

QUICK & EASY

LOW-CARB

SLOW COOKER

RECIPES



Low-Carb Slow Cooker Recipes

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Cheesy Beer-Salsa Dip

Cheese and more cheese—American, Monterey, and cream cheese—makes this a delicious dip. With the addition of salsa and beer, how can this dip not be good?

1 In a 3½- or 4-quart slow cooker combine salsa, cheeses, and beer.

2 Cover and cook on low-heat setting for 3 to 4 hours or on high-heat setting for 1½ to 2 hours.

3 Serve immediately or keep covered on low-heat setting for up to 2 hours. Stir dip just before serving. Serve with vegetable dippers.

Nutrition Facts per ¼ cup dip with 1 cup vegetables:
177 cal., 13 g total fat (8 g sat. fat), 40 mg chol., 485 mg sodium,
6 g carbo., 2 g fiber, 9 g pro.

Prep: 15 minutes

**Cook: Low 3 to 4 hours,
High 1½ to 2 hours**

Makes: 5½ cups dip

Slow Cooker: 3½- or 4-quart

- 1 16-ounce jar salsa**
- 4 cups shredded American cheese (1 pound)**
- 2 cups shredded Monterey Jack cheese (8 ounces)**
- 1 8-ounce package cream cheese, cut up**
- ⅔ cup beer or milk**
- Vegetable dippers, toasted whole whole wheat pita wedges, or whole grain crackers**

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Thai Chicken Wings with Peanut Sauce

You may have thought these wings could only be enjoyed in a Thai restaurant. The slow cooker makes the hors d'oeuvres a snap to make at home.

1 Place chicken in a 3½- or 4-quart slow cooker. In a small bowl combine salsa, the 2 tablespoons peanut butter, the lime juice, the 2 teaspoons soy sauce, and the ginger. Pour over chicken wings. Toss to coat.

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

3 Meanwhile, for the peanut sauce, in a small saucepan use a whisk to combine sugar substitute, the ¼ cup peanut butter, the 3 tablespoons soy sauce, the water, and garlic. Heat over medium-low heat until mixture is smooth, whisking occasionally; set aside (mixture will thicken as it cools).

4 Drain chicken, discard cooking liquid. Return chicken to slow cooker. Gently stir in peanut sauce. Keep warm on low-heat setting for up to 2 hours.

Nutrition Facts per serving: 156 cal., 11 g total fat (3 g sat. fat), 35 mg chol., 376 mg sodium, 3 g carbo., 1 g fiber, 11 g pro.

Prep: 25 minutes

**Cook: Low 5 to 6 hours,
High 2½ to 3 hours**

Makes: 12 servings

(2 pieces per serving)

Slow Cooker: 3½- or 4-quart

- 24 chicken wing drumettes (about 2¼ pounds)**
- ½ cup bottled salsa**
- 2 tablespoons creamy peanut butter**
- 1 tablespoon lime juice**
- 2 teaspoons soy sauce**
- 2 teaspoons grated fresh ginger**
- ¼ cup no-calorie, heat-stable, granular sugar substitute (Splenda)**
- ¼ cup creamy peanut butter**
- 3 tablespoons soy sauce**
- 3 tablespoons water**
- 2 cloves garlic, minced**

Green Curry Chicken Wings

Add the green curry paste according to your own heat meter. This is a saucy appetizer, so serve with lots of extra napkins.

1 Place onion in a 3½- or 4-quart slow cooker. Use a sharp knife to carefully cut chicken wings into three portions; discard wing tips. Place wing pieces over onions in cooker. Stir together the coconut milk, fish sauce, and curry paste. Pour over chicken wings.

2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Remove chicken from cooker with a slotted spoon; cover and set aside. Skim fat from cooking liquid.

3 In a medium saucepan stir together the cornstarch and water; stir in cooking liquid. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. To serve, transfer the chicken to a large serving platter; pour sauce over chicken and sprinkle with basil.

Nutrition Facts per 2-piece serving: 184 cal., 14 g total fat (5 g sat. fat), 47 mg chol., 488 mg sodium, 3 g carbo., 0 g fiber, 12 g pro.

Prep: 20 minutes

**Cook: Low 5 to 6 hours,
High 2½ to 3 hours;
plus 10 minutes**

Makes: 14 appetizer servings

Slow Cooker: 3½- or 4-quart

- ⅓ cup finely chopped onion
- 14 chicken wings (about 3 pounds total)
- ¾ cup purchased coconut milk
- 3 tablespoons fish sauce
- 2 to 3 tablespoons green curry paste
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- ¼ cup shredded fresh basil leaves

Italian Cocktail Meatballs

These party appetizers make your life easy. Four ingredients and four hours—that's all you need.

1 Place meatballs and roasted sweet peppers in a 1½-quart slow cooker. Sprinkle with crushed red pepper. Pour sauce over mixture in cooker.

2 Cover and cook for 4 to 5 hours.* Skim fat from cocktail sauce. Stir gently before serving.

Nutrition Facts per serving: 99 cal., 8 g total fat (3 g sat. fat), 10 mg chol., 322 mg sodium, 4 g carbo., 1 g fiber, 4 g pro.

***Note:** Some 1½-quart slow cookers include variable heat settings; others offer only one standard (low) setting. The 1½-quart slow cooker recipes in this book were only tested on the low-heat setting if one was present.

Prep: 15 minutes

Cook: Low 4 to 5 hours*

Makes: 16 appetizer servings

Slow Cooker: 1½-quart

- 1 16-ounce package frozen cooked meatballs (32), thawed**
- ½ cup bottled roasted red and/or yellow sweet peppers, cut into 1-inch pieces**
- ⅛ teaspoon crushed red pepper**
- 1½ cups bottled onion-garlic pasta sauce**

Herbed-Port Pot Roast

Port wine is the flavor star here. No need to buy expensive port, which is aged for several years. The less expensive ruby port is sufficient.

1 Trim fat from meat. If necessary, cut roast to fit into a 3½- or 4-quart slow cooker. Place meat in the cooker.

2 In a bowl combine onion, port wine, tomato sauce, tapioca, Worcestershire sauce, thyme, oregano, and garlic. Pour 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. Transfer meat to a serving platter. Skim fat from gravy. Pass gravy with roast. If desired, serve with hot cooked pasta.

Nutrition Facts per serving: 230 cal., 5 g total fat (2 g sat. fat), 84 mg chol., 247 mg sodium, 9 g carbo., 1 g fiber, 31 g pro.

Prep: 15 minutes

**Cook: Low 8 to 10 hours,
High 4 to 5 hours**

Makes: 8 to 10 servings

Slow Cooker: 3½- or 4-quart

- 1 2½- to 3-pound beef chuck pot roast**
- ½ cup chopped onion (1 medium)**
- ½ cup port wine or apple juice**
- 1 8-ounce can tomato sauce**
- 3 tablespoons quick-cooking tapioca**
- 1 tablespoon Worcestershire sauce**
- 1 teaspoon dried thyme, crushed**
- 1 teaspoon dried oregano, crushed**
- 2 cloves garlic, minced**
- Hot cooked whole wheat pasta (optional)**

Pot Roast with Dill

To season meat, some cooks prefer the taste and texture of kosher salt, which is coarsely ground and additive-free.

1 Trim fat from meat. If necessary, cut roast to fit into a 3½- or 4-quart slow cooker. In a large skillet brown the meat on all sides in hot oil. Drain fat. Transfer meat to cooker; add the water. Sprinkle roast with 2 teaspoons of fresh dill or ¾ teaspoon of dried dill, the salt, and black pepper.

2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Transfer meat to a serving platter, reserving juices; cover roast with foil to keep warm. Pour cooking juices into a large measuring cup; skim fat. Measure 1 cup juices.

3 For sauce, in a small saucepan stir together yogurt and flour. Stir in 1 cup reserved cooking juices and remaining dill. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Pour some of the sauce over meat; pass remaining sauce. If desired, serve with pasta.

Nutrition Facts per serving: 275 cal., 10 g total fat (3 g sat. fat), 113 mg chol., 302 mg sodium, 3 g carbo., 0 g fiber, 42 g pro.

Prep: 20 minutes

**Cook: Low 10 to 12 hours,
High 5 to 6 hours;
plus 10 minutes**

Makes: 6 servings

Slow Cooker: 3½- or 4-quart

- 1 2½- to 3-pound boneless beef chuck pot roast**
- 1 tablespoon cooking oil**
- ½ cup water**
- 1 tablespoon snipped fresh dill or 1 teaspoon dried dill**
- ½ teaspoon coarse salt or ¼ teaspoon regular salt**
- ½ teaspoon black pepper**
- ½ cup plain yogurt**
- 2 tablespoons all-purpose flour**
- Hot cooked whole wheat pasta (optional)**

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Chicken in Red Wine

To peel the pearl onions, submerge the unpeeled onions in boiling water for about three minutes. Cut off the root end and gently press the onions. The skins will slip off.

1 In a 3½- or 4-quart slow cooker place mushrooms and onions. Stir in the ½ cup broth, the wine, tomato paste, garlic salt, rosemary, thyme, pepper, and bay leaf. Add chicken legs.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Transfer chicken to a serving platter; keep warm.

3 For sauce, transfer vegetables and cooking liquid to a medium saucepan. Combine the ¼ cup broth and the flour; stir into mixture in saucepan. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Discard bay leaf. Spoon some of the sauce over chicken; pass remaining sauce. If desired, sprinkle with parsley.

Nutrition Facts per serving: 231 cal., 6 g total fat (1 g sat. fat), 103 mg chol., 429 mg sodium, 11 g carbo., 2 g fiber, 30 g pro.

Prep: 25 minutes

**Cook: Low 7 to 8 hours,
High 3½ to 4 hours;
plus 10 minutes**

Makes: 4 servings

Slow Cooker: 3½- or 4-quart

- 8 ounces mushrooms, halved**
- 16 pearl onions (1⅓ cups), peeled**
- ½ cup chicken broth**
- ¼ cup dry red wine**
- 2 tablespoons tomato paste**
- ½ teaspoon garlic salt**
- ½ teaspoon dried rosemary, crushed**
- ½ teaspoon dried thyme, crushed**
- ¼ teaspoon black pepper**
- 1 bay leaf**
- 4 small chicken legs (drumstick-thigh portion) (about 2 pounds total), skinned**
- ¼ cup chicken broth**
- 2 tablespoons all-purpose flour**
- Snipped fresh parsley (optional)**

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Spicy Chicken with Peppers and Olives

Spicy red pepper sauce is the choice for this recipe. If you can't find it, use your favorite variety of pasta sauce.

1 In a 3½- or 4-quart slow cooker place the chicken. Sprinkle lightly with salt and black pepper. Add sweet pepper and olives to cooker. Pour sauce over mixture in cooker.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. If desired, serve chicken and sauce over hot pasta.

Nutrition Facts per serving: 239 cal., 10 g total fat (2 g sat. fat), 77 mg chol., 592 mg sodium, 10 g carbo., 3 g fiber, 27 g pro.

Prep: 20 minutes

Cook: Low 6 to 7 hours,

High 3 to 3½ hours

Makes: 6 servings

Slow Cooker: 3½- or 4-quart

- 2½ to 3 pounds meaty chicken pieces (breasts, thighs, and drumsticks), skinned**
- Salt**
- Black pepper**
- 1 small yellow sweet pepper, coarsely chopped**
- ½ cup sliced, pitted ripe olives and/or pimiento-stuffed green olives**
- 1 26-ounce jar spicy red pepper pasta sauce**
- Hot cooked whole wheat pasta (optional)**

Thyme and Garlic Chicken Breasts

Thyme, garlic, a little orange juice, and a splash of balsamic vinegar flavor these moist, fork-tender chicken breasts.

1 Sprinkle garlic and thyme over chicken. Place chicken pieces in a 3½- or 4-quart slow cooker. Pour orange juice and vinegar over chicken.

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 from cooker; cover with foil to keep warm. Skim off fat from cooking juices. Strain juices into a saucepan. Bring to boiling; reduce heat. Boil gently, uncovered, about 10 minutes or until reduced to 1 cup. Pass juices with chicken.

Nutrition Facts per serving: 178 cal., 2 g total fat (0 g sat. fat), 85 mg chol., 78 mg sodium, 3 g carbo., 0 g fiber, 34 g pro.

Prep: 15 minutes

**Cook: Low 5 to 6 hours,
High 2½ to 3 hours;
plus 10 minutes**

Makes: 6 to 8 servings

Slow Cooker: 3½- or 4-quart

- 6** cloves garlic, minced
- 1½** teaspoons dried thyme, crushed
- 3** to **4** pounds whole chicken breasts
(with bone), halved and skinned
- ¼** cup orange juice
- 1** tablespoon balsamic vinegar

Chicken with Creamy Chive Sauce

A rich and creamy sauce, consisting of mushroom soup and cream cheese, makes this chicken dish full of flavor. Serve it over pasta, if you like.

1 Place chicken in a 3½- or 4-quart slow cooker. In a medium saucepan melt the butter. Stir in the dry Italian salad dressing mix. Stir in mushroom soup, wine, and cream cheese until combined. Pour over the chicken.

2 Cover and cook on low-heat setting for 4 to 5 hours. Serve chicken with sauce. If desired, serve with hot pasta and sprinkle with chives.

Nutrition Facts per serving: 310 cal., 17 g total fat (9 g sat. fat), 110 mg chol., 1,043 mg sodium, 6 g carbo., 0 g fiber, 28 g pro.

Prep: 15 minutes

Cook: Low 4 to 5 hours

Makes: 6 servings

Slow Cooker: 3½- or 4-quart

- 6 skinless, boneless chicken breast halves (about 1½ pounds)**
- ¼ cup butter**
- 1 0.7-ounce package Italian salad dressing mix**
- 1 10¾-ounce can condensed golden mushroom soup**
- ½ cup dry white wine**
- ½ of an 8-ounce tub cream cheese with chives and onion**
- Hot cooked whole wheat pasta (optional)**
- Snipped fresh chives (optional)**

Asparagus with Almond Sauce

Asparagus adds elegance to any meal. The addition of this sauce takes it to glamorous.

1 Snap off and discard woody bases from fresh asparagus. If desired, scrape off scales. Cook asparagus, covered, in a small amount of boiling lightly salted water for 3 to 5 minutes or until crisp-tender. (Or cook frozen asparagus according to package directions.) Drain; transfer to a serving platter.

2 Meanwhile, for sauce, melt butter in a small saucepan; add almonds. Cook and stir over medium-low heat for 3 to 5 minutes or until golden. Stir in cornstarch. Add water, lemon juice, bouillon granules, and pepper. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Spoon sauce over cooked asparagus.

Nutrition Facts per serving: 73 cal., 6 g total fat (2 g sat. fat), 8 mg chol., 179 mg sodium, 3 g carbo., 1 g fiber, 3 g pro.

Start to Finish: 13 minutes

Makes: 4 servings

- 1 pound asparagus spears or one 10-ounce package frozen asparagus spears**
- 1 tablespoon butter or margarine**
- 2 tablespoons sliced almonds**
- 1¼ teaspoons cornstarch**
- ½ cup water**
- 2 teaspoons lemon juice**
- ½ teaspoon instant chicken bouillon granules**
- Dash black pepper**

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Broccoli and Peppers

If you don't have a steamer basket, improvise with a metal colander to prepare this dish.

1 Place broccoli and sweet pepper in a steamer basket over simmering water. Steam, covered, for 8 to 12 minutes or until vegetables are crisp-tender. Arrange vegetables on a serving platter.

2 Meanwhile, in a saucepan melt butter. Stir in lemon peel, lemon juice, and black pepper. Drizzle over vegetables.

Nutrition Facts per serving: 55 cal., 4 g total fat (3 g sat. fat), 11 mg chol., 54 mg sodium, 4 g carbo., 2 g fiber, 2 g pro.

Prep: 10 minutes

Cook: 8 minutes

Makes: 6 servings

- 1 pound broccoli, cut into florets**
- 1 red or yellow sweet pepper, cut into 1-inch pieces**
- 2 tablespoons butter or margarine**
- 1 teaspoon finely shredded lemon peel**
- 1 tablespoon lemon juice**
- 1/8 teaspoon black pepper**

Feta-Stuffed Mushrooms

Portobello mushrooms are giant, making them great for holding stuffings. One taste of the feta, olives, and oil-packed tomatoes and you'll deem this dish a keeper.

1 Remove and discard mushroom stems. Place mushroom caps, stemmed side up, on a cookie sheet. Brush with olive oil (if desired, use the oil from the tomatoes); set aside.

2 For filling, in a small bowl stir together cheese, olives, and tomatoes. Divide filling among the mushrooms.

3 Bake in a 425° oven about 10 minutes or until heated through.

Nutrition Facts per serving: 161 cal., 11 g total fat (5 g sat. fat), 25 mg chol., 408 mg sodium, 8 g carbo., 4 g fiber, 8 g pro.

Prep: 20 minutes

Bake: 10 minutes

Oven: 425°F

Makes: 4 servings

- 4 portobello mushrooms (5 to 6 ounces each)**
- 1 tablespoon olive oil**
- 1 4-ounce package crumbled feta cheese with garlic and herb or crumbled feta cheese**
- ¼ cup chopped pitted ripe olives**
- 2 tablespoons snipped oil-packed dried tomatoes**

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Wilted Spinach with Walnuts and Blue Cheese

Buy fresh spinach already washed and ready to eat, if you like. Baby fresh spinach also is readily available in most supermarket produce sections.

1 Thoroughly clean spinach. Drain well. Cut into 1-inch strips. In a large skillet heat oil over medium-high heat. Add walnuts. Cook and stir for 2 minutes. Add spinach. Cook and stir, uncovered, for 1 minute or just until wilted. Remove from heat.

2 Divide among 4 bowls. Top each serving with some crumbled blue cheese and sprinkle with pepper.

Nutrition Facts per serving: 58 cal., 5 g total fat (1 g sat. fat), 2 mg chol., 97 mg sodium, 1 g carbo., 5 g fiber, 3 g pro.

Start to Finish: 13 minutes
Makes: 4 servings

- 8 ounces fresh spinach or Swiss chard leaves**
- 2 teaspoons cooking oil**
- 2 tablespoons chopped walnuts**
- 1 tablespoon crumbled blue cheese such as Gorgonzola, Stilton, French, or Danish blue**
- ¼ teaspoon coarse ground black pepper**