water
- ¼ teaspoon black pepper
- 1½ cups self-rising flour
- 1 tablespoon snipped fresh parsley
- 1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed
- 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- 3 tablespoons margarine, melted
- 3 tablespoons fat-free milk
- 1 egg, lightly beaten

1. In a 4- to 5-quart slow cooker combine onion, celery, and carrots. Place turkey on top of vegetables. Add broth, the water, and pepper to the slow cooker.

2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3. If using low-heat setting, turn to high-heat setting while preparing the dumplings. For dumplings, in a large bowl combine flour, parsley, sage, thyme, margarine, milk, and egg. Stir just until moistened. Turn out onto a lightly floured surface and knead just until smooth.

4. On a lightly floured surface, roll dough into a 10×8-inch rectangle, about ¼ inch thick. Using a pizza cutter, cut the dough into 1-inch-wide strips; cut the strips into 1-inch squares. Set aside.

5. Remove turkey from slow cooker. Using two forks, shred the turkey into large pieces. Return turkey to cooker. Slowly add the dumplings, a few at a time, stirring to prevent sticking. Cover and cook on high-heat setting for 30 to 40 minutes more or until dumplings are cooked but tender. The liquid will thicken as the dumplings cook. Ladle soup into shallow bowls.

MAKES 6 SERVINGS

PER SERVING: 308 cal., 8 g total fat (2 g sat. fat), 98 mg chol., 585 mg sodium, 29 g carbo., 2 g fiber, 29 g pro.

Lentil and Ham Soup

Prep: 20 minutes **Cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)

- 3 cups reduced-sodium chicken broth
- 3 cups water
- 1½ cups chopped celery (3 stalks)
- 1½ cups thinly sliced carrots (3 medium)
- 1 medium onion, cut into thin wedges
- 1 cup brown lentils, rinsed and drained
- 6 ounces cooked ham, diced
- 1½ teaspoons dried thyme, crushed
- 3 cups shredded fresh spinach
- 1 ounce Parmesan cheese, shaved (optional)

1. In a 4- to 5-quart slow cooker combine chicken broth, the water, celery, carrots, onion, lentils, ham, and thyme.

2. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3. Stir in spinach. If desired, top servings with Parmesan cheese.

MAKES 6 SERVINGS

PER SERVING: 186 cal., 2 g total fat (1 g sat. fat), 14 mg chol., 849 mg sodium, 26 g carbo., 12 g fiber, 17 g pro.



LENTIL AND HAM SOUP



IN-A-HURRY CHICKEN CURRY

In-a-Hurry Chicken Curry

Prep: 15 minutes **Cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)

- 1 16-ounce package frozen stew vegetables
- 4 large chicken thighs, skin removed (1½ to 1¾ pounds)
- Salt and black pepper
- 1 10.75-ounce can condensed cream of potato soup
- 2 teaspoons curry powder
- 1 tablespoon snipped fresh cilantro (optional)

1. Place frozen stew vegetables in a 3½- or 4-quart slow cooker. Top with chicken. Sprinkle with salt and pepper. In a small bowl stir together soup and curry powder. Pour soup mixture over chicken and vegetables in slow cooker.

2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. Remove chicken from bones and break meat into large pieces. Return chicken to slow cooker; stir gently to combine. Ladle into bowls. If desired, sprinkle with cilantro.

MAKES 6 SERVINGS

PER SERVING: 200 cal., 5 g total fat (2 g sat. fat), 97 mg chol., 734 mg sodium, 13 g carbo., 1 g fiber, 24 g pro.

New-World Chili

Prep: 25 minutes **Cook:** 10 to 12 hours (low) or 5 to 6 hours (high)

- 1 pound turkey breast tenderloin, cut into 1-inch pieces
- 1 28-ounce can diced tomatoes, undrained
- 1 15-ounce can black beans, rinsed and drained
- 1 8-ounce can tomato sauce
- 1 cup peeled, seeded, and cubed butternut squash or pumpkin
- ½ cup chopped onion (1 medium)
- ½ cup chicken broth
- ½ cup frozen whole kernel corn
- ½ cup dried cranberries
- 1 fresh jalapeño, seeded and finely chopped (see tip, page 2)
- 1 tablespoon chili powder
- 1 clove garlic, minced
- 1 cup Chicken broth (optional)
- 2 cups shredded fresh spinach
- 4 ounces Monterey Jack cheese with jalapeños, shredded (1 cup) (optional)

1. In a 5-quart slow cooker combine turkey, tomatoes, beans, tomato sauce, squash, onion, the ½ cup broth, the frozen corn, cranberries, jalapeño, chili powder, and garlic.

2. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. If desired, stir in additional broth to reach desired consistency.

3. Stir in spinach; serve immediately. If desired, sprinkle servings with cheese. **MAKES 6 SERVINGS**

PER SERVING: 234 cal., 1 g total fat (0 g sat. fat), 47 mg chol., 776 mg sodium, 35 g carbo., 8 g fiber, 26 g pro.

New England Clam Chowder

(pictured on page 12)

Prep: 25 minutes **Cook:** 4½ to 5 hours (low) or 2 to 2½ hours (high) + 30 minutes (high)

- 3 cups chopped celery (6 stalks)
- 1½ cups chopped onions (3 medium)
- 1 cup chopped carrots (2 medium)
- 2 8-ounce bottles clam juice
- 1 14.5-ounce can reduced-sodium chicken broth
- 1½ teaspoons dried thyme, crushed

- ½ teaspoon salt
- ½ teaspoon coarse black pepper
- 1 cup fat-free half-and-half
- 2 tablespoons cornstarch
- 2 6.5-ounce cans chopped clams, drained
- 2 tablespoons dry sherry (optional)
- 4 slices turkey bacon, crisp-cooked, drained, and crumbled
- Sliced green onions (optional)

1. In a 3½- to 4-quart slow cooker combine celery, onions, and carrots. Stir in clam juice, broth, thyme, salt, and pepper.

2. Cover and cook on low-heat setting for 4½ to 5 hours or on high-heat setting for 2 to 2½ hours.

3. If using low-heat setting, turn to high-heat setting. In a bowl combine half-and-half and cornstarch; stir into chowder. Stir in clams and, if desired, sherry. Cover; cook for 30 minutes more. Ladle chowder into bowls. Sprinkle with bacon and, if desired, green onions.

MAKES 8 SERVINGS

PER SERVING: 144 cal., 2 g total fat (0 g sat. fat), 38 mg chol., 309 mg sodium, 14 g carbo., 2 g fiber, 15 g pro.



NEW-WORLD CHILI

Pumpkin, Chickpea, and Red Lentil Stew

Prep: 25 minutes
Cook: 8 to 10 hours (low) or 4 to 5 hours (high)

- 1 pound pie pumpkin or winter squash, peeled, seeded, and cut into 1-inch cubes
- 1 15-ounce can chickpeas (garbanzo beans), rinsed and drained
- 3 carrots, sliced 1/2 inch thick
- 1 cup chopped onion (1 large)
- 1 cup red lentils, rinsed and drained
- 2 tablespoons tomato paste
- 1 tablespoon grated fresh ginger
- 1 tablespoon lime juice
- 1 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 4 cups chicken or vegetable broth

- 1/4 cup chopped peanuts
- 2 tablespoons snipped fresh cilantro
- Plain nonfat yogurt (optional)

1. In a 3 1/2- or 4-quart slow cooker combine pumpkin, chickpeas, carrots, onion, lentils, tomato paste, ginger, lime juice, cumin, turmeric, 1/4 teaspoon *salt*, and 1/4 teaspoon *black pepper*. Pour broth over all in cooker.

2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Ladle stew into bowls. Top servings with peanuts, cilantro, and, if desired, yogurt. **MAKES 6 SERVINGS**

PER SERVING: 275 cal., 4 g total fat (1 g sat. fat), 2 mg chol., 1,027 mg sodium, 46 g carbo., 10 g fiber, 14 g pro.



PUMPKIN, CHICKPEA, AND RED LENTIL STEW



CHA-CHA CORN CHOWDER

Cha-Cha Corn Chowder

Prep: 15 minutes
Cook: 6 to 8 hours (low) or 3 to 4 hours (high)

- 3 medium round red potatoes (1 pound), finely chopped
- 2 14.75-ounce cans cream-style corn
- 1 14-ounce can seasoned chicken broth with roasted garlic
- 1 11-ounce can whole kernel corn with sweet peppers, drained
- 1 4-ounce can diced green chiles, undrained
- 1/4 teaspoon ground black pepper
- Cracked black pepper (optional)
- Saltine crackers (optional)

1. In a 3 1/2- or 4-quart slow cooker combine potatoes, cream-style corn, broth, corn with sweet peppers, green chiles, and the ground black pepper.

2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Ladle chowder into bowls. If desired, sprinkle with cracked black pepper and serve with crackers. **MAKES 6 SERVINGS**

PER SERVING: 202 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 898 mg sodium, 49 g carbo., 5 g fiber, 5 g pro.



MOROCCAN CHICKEN STEW

around the world

- 18 Russian Braised Brisket
- 18 Spanish Braised Short Ribs with Orange Gremolata
- 19 Mexican Tacos Carnitas
- 20 Italian Chicken with Fennel and Cannellini
- 20 Moroccan Chicken Stew
- 21 Thai-Style Vegetable Rice
- 21 Chinese Red-Cooked Chicken



RUSSIAN BRAISED BRISKET

Russian Braised Brisket

Prep: 20 minutes **Cook:** 10 hours (low) or 5 hours (high) + 30 minutes (high)

- 1 2-pound beef brisket
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons vegetable oil
- 1 large onion, cut into wedges
- 2 medium parsnips, cut into 2-inch pieces
- 2 medium carrots, cut into 2-inch pieces
- 1/2 teaspoon dill seeds
- 1/2 teaspoon caraway seeds
- 1 1/2 cups lower-sodium beef broth
- 1/4 cup vodka (optional)
- 1 8-ounce carton light sour cream
- 1/3 cup all-purpose flour
- 1/4 cup water
- 2 teaspoons dried dillweed
- 2 teaspoons horseradish mustard
- 2 cups finely shredded cabbage
- 1 cup sliced fresh mushrooms

1. Trim fat from brisket. Cut brisket to fit into a 3 1/2- or 4-quart slow cooker. Sprinkle brisket with

1/4 teaspoon of the salt and the pepper. In a large skillet heat oil over medium-high heat. Brown brisket on all sides in hot oil.

2. In the slow cooker place onion, parsnips, and carrots. Sprinkle with dill seeds, caraway seeds, and the remaining 1/4 teaspoon salt. Top with brisket. Pour broth and, if desired, vodka, over all in cooker.

3. Cover and cook on low-heat setting for 10 hours or on high-heat setting for 5 hours.

4. If using low-heat setting, turn to high-heat setting. In a medium bowl stir together sour cream, flour, the water, dillweed, and mustard until smooth. Stir about 1 cup of the hot cooking liquid into the sour cream mixture. Return all to cooker; stir to combine. Stir in cabbage and mushrooms. Cover and cook for 30 to 60 minutes more or until vegetables are tender and liquid is thickened and bubbly.

5. Transfer brisket to a cutting board. Slice thinly across the grain. Serve with sauce and vegetables.

MAKES 6 SERVINGS

PER SERVING: 341 cal., 12 g total fat (5 g sat. fat), 75 mg chol., 482 mg sodium, 21 g carbo., 4 g fiber, 37 g pro.

Spanish Braised Short Ribs with Orange Gremolata

(pictured on back cover)

Prep: 20 minutes **Cook:** 7 to 8 hours (low) or 3 1/2 to 4 hours (high)

- 2 pounds beef short ribs or meaty oxtails
- Salt and black pepper
- 4 ounces cooked smoked chorizo sausage
- 1 onion, cut into wedges
- 2 carrots, cut into 2-inch pieces
- 1 14.5-ounce can diced tomatoes, undrained
- 1/4 cup white wine
- 1/4 cup orange juice
- 2 teaspoons sherry vinegar
- 1 teaspoon paprika
- 2 bay leaves
- 3 tablespoons snipped fresh parsley
- 1 tablespoon minced garlic (3 cloves)
- 1 tablespoon finely shredded orange peel

1. Sprinkle short ribs with salt and pepper. Remove and discard casing from chorizo; chop chorizo.

2. In a 3 1/2- or 4-quart slow cooker place onion, carrots, chorizo, and short ribs. Add tomatoes, wine, orange juice, vinegar, paprika, and bay leaves.

3. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. Discard bay leaves. Skim fat from sauce.

4. For gremolata, in a small bowl combine parsley, garlic, and orange peel. Serve short ribs, vegetables, and cooking liquid in shallow bowls; serve with gremolata.

MAKES 4 SERVINGS

PER SERVING: 360 cal., 20 g total fat (7 g sat. fat), 293 mg chol., 775 mg sodium, 15 g carbo., 4 g fiber, 27 g pro.

Mexican Tacos Carnitas

Prep: 25 minutes **Bake:** 10 minutes **Oven:** 350°F **Cook:** 10 to 12 hours (low) or 4 1/2 to 5 hours (high)

- 1 tablespoon ground pasilla, New Mexico, or ancho chile pepper
- 1 teaspoon ground coriander
- 2 cloves garlic, minced
- 1 teaspoon snipped fresh oregano or 1/2 teaspoon dried oregano, crushed
- 1 teaspoon finely shredded orange peel
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1 2-pound boneless pork shoulder roast, cut into 2-inch pieces
- 2 large onions, cut into wedges

- 1 14.5-ounce can reduced-sodium chicken broth
- 3/4 cup orange juice
- 12 4- to 6-inch corn tortillas
- 1/3 cup bottled salsa
- Shredded lettuce, snipped fresh cilantro, and/or chopped green onions
- Lime wedges (optional)

1. In a bowl stir together pasilla pepper, coriander, garlic, oregano, orange peel, black pepper, and salt. Add pork; toss to coat.

2. Place pork in a 3 1/2- or 4-quart slow cooker; top with onion wedges. Pour broth and orange juice over all in cooker.

3. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 4 1/2 to 5 hours.

4. Preheat oven to 350°F. Use a slotted spoon to remove meat from slow cooker. Using two forks, coarsely shred meat; discard any fat. Drizzle meat with some of the cooking liquid.

5. Wrap tortillas in foil; heat in oven for 10 minutes or until warm. To serve, top tortillas with salsa, meat, and shredded lettuce. If desired, serve with lime wedges.

MAKES 6 SERVINGS

PER SERVING: 331 cal., 10 g total fat (3 g sat. fat), 91 mg chol., 451 mg sodium, 27 g carbo., 2 g fiber, 33 g pro.



Italian Chicken with Fennel and Cannellini

Prep: 25 minutes **Cook:** 5 to 6 hours (low) or 2½ to 3 hours (high)

- 2 to 2½ pounds chicken drumsticks and/or thighs, skin removed
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 15-ounce can cannellini (white kidney) beans, rinsed and drained
- 1 medium fennel bulb, cored and cut into thin wedges
- 1 medium yellow sweet pepper, seeded and cut into 1-inch pieces
- 1 medium onion, cut into thin wedges
- 3 cloves garlic, minced
- 1 teaspoon snipped fresh rosemary

- 1 teaspoon snipped fresh oregano
- ¼ teaspoon crushed red pepper
- 1 14.5-ounce can diced tomatoes, undrained
- ½ cup dry white wine or reduced-sodium chicken broth
- ¼ cup tomato paste
- 1 ounce Parmesan cheese, shaved
- 1 tablespoon snipped fresh Italian (flat-leaf) parsley

1. Sprinkle chicken with ¼ teaspoon of the salt and the black pepper. Place chicken in a 3½- or 4-quart slow cooker. Top with beans, fennel, sweet pepper, onion, garlic, rosemary, oregano, and crushed red pepper. In a medium bowl combine tomatoes, wine, tomato paste, and the remaining ½ teaspoon salt; pour over mixture in cooker.



ITALIAN BRAISED CHICKEN WITH FENNEL AND CANNELLINI

2. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

3. Sprinkle servings with cheese and parsley. **MAKES 6 SERVINGS**

PER SERVING: 225 cal., 4 g total fat (1 g sat. fat), 68 mg chol., 777 mg sodium, 23 g carbo., 7 g fiber, 25 g pro.

Moroccan Chicken Stew

Prep: 30 minutes **Cook:** 6½ to 7 hours (low) or 3½ to 4 hours (high)

- 2 cups sliced carrots (4 medium)
- 2 large onions, halved and thinly sliced
- 3 pounds meaty chicken pieces (breast halves, thighs, and drumsticks), skinned
- ½ teaspoon salt
- ½ cup raisins
- ½ cup dried apricots, coarsely chopped
- 1 14.5-ounce can chicken broth
- ¼ cup tomato paste
- 2 tablespoons all-purpose flour
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1½ teaspoons ground cumin
- 1½ teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ¾ teaspoon black pepper
- Hot cooked couscous
- Pine nuts, toasted (optional)
- Fresh cilantro (optional)

1. In a 5- to 6-quart slow cooker place carrots and onions. Sprinkle chicken with salt. Add to cooker; top chicken with raisins and apricots.

2. In medium bowl whisk together broth, tomato paste, flour, lemon juice, garlic, cumin, ginger, cinnamon, and pepper. Pour over chicken and fruit in slow cooker.

3. Cover and cook on low-heat setting for 6½ to 7 hours or on high-heat setting for 3½ to 4 hours. Serve with couscous. If desired, sprinkle with nuts and garnish with cilantro. **MAKES 4 SERVINGS**

PER SERVING: 600 cal., 15 g total fat (3 g sat. fat), 139 mg chol., 997 mg sodium, 65 g carbo., 8 g fiber, 52 g pro.

Thai-Style Vegetable Rice

Prep: 15 minutes **Cook:** 4½ to 5 hours (low) or 2 to 2½ hours (high) + 10 minutes (high)

- 1¼ cups reduced-sodium chicken broth
- 1 cup frozen sweet soybeans (edamame)
- 1 small sweet potato, peeled and cut into 1-inch pieces (1 cup)
- ½ cup thinly sliced carrot
- ½ teaspoon curry powder
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground ginger
- 1 clove garlic, minced
- 1 cup uncooked instant brown rice
- ¼ cup unsweetened light coconut milk
- 1 tablespoon snipped fresh cilantro
- 2 tablespoons chopped cashews

1. In a 1½-quart slow cooker combine broth, soybeans, sweet potato, carrot, curry powder, cumin, ginger, and garlic.

2. Cover and cook on low-heat setting for 4½ to 5 hours (see note, page 2) or on high-heat setting for 2 to 2½ hours.

3. If using low-heat setting, turn to high-heat setting. Stir uncooked rice into cooker. Cover; cook 10 to 15 minutes or until rice is tender and most of the liquid is absorbed. Stir in coconut milk and cilantro. Sprinkle servings with cashews.

MAKES 2 SERVINGS

PER SERVING: 345 cal., 9 g total fat (2 g sat. fat), 0 mg chol., 406 mg sodium, 52 g carbo., 12 g fiber, 15 g pro.



THAI-STYLE VEGETABLE RICE



CHINESE RED-COOKED CHICKEN

Chinese Red-Cooked Chicken

Prep: 25 minutes **Cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)

- 2½ to 3 pounds chicken drumsticks and/or thighs, skin removed
- 5 whole star anise
- 2 3-inch strips orange peel*
- 3 inches stick cinnamon
- 1 2-inch piece fresh ginger, thinly sliced
- 2 cloves garlic, smashed
- 1 teaspoon whole Szechwan peppercorns
- 2 14.5-ounce cans reduced-sodium chicken broth
- ¾ cup soy sauce
- 4 green onions, cut into 2-inch pieces
- ¼ cup packed brown sugar
- 1 tablespoon dry sherry
- 1 8-ounce package dried Chinese egg noodles or fine egg noodles
- 1 teaspoon sesame oil (not toasted)
- Fresh cilantro leaves (optional)

1. Place chicken in a 3½- or 4-quart slow cooker. For a spice bag, place star anise, orange peel, cinnamon, ginger, garlic, and peppercorns in

the center of a double-thick, 8-inch square of 100%-cotton cheesecloth. Bring up corners; tie closed with clean 100%-cotton kitchen string. Add spice bag to cooker. In a medium bowl combine broth, soy sauce, green onions, brown sugar, and sherry. Pour broth mixture over chicken.

2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

3. Before serving, cook noodles according to package directions; drain. Remove chicken from cooker, reserving cooking liquid. Strain liquid, discarding spice bag and solids; skim off fat. Serve chicken over noodles. Drizzle chicken with cooking liquid and sesame oil. If desired, garnish with cilantro.

MAKES 6 SERVINGS

***Tip** Use a vegetable peeler to remove thin strips of peel from an orange, avoiding the bitter white pith between skin and fruit.

PER SERVING: 404 cal., 16 g total fat (3 g sat. fat), 85 mg chol., 2,608 mg sodium, 36 g carbo., 2 g fiber, 29 g pro.



CRUSTLESS LEMONY CHEESECAKE

Crustless Lemony Cheesecake

Prep: 20 minutes
Cook: 2¼ to 3¾ hours (high)
Chill: 4 to 24 hours

- Nonstick cooking spray
- 12 ounces cream cheese, softened
- ½ cup sugar
- 2 tablespoons lemon juice
- 1 tablespoon all-purpose flour
- ½ teaspoon vanilla
- ½ cup sour cream
- 3 eggs
- 2 teaspoons finely shredded lemon peel
- 1 cup warm water
- Fresh raspberries (optional)
- Fresh mint (optional)

1. Lightly coat a 1-quart soufflé dish or casserole* with cooking spray. Tear off an 18×12-inch piece of heavy foil; cut in half lengthwise. Fold each piece lengthwise into thirds. Crisscross the foil strips and place the dish in the center of the crisscross; set aside.

2. In a large mixing bowl combine cream cheese, sugar, lemon juice, flour, and vanilla. Beat with an electric mixer on medium until well mixed. Beat in sour cream until smooth. Add eggs, beating on low just until combined. Stir in lemon peel.

3. Pour batter into the prepared soufflé dish; cover tightly with foil. Pour the warm water into a 3½- to 5-quart slow cooker. Bringing up the foil strips, lift the ends of the strips to transfer the dish to the cooker. Leave foil strips under dish.

4. Cover and cook on high-heat setting for 2¼ to 2¾ hours or until center is set.

5. Using foil strips, carefully lift dish out of cooker and place on a wire rack; discard foil strips. Uncover cheesecake; cool completely. Cover and chill for 4 to 24 hours. To serve, spoon cheesecake into dessert dishes. If desired, garnish with raspberries and mint.

MAKES 8 SERVINGS



OLD-FASHIONED RICE PUDDING

***Tip** Make sure that the soufflé dish or casserole you plan to use fits into your slow cooker.

PER SERVING: 253 cal., 19 g total fat (11 g sat. fat), 131 mg chol., 159 mg sodium, 15 g carbo., 0 g fiber, 6 g pro.

Old-Fashioned Rice Pudding

Prep: 10 minutes
Cook: 2 to 3 hours (low)

- Nonstick cooking spray
- 4 cups cooked rice
- 1 12-ounce can evaporated milk (1½ cups)
- 1 cup milk
- ⅓ cup sugar
- ¼ cup water
- 1 cup raisins, dried cranberries, and/or dried cherries
- 3 tablespoons butter, softened
- 1 tablespoon vanilla
- 1 teaspoon ground cinnamon

- 1.** Lightly coat the inside of a 3½- or 4-quart slow cooker with cooking spray; set aside.
- 2.** In a large bowl combine cooked rice, evaporated milk, milk, sugar, and the water. Stir in raisins, butter, vanilla, and cinnamon. Transfer mixture to the prepared cooker.
- 3.** Cover and cook on low-heat setting for 2 to 3 hours. To serve, stir gently and spoon warm pudding into dessert dishes.

MAKES 12 TO 14 SERVINGS

PER SERVING: 204 cal., 6 g total fat (3 g sat. fat), 18 mg chol., 73 mg sodium, 34 g carbo., 1 g fiber, 4 g pro.

desserts

- 23 Crustless Lemony Cheesecake
- 23 Old-Fashioned Rice Pudding
- 24 Tropical Apricot Crisp
- 24 Mixed Berry Pudding Cake
- 24 Angel Cake with Cherry Sauce
- 25 Caramel-Spiced Apples
- 25 Triple Berry Cobbler

Tropical Apricot Crisp

Prep: 10 minutes
Cook: 2½ hours (low)
Stand: 30 minutes

- Nonstick cooking spray
- 2 21-ounce cans apricot pie filling
- 1 7-ounce package tropical-blend mixed dried fruit bits
- 1 cup granola
- ⅓ cup coconut, toasted
- 2 cups (1 pint) vanilla ice cream (optional)
- Honey (optional)

1. Lightly coat the inside of a 3½- or 4-quart slow cooker with cooking spray. In the prepared cooker combine apricot pie filling and dried fruit bits.
2. Cover and cook on low-heat setting for 2½ hours.
3. Remove crockery liner from cooker, if possible, or turn off cooker. In a bowl combine granola and coconut. Sprinkle over fruit mixture in cooker. Let stand, uncovered, about 30 minutes.
4. To serve, spoon warm crisp into dessert dishes. If desired, top with ice cream and drizzle with honey.

MAKES 6 SERVINGS

PER SERVING: 587 cal., 13 g total fat (8 g sat. fat), 45 mg chol., 144 mg sodium, 109 g carbo., 7 g fiber, 6 g pro.



TROPICAL APRICOT CRISP

Mixed Berry Pudding Cake

Prep: 20 minutes
Cook: 2½ to 3 hours (high)
Cool: 1 hour

- Nonstick cooking spray
- 1½ cups frozen unsweetened blueberries
- 1½ cups frozen unsweetened red raspberries
- ½ cup fresh cranberries
- 1 cup all-purpose flour
- 1 cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup milk
- 2 tablespoons butter, melted
- 1 teaspoon vanilla
- ¾ cup boiling water
- ⅓ cup sugar
- ½ cup sliced almonds, toasted (optional)

1. Lightly coat a 3½- or 4-quart slow cooker with cooking spray. In the prepared slow cooker combine frozen blueberries and raspberries and the cranberries; set aside.
2. In a medium bowl combine flour, the cup of the sugar, the baking powder, cinnamon, and salt. Stir in milk, melted butter, and vanilla just until combined. Carefully spread batter evenly over the berries in the slow cooker.
3. In a bowl combine the boiling water and the remaining ⅓ cup sugar; stir to dissolve sugar. Pour evenly over the batter in the cooker.
4. Cover and cook on high-heat setting for 2½ to 3 hours or until a toothpick inserted near center of cake comes out clean. Remove crockery liner from slow cooker, if possible, or turn off cooker. Cool, uncovered, for 1 hour.
5. To serve, spoon warm pudding cake into dessert dishes. If desired, sprinkle each serving with almonds.

MAKES 8 SERVINGS

PER SERVING: 220 cal., 4 g total fat (2 g sat. fat), 9 mg chol., 146 mg sodium, 45 g carbo., 3 g fiber, 2 g pro.



MIXED BERRY PUDDING CAKE

Angel Cake with Cherry Sauce

Prep: 10 minutes **Cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)
Cool: 30 minutes

- Nonstick cooking spray
- 2 16-ounce packages frozen unsweetened pitted dark sweet cherries
- ½ cup cherry apple cider, apple cider, or apple juice
- ¼ cup packed brown sugar
- 3 tablespoons amaretto
- 2 tablespoons quick-cooking tapioca
- 10 1-ounce slices angel food cake

1. Lightly coat the inside of a 3½- or 4-quart slow cooker with cooking spray. In the prepared cooker stir together the cherries, cider, brown sugar, amaretto, and tapioca.
2. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. Turn off cooker, or, if possible, remove liner from cooker. Let stand, uncovered, about 30 minutes to cool slightly. Spoon cherry sauce over cake slices.

MAKES 10 SERVINGS

PER SERVING: 163 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 216 mg sodium, 37 g carbo., 2 g fiber, 3 g pro.



CARAMEL-SPICED APPLES

Caramel-Spiced Apples

Prep: 20 minutes
Cook: 2½ to 3 hours (low)

- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- 5 red-skinned cooking apples (such as Rome or Jonathan), cored and halved
- ½ cup apple juice or apple cider
- 1 tablespoon lemon juice
- ⅔ cup sugar-free caramel ice cream topping
- ½ cup toasted, chopped pecans

1. In a small bowl combine cinnamon and cloves. Place half of the apple halves in a 3½- or 4-quart slow cooker. Sprinkle evenly with some of the cinnamon mixture. Add remaining apples and sprinkle with remaining cinnamon mixture. Pour apple juice and lemon juice over apples. Stir to coat apples evenly.
2. Cover and cook on low-heat setting for 2½ to 3 hours, stirring gently halfway through cooking time. Spoon apples and cooking liquid into individual serving dishes. Drizzle with caramel topping and sprinkle with pecans.

MAKES 10 SERVINGS

PER SERVING: 128 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 33 mg sodium, 25 g carbo., 2 g fiber, 1 g pro.

Triple-Berry Cobbler

Prep: 15 minutes
Cook: 3 hours (low) + 1 hour (high)
Cool: 30 minutes

- Nonstick cooking spray
- 1 14-ounce package frozen mixed berries
- 1 21-ounce can blueberry pie filling
- 2 tablespoons sugar
- 1 6.5-ounce package blueberry muffin mix
- ⅓ cup water
- 2 tablespoons vegetable oil
- Plain Greek yogurt (optional)
- Honey (optional)

1. Lightly coat a 3½- or 4-quart slow cooker with cooking spray. In the prepared cooker combine frozen berries, pie filling, and sugar.

2. Cover and cook on low-heat setting for 3 hours. Turn cooker to high-heat setting. In a medium bowl combine muffin mix, the water, and oil; stir just until combined. Spoon muffin mixture over berry mixture.
3. Cover and cook for 1 hour more or until a wooden toothpick inserted into center of muffin mixture comes out clean. Turn off cooker. If possible, remove crockery liner from cooker. Cool, uncovered, for 30 to 45 minutes on wire rack before serving. If desired, serve with yogurt and honey.

MAKES 12 SERVINGS

PER SERVING: 162 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 116 mg sodium, 31 g carbo., 3 g fiber, 1 g pro.



TRIPLE-BERRY COBBLER

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