Over 50 of our best recipes!
slow cooker favorites
VOLUME 2

Contents

Appetizers ................................................................. 1
Sandwiches .............................................................. 7
Soups & Stews .......................................................... 13
Around the World ..................................................... 19
Desserts .................................................................. 27
Appetizers

Serve easy-to-make party foods—a sampler of these meaty morsels, hot dips, and other toasty tidbits.
**Spinach Dip with Blue Cheese and Bacon**

**PREP** 25 minutes  
**COOK** 3 to 4 hours (low)  
**MAKES** 24 (¼-cup) servings

1. In a medium skillet cook bacon until crisp. Drain on paper towels, reserving bacon drippings in skillet. Crumble bacon; cover and chill until ready to use. Cook onion in 1 tablespoon of the bacon drippings about 5 minutes or until tender.
2. In a 3½- or 4-quart slow cooker combine onion, artichoke hearts, spinach, sweet pepper, mayonnaise, cream cheese, blue cheese, garlic, and dry mustard.
3. Cover and cook on low-heat setting for 3 to 4 hours (do not use high-heat setting) or until cheese is melted and dip is heated through. Stir in bacon before serving.
4. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 1 hour. Serve with assorted crackers.

PER ¼ CUP DIP: 128 cal., 11 g fat (4 g sat. fat), 22 mg chol., 341 mg sodium, 4 g carb., 2 g fiber, 4 g pro.

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**Chipotle, Chorizo, and Bean Dip**

**PREP** 30 minutes  
**COOK** 4 hours (low) or 2 hours (high)  
**MAKES** 32 (2-tablespoon) servings

- 8 ounces uncooked chorizo sausage, casings removed if present
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 1 15-ounce can black beans, rinsed and drained
- 1 14.5-ounce can diced tomatoes, undrained
- ¼ cup snipped fresh cilantro
- 1 to 2 teaspoons chopped canned chipotle peppers in adobo sauce (see tip, page 8)
- 1 15-ounce can pinto beans, rinsed and drained
- ¼ cup shredded Monterey Jack cheese with jalapeño peppers (2 ounces)
- Lime wedges
- Scoop-shape tortilla chips or mini sweet peppers, halved and seeded

1. In a medium skillet cook sausage, onion, and garlic over medium-high heat until sausage is browned, using a wooden spoon to break up meat as it cooks. Remove mixture from skillet; drain on paper towels.
2. In a medium bowl combine sausage mixture, black beans, tomatoes, cilantro, and chipotle peppers. In a 1½-quart slow cooker mash pinto beans. Top with sausage-tomato mixture and sprinkle with cheese.
3. Cover and cook on low-heat setting about 4 hours or on high-heat setting about 2 hours or until bubbly.
4. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours. Serve dip with lime wedges and tortilla chips or mini sweet pepper halves.

PER 2 TABLESPOONS DIP: 63 cal., 4 g fat (2 g sat. fat), 8 mg chol., 299 mg sodium, 6 g carb., 2 g fiber, 4 g pro.
Lemony Artichoke Dip

**PREP** 25 minutes  
**COOK** 2 to 2½ hours (low)  
**MAKES** 32 (2-tablespoon) servings

1 tablespoon olive oil  
1 cup chopped fresh mushrooms  
¼ cup chopped red sweet pepper  
3 tablespoons finely chopped shallot  
1 clove garlic, minced  
1 8-ounce carton sour cream  
½ cup original-flavor cream cheese for cooking  
1 teaspoon finely shredded lemon peel  
1 tablespoon lemon juice  
1 tablespoon Dijon mustard  
3 6-ounce jars marinated artichoke hearts, drained and coarsely chopped  
1 cup shredded Gruyère or Swiss cheese (4 ounces)  
Toasted baguette-style French bread slices or pita chips

1. In a medium skillet heat oil over medium heat. Add mushrooms, sweet pepper, shallot, and garlic; cook until pepper and shallot are tender, stirring frequently.
2. In a medium bowl combine sour cream, cream cheese for cooking, lemon peel, lemon juice, and mustard. Stir in mushroom mixture, artichoke hearts, and Gruyère cheese. Spoon artichoke mixture into a 1½- or 2-quart slow cooker.
3. Cover and cook on low-heat setting for 2 to 2½ hours or until heated through. Serve immediately or keep warm, covered, on warm or low-heat setting for up to 2 hours. Stir before serving. Serve with toasted bread slices or pita chips.

**PER 2 TABLESPOONS DIP** 71 cal., 6 g fat (2 g sat. fat), 9 mg chol., 105 mg sodium, 2 g carb., 0 g fiber, 2 g pro.
Supreme Pizza Fondue

PREP 20 minutes
COOK 3 hours (low), plus 15 minutes (low) (optional)
MAKES 16 (¼-cup) servings

4 ounces bulk Italian sausage
½ cup finely chopped onion (1 small)
1 clove garlic, minced
1 26-ounce jar spaghetti sauce
1 cup chopped fresh mushrooms
½ cup chopped pepperoni
1 teaspoon dried basil, crushed
½ cup chopped pitted ripe olives (optional)
¼ cup finely chopped green sweet pepper (optional)
Assorted dippers (such as cubed Italian flatbread [focaccia] or Italian bread, cooked tortellini, cherry tomatoes, and/or cubed provolone cheese)

1. In a large skillet cook sausage, onion, and garlic over medium-high heat until meat is browned, using a wooden spoon to break up meat as it cooks. Drain off fat. Transfer to a 3½- or 4-quart slow cooker. Stir in spaghetti sauce, mushrooms, pepperoni, and basil.

2. Cover and cook on low-heat setting for 3 hours. If desired, stir in olives and/or sweet pepper; cover and cook on low-heat setting for 15 minutes more. Serve fondue with dippers, swirling pieces to scoop fondue.

PER ¼ CUP DIP 80 cal., 5 g fat (2 g sat. fat), 11 mg chol., 361 mg sodium, 7 g carb., 1 g fiber, 3 g pro.

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Hot Crab Dip

PREP 15 minutes
COOK 1½ to 2 hours (low)
MAKES 20 (2-tablespoon) servings

Nonstick cooking spray
12 ounces cream cheese, cut into cubes
½ cup mayonnaise or salad dressing
½ cup finely shredded Parmesan cheese (2 ounces)
½ cup thinly sliced green onions (2)
1 tablespoon Worcestershire sauce for chicken
2 6-ounce cans crabmeat, drained, flaked, and cartilage removed
Snipped fresh chives or green onions
Assorted crackers, toasted pita bread wedges, and/or bagel chips

1. Coat the inside of a 1½-quart slow cooker with cooking spray; set aside.

2. In a medium bowl combine cream cheese, mayonnaise, Parmesan cheese, green onions, and the Worcestershire sauce. Stir in crabmeat. Transfer crab mixture to prepared slow cooker.

3. Cover and cook on low-heat setting for 1½ to 2 hours or until heated through. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 1 hour.

4. To serve, stir well then spoon crab dip into a serving bowl. Sprinkle with chives. Serve with assorted crackers, pita bread wedges, and/or bagel chips.

PER 2 TABLESPOONS DIP 125 cal., 11 g fat (5 g sat. fat), 37 mg chol., 183 mg sodium, 1 g carb., 0 g fiber, 6 g pro.
Jalapeño, Crab, and Corn Dip

**PREP** 30 minutes  
**COOK** 1½ to 2 hours (low)  
**MAKES** 32 (2-tablespoon) servings

- 2 tablespoons butter  
- ½ cup frozen whole kernel corn  
- ½ cup chopped red sweet pepper (1 small)  
- 1 clove garlic, minced  
- ½ cup sour cream  
- ½ cup mayonnaise or salad dressing  
- ½ cup sliced pickled jalapeño chile peppers, drained and chopped  
- 1 teaspoon Worcestershire sauce  
- 2 6- to 6.5-ounce cans crabmeat, drained, flaked, and cartilage removed  
- 1 cup shredded Monterey Jack cheese (4 ounces)  
- 2 tablespoons grated Parmesan cheese

1. In a skillet melt butter over medium heat. Add frozen corn, sweet pepper, and garlic; cook and stir about 5 minutes or until vegetables are tender.
2. In a medium bowl combine sour cream, mayonnaise, chile peppers, and Worcestershire sauce. Stir in corn mixture, crabmeat, and Monterey Jack cheese. Transfer mixture to a 1½-quart slow cooker.
3. Cover and cook on low-heat setting for 1½ to 2 hours or until heated through. Sprinkle with Parmesan cheese. Serve dip with blue corn chips.

**PER 2 TABLESPOONS DIP** 65 cal., 5 g fat (2 g sat. fat), 18 mg chol., 108 mg sodium, 2 g carb., 0 g fiber, 3 g pro.

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Buffalo Wings with Blue Cheese Dip

**PREP** 20 minutes  
**BROIL** 12 minutes  
**COOK** 4 to 5 hours (low) or 2 to 2½ hours (high)  
**MAKES** 16 servings

- 16 chicken wings (about 3 pounds)  
- 1¼ cups bottled chili sauce  
- 2 tablespoons bottled hot pepper sauce  
- 1 recipe Blue Cheese Dip or bottled ranch salad dressing

1. Preheat broiler. Use a sharp knife to carefully cut off tips of the wings; discard wing tips. Cut each wing at the joint to make two pieces. Place chicken pieces on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 12 to 15 minutes or until chicken is no longer pink, turning once. Place chicken in a 3½- or 4-quart slow cooker.
2. In a small bowl combine chili sauce and hot pepper sauce. Pour over chicken pieces in cooker, stirring to coat with sauce.
3. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting or 2 to 2½ hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.
4. Serve chicken wings with Blue Cheese Dip or ranch salad dressing.

**Blue Cheese Dip** In a blender or food processor combine one 8-ounce carton sour cream, ½ cup mayonnaise or salad dressing, ½ cup crumbled blue cheese (2 ounces), 1 tablespoon white wine vinegar or white vinegar, and 1 clove garlic, minced. Cover and blend or process until smooth. Cover and refrigerate for up to 3 days. To serve, spoon dip into a serving bowl. If desired, sprinkle with additional crumbled blue cheese. Makes 1½ cups.

**PER SERVING** 108 cal., 8 g fat (3 g sat. fat), 21 mg chol., 217 mg sodium, 3 g carb., 0 g fiber, 6 g pro.
Plum-Good Sausage and Meatballs

**PREP** 10 minutes  **COOK** 5 to 6 hours (low) or 2 1/2 to 3 hours (high)  **MAKES** 16 servings

1. In a 3 1/2- or 4-quart slow cooker combine barbecue sauce, sausage, meatballs, and jam.

2. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours. Stir occasionally.

**PER SERVING**  267 cal., 16 g fat (6 g sat. fat), 38 mg chol., 898 mg sodium, 19 g carb., 2 g fiber, 12 g pro.

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Sweet-and-Hot Nuts

**PREP** 15 minutes  **COOK** 2 hours (low)  **COOL** 1 hour  **MAKES** 22 (1/4-cup) servings

1. In a 2- to 3 1/2-quart slow cooker combine cashews, almonds, pecans, and hazelnuts. In a small bowl combine sugar, butter, ginger, salt, cinnamon, cloves, and cayenne pepper. Add the sugar mixture to the slow cooker, stirring to coat nuts.

2. Cover and cook on low-heat setting for 2 hours, stirring halfway through and at the end of cooking time. Butter a sheet of foil. Spread nuts in a single layer on foil; cool for at least 1 hour. (Nuts appear soft after cooking but crisp as they cool.)

3. Using a slotted spoon, remove mushrooms and pepper chunks from cooker; discard sauce. Serve with decorative toothpicks.

**PER SERVING**  147 cal., 13 g fat (3 g sat. fat), 7 mg chol., 73 mg sodium, 8 g carb., 2 g fiber, 3 g pro.
Sandwiches

Simmer the fillings for these stuffed burritos, wraps, and sandwiches in your slow cooker while you’re away from home.
Beef and Chipotle Burritos

PREP 25 minutes  COOK 8 to 9 hours (low) or 4 to 4½ hours (high)
MAKES 8 burritos

2½ pounds boneless beef round steak, cut ¼ inch thick
2 14.5-ounce cans no-salt-added diced tomatoes, undrained
1 medium onion, cut into thin wedges
2 to 3 chipotle peppers in adobo sauce, chopped*
2 cloves garlic, minced
1 teaspoon dried oregano, crushed
¼ teaspoon salt
¼ teaspoon ground cumin
8 8-inch whole wheat or low-fat flour tortillas, warmed
1 cup shredded reduced-fat cheddar cheese (4 ounces) (optional)
1 recipe Pico de Gallo (optional)

1. Trim fat from meat. Cut meat into six pieces. Place meat in a ¾- or 4-quart slow cooker. Add tomatoes, onion, chipotle peppers, garlic, oregano, salt, and cumin.
2. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.
3. Remove meat from cooker, reserving cooking liquid. Using two forks, pull meat apart into shreds. Using a slotted spoon, remove tomatoes and onion from cooker; set aside. Stir some reserved cooking liquid into meat to moisten. Discard remaining cooking liquid.
4. To serve, spoon ½ cup of the meat just below center of each warm tortilla. Top each with about 3 tablespoons of tomato-onion mixture. If desired, top with cheese and/or Pico de Gallo. Roll up tortillas.

*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 do touch the peppers, wash your hands and nails well with soap and warm water.

**Per Burrito** 361 cal., 11 g fat (4 g sat. fat), 86 mg chol., 540 mg sodium, 22 g carb., 12 g fiber, 40 g pro.

Five-Spice Pork Sandwiches

PREP 25 minutes  COOK 10 to 12 hours (low) or 5½ to 6 hours (high)
MAKES 6 to 8 sandwiches

1 2½- to 3-pound pork shoulder blade roast
1 cup apple juice or apple cider
2 tablespoons soy sauce
2 tablespoons hoisin sauce
1¼ teaspoons Homemade Five-Spice Powder or five-spice powder
1½ to 2 cups shredded napa cabbage or packaged shredded broccoli (broccoli slaw mix) (optional)
6 to 8 whole grain hamburger buns or kaiser rolls, split and toasted

1. Trim fat from meat. If necessary, cut meat to fit in a ¾- or 4-quart slow cooker. Place meat in cooker. In a small bowl combine apple juice, soy sauce, hoisin sauce, and Homemade Five-Spice Powder. Pour over meat in cooker.
2. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5½ to 6 hours.
3. Transfer meat to a cutting board, reserving cooking juices in cooker; cool meat slightly. Remove meat from bones. Using two forks, pull meat apart into shreds, discarding fat. Place meat in a medium bowl. If desired, strain reserved cooking juices; skim off fat.
4. To serve, arrange meat and, if desired, cabbage on buns. Serve cooking juices. If desired, serve cooking juices in individual bowls for dipping.

Homemade Five-Spice Powder

In a blender combine 3 tablespoons ground cinnamon, 6 star anise or 2 teaspoons anise seeds, 1½ teaspoons fennel seeds, 1½ teaspoons whole Szechwan pepper or whole black pepper, and ¼ teaspoon...
ground cloves. Cover and blend to a fine powder. Store in a covered container at room temperature. Makes about ¼ cup.

PER SANDWICH 297 cal., 9 g fat (3 g sat. fat), 68 mg chol., 653 mg sodium, 27 g carb., 2 g fiber, 26 g pro.

**Slow-Simmered Pulled Pork Sandwiches**

**PREP 25 minutes**  **COOK 8 to 10 hours (low) or 4 to 5 hours (high), plus 30 to 45 minutes (high)**

**MAKES 10 sandwiches**

1 2½- to 3-pound pork sirloin roast or boneless pork shoulder roast
Salt and ground black pepper
½ cup water
3 tablespoons cider vinegar
2 tablespoons Worcestershire sauce
1 teaspoon ground cumin or chili powder
1 recipe Homemade BBQ Sauce or 3½ cups purchased barbecue sauce
10 kaiser rolls or hamburger buns, split

1. Trim fat from meat. If necessary, cut meat to fit in a 3½- or 4-quart slow cooker. Sprinkle meat with salt and pepper. In a small bowl stir together the water, vinegar, Worcestershire sauce, and cumin. Pour mixture over meat in slow cooker.

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

3. Remove meat from cooker; discard cooking liquid. Using two forks, pull meat apart into coarse shreds, discarding fat; return meat to slow cooker. Stir in 2 cups of Homemade BBQ Sauce or purchased barbecue sauce. If using low-heat setting, turn to high-heat setting; cover and cook for 30 to 45 minutes or until heated through. Serve pork in rolls. Pass remaining Homemade BBQ Sauce or purchased barbecue sauce.

**Homemade BBQ Sauce** In a medium saucepan combine 2½ cups ketchup; 1 cup finely chopped onion (1 large); ¼ cup packed dark brown sugar; 3 tablespoons cider vinegar; 3 tablespoons bottled Pickapeppa sauce or Worcestershire sauce; 3 cloves garlic, minced; and ½ teaspoon bottled hot pepper sauce. Bring to boiling; reduce heat. Cover and simmer for 15 minutes, stirring occasionally. Use the sauce immediately or cool slightly and transfer to a storage container. Cover and chill for up to 3 days. Makes 3½ cups.

PER SANDWICH 426 cal., 9 g fat (3 g sat. fat), 71 mg chol., 1,143 mg sodium, 55 g carb., 2 g fiber, 31 g pro.

**Fire-Roasted Tomato and Italian Sausage Grinders** *(pictured on cover)*

**PREP 25 minutes**  **COOK 6 to 8 hours (low) or 3 to 4 hours (high)**

**BROIL 2 minutes**

**MAKES 10 sandwiches**

10 uncooked hot or sweet Italian sausage links (about 2½ pounds total)
2 14.5-ounce cans fire-roasted diced tomatoes, undrained
1 28-ounce can crushed tomatoes
1 tablespoon balsamic vinegar
6 cloves garlic, minced
2 teaspoons dried basil, crushed
1 teaspoon dried oregano, crushed
½ teaspoon salt
½ teaspoon crushed red pepper
¼ teaspoon ground black pepper
10 French-style rolls or hoagie buns, split

10 slices provolone cheese, halved
¾ cup roasted red sweet peppers, drained and cut into thin strips

1. Place sausage links in a 5- to 6-quart slow cooker. For sauce, in a large bowl stir together diced tomatoes, crushed tomatoes, vinegar, garlic, basil, oregano, salt, crushed red pepper, and 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.

3. To serve, preheat broiler. Place a sausage link on each roll bottom, reserving sauce in cooker. Place a half slice of cheese on each sausage link and a half-slice of cheese on the cut side of each roll top. Place roll bottoms with sausage on a baking sheet. Broil 4 to 5 inches from the heat for 2 to 3 minutes or until cheese is melted and bubbly.

4. To serve, top with roasted peppers and roll tops. Serve reserved sauce in individual bowls for dipping.

PER SANDWICH 859 cal., 39 g fat (17 g sat. fat), 96 mg chol., 2,305 mg sodium, 81 g carb., 6 g fiber, 37 g pro.
Jerk Pork Wraps with Lime Mayo

PREP 30 minutes  COOK 8 to 10 hours (low) or 4 to 5 hours (high)
MAKES 6 to 8 wraps

- 1 1 1/2- to 2-pound boneless pork shoulder roast
- 1 tablespoon Jamaican jerk seasoning
- 1/4 teaspoon dried thyme, crushed
- 2 cups water
- 1 tablespoon lime juice
- 6 to 8 10-inch flour tortillas
- 6 to 8 lettuce leaves (optional)
- 1/2 cup chopped red or green sweet pepper (1 medium)
- 1 cup chopped fresh mango or pineapple
- 1 recipe Lime Mayo

1. Trim fat from meat. If necessary, cut meat to fit in a 3 1/2- or 4-quart slow cooker. Sprinkle jerk seasoning evenly over meat; rub into meat with your fingers. Place meat in slow cooker. Sprinkle with thyme. Pour the water over meat 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.

3. Transfer meat to cutting board; cool slightly. Using two forks, pull meat apart into shreds, discarding fat. Place meat in a medium bowl. Stir lime juice into meat.


**Lime Mayo**

In a small bowl stir together 1/2 cup mayonnaise or salad dressing, 1/4 cup finely chopped red onion, 1/4 teaspoon finely shredded lime peel, 1 tablespoon lime juice, and 1 clove garlic, minced. Cover and refrigerate until ready to serve or for up to 1 week.

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

Lemony Lamb Pitas

PREP 25 minutes  COOK 8 to 10 hours (low) or 4 to 5 hours (high)
MAKES 6 sandwiches

- 1 1 1/2- to 2-pound boneless lamb shoulder roast
- 1/2 teaspoon lemon-pepper seasoning
- 1/2 teaspoon dry mustard
- 1/4 cup chicken broth
- 1/4 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- 1 teaspoon snipped fresh rosemary or 1/4 teaspoon dried rosemary, crushed
- 2 cloves garlic, minced
- 1/2 cup plain yogurt
- 1/4 cup chopped and seeded cucumber
- 1/2 teaspoon lemon-pepper seasoning
- 1 large whole wheat pita bread rounds, halved crosswise
- 6 lettuce leaves
- 1 small tomato, seeded and chopped

1. Trim fat from meat. If necessary, cut meat to fit in a 3 1/2- or 4-quart slow cooker. In a small bowl combine the 1/2 teaspoon lemon-pepper seasoning and the dry mustard. Sprinkle mixture over the meat; rub in lightly with your fingers. Place meat in slow cooker. In a small bowl combine broth, lemon peel, lemon juice, rosemary, and garlic. Pour over meat 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.

3. For yogurt sauce, in another small bowl stir together yogurt, cucumber, and the 1/4 teaspoon lemon-pepper seasoning. Set aside.

4. Transfer meat to a cutting board, reserving cooking juices in cooker; cool meat slightly. Using two forks, pull meat apart into shreds, discarding fat. Place meat in a medium bowl.

5. To serve, open pita bread halves to form pockets. Place a lettuce leaf in each pita half. Spoon meat into pita halves. Top meat with yogurt sauce and chopped tomato.

**PER SANDWICH** 231 cal., 6 g fat (2 g sat. fat), 73 mg chol., 471 mg sodium, 18 g carb., 3 g fiber, 28 g pro.
### Pesto Chicken Sandwiches

**Prep 30 minutes  Cook 4 to 5 hours (low) or 2 to 2 1/2 hours (high), plus 30 minutes (high)**

**Makes 6 to 8 sandwiches**

1. In a small bowl combine Italian seasoning, salt, and black pepper. Evenly sprinkle mixture over all sides of chicken; rub into chicken with your fingers. Place chicken in a 3 1/2- or 4-quart slow cooker. Add onion, mushrooms, and garlic.

2. In a bowl combine tomatoes and vinegar; pour over chicken mixture in cooker. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2 1/2 hours.

3. If using low-heat setting, turn to high-heat setting. Stir in zucchini and sweet pepper. Cover and cook on high-heat setting for 30 minutes more.

4. Meanwhile, in a small bowl combine mayonnaise and pesto. Evenly spread pesto mixture on cut sides of bread.

5. Transfer chicken to a cutting board. Using a slotted spoon, spoon vegetable mixture onto bread bottom. Discard cooking juices. Thinly slice chicken. Arrange chicken slices over vegetables. Add basil and bread top. Cut loaf into 6 to 8 serving-size portions.

**Per Sandwich**  
447 cal., 16 g fat (3 g sat. fat), 50 mg chol., 830 mg sodium, 48 g carb., 5 g fiber, 27 g pro.

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1 teaspoon dried Italian seasoning, crushed
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 pound skinless, boneless chicken breast halves
1 large onion, thinly sliced
8 ounces 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 1/2 inch thick
1 large red, yellow, and/or green sweet pepper, cut into strips
1/4 cup mayonnaise
2 tablespoons pesto
1 12-inch loaf ciabatta bread, cut in half horizontally
Fresh basil leaves
Mu Shu-Style Chicken Wraps

**PREP 25 minutes**  **COOK 6 to 7 hours (low) or 3 to 3 ½ hours (high)**

**MAKES 4 (2-wrap) servings**

- 2½ to 3 pounds meaty chicken pieces (breast halves, thighs, and drumsticks), skinned
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup water
- ¼ cup soy sauce
- 2 teaspoons toasted sesame oil
- ½ teaspoon ground ginger
- 8 7- to 8-inch flour tortillas
- ½ cup hoisin sauce
- 1 cup shredded broccoli (broccoli slaw mix) or packaged shredded cabbage with carrot (coleslaw mix)
- Sliced green onions

1. Place chicken pieces in a 3½- or 4-quart slow cooker. Sprinkle with salt and pepper. In a small bowl combine the water, soy sauce, sesame oil, and ginger. Pour over chicken in cooker. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

2. Transfer chicken to a cutting board, reserving cooking juices in cooker; cool slightly. Remove chicken from bones. Discard bones. Using two forks, pull chicken apart into shreds. Return chicken to cooker; heat through.

3. Preheat oven to 350°F. Wrap tortillas tightly in foil. Heat in oven for 10 to 15 minutes or until warm and soft.

4. To serve, spread each tortilla with 1 tablespoon of the hoisin sauce. Using a slotted spoon, divide chicken among tortillas, placing chicken in center of each tortilla. Top with shredded broccoli. Roll up. Serve with green onions.

**PER 2 WRAPS** 520 cal., 18 g fat (4 g sat. fat), 115 mg chol., 1,315 mg sodium, 44 g carb., 3 g fiber, 44 g pro.

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BBQ Veggie Joes

**PREP 15 minutes**  **COOK 3 to 3½ hours (high), plus 30 minutes (high)**

**MAKES 8 sandwiches**

- 1 cup chopped carrots (2 medium)
- ⅔ cup brown lentils, rinsed and drained
- ⅔ cup uncooked regular brown rice
- ½ cup chopped onion (1 medium)
- 2 tablespoons packed brown sugar
- 2 tablespoons yellow mustard
- ½ teaspoon salt
- 1 clove garlic, minced
- ¼ to ½ teaspoon cayenne pepper
- 2 14.5-ounce cans vegetable broth or chicken broth
- 1 8-ounce package portobello mushrooms, chopped
- 1 15-ounce can tomato sauce
- 2 tablespoons cider vinegar
- 8 French-style rolls or whole wheat hamburger buns, split and toasted
- Assorted toppers, such as chopped tomato, coarsely shredded iceberg lettuce, or red onion slices (optional)

1. In a 3½- or 4-quart slow cooker combine carrots, lentils, uncooked brown rice, onion, brown sugar, mustard, salt, garlic, and cayenne pepper. Stir in broth.

2. Cover and cook on high-heat setting for 3 to 3½ hours. Stir in mushrooms, tomato sauce, and vinegar. Cover and cook on high-heat setting for 30 minutes more.

3. To serve, use a slotted spoon to spoon meat mixture onto bun bottoms. If desired, add assorted toppers. Cover with bun tops.

**PER SANDWICH** 277 cal., 2 g fat (0 g sat. fat), 0 mg chol., 1,081 mg sodium, 54 g carb., 9 g fiber, 11 g pro.
Soups & Stews

Enjoy hearty soups and stews any day of the week when you rely on the convenience of a slow cooker and these savory recipes.

SPICY VEGETABLE CHILI
Barley-Beef Soup

PREP 25 minutes COOK 8 to 10 hours (low) or 4 to 5 hours (high)
MAKES 8 servings

12 ounces beef or lamb stew meat
1 tablespoon vegetable oil
4 14.5-ounce cans lower-sodium beef broth
1 14.5-ounce can diced tomatoes, undrained
1 cup chopped onion (1 large)
1 cup peeled parsnip or potato cut into ½-inch pieces
1 cup frozen mixed vegetables
½ cup regular barley
½ cup chopped celery (1 stalk)
1 bay leaf
2 cloves garlic, minced
1 teaspoon dried oregano or basil, crushed
¼ teaspoon ground black pepper

1. Trim fat from meat. Cut meat into 1-inch pieces. In a large skillet cook meat in hot oil over medium-high heat until browned. Drain off fat.
2. Transfer meat to a 5- to 6-quart slow cooker. Stir in broth, tomatoes, onion, parsnip, frozen vegetables, barley, celery, bay leaf, garlic, oregano, and pepper.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove and discard bay leaf before serving.

PER SERVING 168 cal., 4 g fat (1 g sat. fat), 25 mg chol., 492 mg sodium, 20 g carb., 3 g fiber, 13 g pro.

Ancho-Beef Stew

PREP 15 minutes COOK 8 to 9 hours (low) or 4 to 4 ½ hours (high)
MAKES 4 servings

1 pound boneless beef chuck roast
1 tablespoon ground ancho chile pepper
Nonstick cooking spray
1 16-ounce package frozen stew vegetables
1 cup frozen whole kernel corn
1 16-ounce jar salsa
½ cup water

1. Trim fat from meat. Cut meat into 1-inch pieces. Sprinkle meat with ancho chile pepper, tossing to coat all sides. Lightly coat a large skillet with cooking spray; heat skillet over medium-high heat. Cook meat, half at a time, in hot skillet until browned.
2. In a 3 ½- or 4-quart slow cooker combine frozen stew vegetables and frozen corn. Add meat. Pour salsa and the water over mixture in cooker.
3. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4 ½ hours.

PER SERVING 272 cal., 5 g fat (1 g sat. fat), 50 mg chol., 84 mg sodium, 28 g carb., 5 g fiber, 30 g pro.
All-American Chili

**PREP** 10 minutes

**COOK** 6 hours (low) or 4 hours (high)

**MAKES** 6 servings

1 1/2 pounds lean ground beef
2 15.5-ounce cans kidney beans, rinsed and drained
1 14.5-ounce cans diced tomatoes, drained
1 cup chopped onion (1 large)
1 8-ounce can no-salt-added tomato sauce
1 cup low-sodium chicken broth
1/2 cup chopped yellow sweet pepper (1 medium)
3 tablespoons chili powder
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon dried oregano, crushed
1/2 teaspoon salt
1 8.5-ounce box corn bread mix, prepared according to package directions (optional)

1. In a 3 1/2- or 4-quart slow cooker combine ground beef, beans, tomatoes, onion, tomato sauce, broth, sweet pepper, 2 tablespoons of the chili powder, the garlic, 1/2 teaspoon of the cumin, and 1/2 teaspoon of the oregano.  
2. Cover and cook on low-heat setting for 6 hours or on high-heat setting for 4 hours.  
3. Before serving, stir in the remaining 1 tablespoon chili powder, the remaining 1/2 teaspoon cumin, the remaining 1/2 teaspoon oregano, and the salt. If desired, serve with corn bread.

**PER SERVING** 353 cal., 7 g fat (3 g sat. fat), 71 mg chol., 710 mg sodium, 37 g carb., 13 g fiber, 35 g pro.

Cider Pork Stew

**PREP** 20 minutes  
**COOK** 10 to 12 hours (low) or 5 to 6 hours (high)  

**MAKES** 8 servings

1 2- to 2 1/2-pound boneless pork shoulder roast
1 tablespoon oil (optional)
3 medium potatoes, cut into 1/2-inch pieces
3 medium carrots, cut into 1/2-inch pieces
2 medium onions, sliced
1/2 cup cored and coarsely chopped apple (1 medium)
1/2 cup coarsely chopped celery (1 stalk)
2 cups apple cider or apple juice
3 tablespoons quick-cooking tapioca
1 teaspoon salt
1 teaspoon caraway seeds
1/4 teaspoon ground black pepper
Fresh snipped chives (optional)

1. Trim fat from meat. Cut meat into 1-inch pieces. If desired, in a large skillet cook meat in hot oil over medium heat until browned. Transfer meat to a 3 1/2- to 5 1/2-quart slow cooker. Add potatoes, carrots, onions, apple, and celery.
2. In a medium bowl combine apple cider, tapioca, salt, caraway seeds, and pepper. Pour over meat mixture in cooker.
3. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. If desired, top each serving with snipped fresh chives.

**PER SERVING** 272 cal., 7 g fat (2 g sat. fat), 73 mg chol., 405 mg sodium, 27 g carb., 3 g fiber, 24 g pro.
Caribbean Pork Chili

PREP 20 minutes  COOK 4 to 5 hours (low) or 2 to 2½ hours (high)
MAKES 6 servings

1½ pounds boneless pork loin roast, cut into 1-inch pieces
1 tablespoon chili powder
2 cloves garlic, minced
¼ teaspoon ground chipotle chile pepper (optional)
¼ teaspoon ground cumin
1/4 teaspoon salt
1 tablespoon canola oil
2 14.5-ounce cans no-salt-added diced tomatoes, undrained
1 15-ounce can no-salt-added black beans, rinsed and drained
1 8-ounce can no-salt-added tomato sauce
1 cup frozen whole kernel corn
1 medium mango, halved, seeded, peeled, and chopped
1/4 cup snipped fresh cilantro
1/4 cup red onion slivers (optional)

1. In a medium bowl combine pork, chili powder, garlic, ground chile pepper (if using), cumin, and salt; toss to coat meat.

2. In a large nonstick skillet heat oil over medium-high heat. Cook half the pork in hot oil until browned on all sides, stirring occasionally. Transfer pork to a 3 1/2- or 4-quart slow cooker. Cook remaining pork and place in cooker.

3. Add tomatoes, beans, tomato sauce, and frozen corn to pork in slow cooker. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2 1/2 hours.

4. For topping, combine mango, cilantro, and onion slivers (if using). Spoon mixture over each serving.

PER SERVING 315 cal., 7 g fat (2 g sat. fat), 78 mg chol., 246 mg sodium, 32 g carb., 8 g fiber, 32 g pro.

Brazilian Black Bean Stew

PREP 1 1/2 hours  COOK 8 to 10 hours (low) or 4 to 5 hours (high)
MAKES 8 servings

12 ounces dried black beans
8 cups water
2 large smoked ham hocks
4 cups reduced-sodium chicken broth

1 1/2 cups chopped onions (3 medium)
3 fresh jalapeño peppers, seeded and minced (see tip, page 8)
4 cloves garlic, minced
1 tablespoon finely shredded orange peel
1/2 cup orange juice
1/2 cup dry sherry
1/2 cup snipped fresh cilantro
Hot cooked rice (optional)

1. Rinse beans. In a large saucepan combine beans and the water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans. Place beans in a 4-quart slow cooker. Add ham hocks, broth, onions, jalapeño peppers, garlic, orange peel, orange juice, and sherry.

2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Transfer ham hocks to a cutting board.

3. When cool enough to handle, use two forks to pull ham from bones and into shreds. Discard bones; return shredded ham to slow cooker. Stir in cilantro. If desired, serve stew with hot rice.

PER SERVING 253 cal., 5 g fat (2 g sat. fat), 19 mg chol., 333 mg sodium, 34 g carb., 7 g fiber, 16 g pro.
Creamy Chicken Noodle Soup

**PREP** 15 minutes  
**COOK** 6 to 8 hours (low) or 3 to 4 hours (high), plus 20 minutes (high)  
**MAKES** 6 to 8 servings

- 2 10.75-ounce cans condensed cream of chicken and mushroom soup  
- 5 cups water  
- 2 cups chopped cooked chicken (about 10 ounces)  
- 1 10-ounce package frozen mixed vegetables (cut green beans, corn, diced carrots, and peas)  
- 1 teaspoon seasoned pepper or garlic-pepper seasoning  
- 1½ cups dried egg noodles

1. In a 3½- or 4-quart slow cooker gradually stir the water into soup until smooth. Stir in chicken, frozen vegetables, and seasoned pepper.  
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. Stir in uncooked noodles. Cover and cook for 20 to 30 minutes or just until noodles are tender.

**PER SERVING** 262 cal., 12 g fat (3 g sat. fat), 63 mg chol., 908 mg sodium, 21 g carb., 3 g fiber, 19 g pro.

Chicken Fajita Chili

**PREP** 25 minutes  
**COOK** 4 to 5 hours (low) or 2 to 2½ hours (high)  
**MAKES** 6 servings

- 2 pounds skinless, boneless chicken breast halves, cut into 1-inch pieces  
- 1 tablespoon chili powder  
- 1 teaspoon fajita seasoning  
- 2 cloves garlic, minced  
- ½ teaspoon ground cumin  
- Nonstick cooking spray  
- 2 14.5-ounce cans no-salt-added diced tomatoes, undrained  
- 1 16-ounce package frozen yellow, green, and red sweet peppers with onions  
- 1 19-ounce can cannellini beans (white kidney beans), rinsed and drained  
- Purchased guacamole (optional)  
- Sour cream (optional)  
- Shredded cheddar cheese (optional)

1. In a medium bowl combine chicken, chili powder, fajita seasoning, garlic, and cumin; toss gently to coat chicken. Set aside.  
2. Coat a large skillet with cooking spray; heat skillet over medium-high heat. Cook half the seasoned chicken in hot skillet until browned, stirring occasionally. Transfer chicken to a 3½- or 4-quart slow cooker. Cook remaining chicken and place in cooker. Stir tomatoes, frozen vegetables, and beans into chicken in slow cooker.  
3. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. If desired, top each serving with guacamole, sour cream, and/or cheddar cheese.

**PER SERVING** 261 cal., 2 g fat (1 g sat fat), 88 mg chol., 294 mg sodium, 22 g carb., 7 g fiber, 41 g pro.
Vegetable Stew with Cornmeal Dumplings

**PREP** 25 minutes  
**COOK** 8 to 10 hours (low) or 4 to 5 hours (high), plus 50 minutes (high)  
**MAKES** 6 servings

- 3 cups chopped, peeled butternut or acorn squash (1 pound)
- 2 cups sliced fresh mushrooms
- 2 14.5-ounce cans diced tomatoes, undrained
- 1 15-ounce can Great Northern beans, rinsed and drained
- 1 cup water
- 4 cloves garlic, minced
- 1 teaspoon dried Italian seasoning, crushed
- ⅛ teaspoon ground black pepper
- ⅓ cup all-purpose flour
- 1/3 cup cornmeal
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon snipped fresh Italian parsley
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg, lightly beaten
- 2 tablespoons milk
- 2 tablespoons vegetable oil
- 1 9-ounce package frozen Italian green beans or cut green beans Paprika

**1.** In a 3 ½- or 4-quart slow cooker combine squash and mushrooms. Stir in tomatoes, beans, the water, garlic, Italian seasoning, and pepper.  
**2.** Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

**3.** Shortly before serving, for dumplings, in a medium bowl stir together flour, cornmeal, cheese, parsley, baking powder, and salt. In a small bowl combine egg, milk, and oil. Stir egg mixture into flour mixture just until combined.  
**4.** If using low-heat setting, turn to high-heat setting. Stir in green beans. Drop dumpling dough by tablespoons on top of mixture in cooker; sprinkle with paprika. Cover and cook for 50 minutes, leaving the lid on.  
**PER SERVING** 288 cal., 7 g fat (2 g sat. fat), 37 mg chol., 442 mg sodium, 45 g carb., 7 g fiber, 12 g pro.

Spicy Vegetable Chili

**PREP** 30 minutes  
**COOK** 9 to 10 hours (low) or 4½ to 5 hours (high)  
**MAKES** 10 to 12 servings

- 1⅛ cups chopped green sweet peppers (2 medium)
- 1 cup chopped celery (2 stalks)
- 1 cup water
- 1 6-ounce can tomato paste
- 2 tablespoons chili powder
- 8 cloves garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crushed
- 1 teaspoon bottled hot pepper sauce
- ¼ teaspoon cayenne pepper (optional)
- Sour cream (optional)

**1.** In a 6- to 7-quart slow cooker stir together tomatoes, kidney beans, pinto beans, onions, corn, sweet peppers, celery, the water, tomato paste, chili powder, garlic, Worcestershire sauce, cumin, oregano, hot pepper sauce, and, if desired, cayenne pepper.  
**2.** Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours. If desired, serve chili with sour cream.  
**PER SERVING** 244 cal., 2 g fat (0 g sat. fat), 0 mg chol., 916 mg sodium, 49 g carb., 12 g fiber, 13 g pro.
Meals inspired by great dishes of Europe, India, Africa, and other exotic destinations spice up mealtime routines.
Italian Wedding Soup

**PREP** 35 minutes  **COOK** 8 to 10 hours (low) or 4 to 5 hours (high), plus 20 minutes (high)  **MAKES** 6 servings

1 large onion
1 egg, lightly beaten
3 oil-packed dried tomatoes, drained and finely snipped
½ cup fine dry bread crumbs
2 teaspoons dried Italian seasoning, crushed
1 pound lean ground beef
2 teaspoons olive oil
1 large fennel bulb
2 14.5-ounce cans reduced-sodium chicken broth
3½ cups water
6 cloves garlic, thinly sliced
½ teaspoon ground black pepper
½ cup dried orzo pasta (rosamarina)
5 cups shredded fresh spinach

1. Finely chop one-third of the onion; thinly slice the remaining onion. In a large bowl combine chopped onion, egg, dried tomatoes, bread crumbs, and 1 teaspoon of the Italian seasoning. Add ground beef; mix well. Shape into 12 meatballs. In a large skillet cook meatballs in hot oil over medium-high heat until browned on all sides. Carefully drain off fat. Transfer meatballs to a 4½- or 5-qt slow cooker.
2. Cut off and discard upper stalks of fennel, reserving fennel leaves if desired. Remove any wilted outer layers; cut off a thin slice from the base. Cut fennel into thin wedges; add to cooker. Add sliced onion, remaining 1 teaspoon Italian seasoning, broth, the water, garlic, and pepper.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
4. If using low-heat setting, turn to high-heat setting. Gently stir in uncooked pasta. Cover and cook for 20 to 30 minutes more or until pasta is tender.
5. Stir in spinach. If desired, garnish each serving with the reserved fennel leaves.

**PER SERVING** 283 cal., 10 g fat (3 g sat. fat), 83 mg chol., 515 mg sodium, 26 g carb., 3 g fiber, 21 g pro.

Pot Roast Paprikash

**PREP** 25 minutes  **COOK** 10 to 12 hours (low) or 5 to 6 hours (high), plus 30 minutes (high)  **MAKES** 8 servings

1 14.5-ounce can beef broth
3 medium onions, halved and cut into ½-inch slices
3 large carrots, coarsely chopped
1 12-ounce jar roasted red sweet peppers, drained and cut into ½-inch-wide strips
¼ cup water
2 tablespoons cornstarch
1 8-ounce carton sour cream
Salt and ground black pepper
4 ounces dried medium noodles
½ cup butter
½ cup snipped Italian (flat-leaf) parsley

1. Trim fat from meat; cut meat into four pieces. Place meat in a 4- to 5-qt slow cooker. Combine paprika and smoked paprika; sprinkle over beef. Top with tomatoes, broth, onions, carrots, and sweet peppers.
2. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.
3. Transfer meat to a cutting board. Using two forks, pull meat apart into coarse shreds. Skim fat from cooking liquid. Stir meat back into cooker. Set cooker on high-heat setting. In a bowl whisk together the water and cornstarch; stir into roast in cooker. Cover and cook for 30 minutes more. Stir in sour cream. Season to taste with salt and black pepper.
4. Meanwhile, cook noodles according to package directions; drain. Toss with butter. Serve pot roast over noodles. Sprinkle servings with parsley.

**PER SERVING** 523 cal., 28 g fat (13 g sat. fat), 136 mg chol., 590 mg sodium, 35 g carb., 4 g fiber, 34 g pro.
German Sausages and Sauerkraut in Beer

PREP 20 minutes COOK 7 to 9 hours (low) or 3½ to 4½ hours (high)  
MAKES 6 servings

8 ounces tiny new potatoes, halved  
3 medium carrots, cut into ½-inch pieces  
1 large sweet onion (such as Vidalia), cut into thin wedges  
1 pound smoked cooked bratwurst, knockwurst, and/or kielbasa, cut into 2-inch pieces  

1 12-ounce bottle Oktoberfest beer, other amber lager beer, or nonalcoholic beer  
1 cup chicken broth  
½ teaspoon paprika  
½ teaspoon caraway seeds  
½ teaspoon cracked black pepper  
1 14- or 14.5-ounce can sauerkraut, rinsed and drained  
3 cups hot cooked spaetzle or noodles  
Whole-grain mustard (optional)

1. In a 4-quart slow cooker combine potatoes, carrots, and onion. Top with sausage. In a medium bowl combine beer, broth, paprika, caraway seeds, and pepper. Pour over mixture in cooker. Top with drained sauerkraut.

2. Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours.

3. Using a slotted spoon, arrange sausage and vegetables over spaetzle. Drizzle with some of the cooking liquid. If desired, serve with mustard.

PER SERVING 550 cal., 22 g fat (5 g sat. fat), 103 mg chol., 1,837 mg sodium, 62 g carb., 7 g fiber, 21 g pro.
Japanese Cabbage Stew

PREP 30 minutes
COOK 6 hours (low) or 3 hours (high)
MAKES 8 to 10 servings

Nonstick cooking spray
6 cups packaged shredded coleslaw mix
1 1/4 pounds lean ground pork
1 cup chopped bok choy leaves or fresh spinach
1 cup chopped sweet red peppers (2 small)
1/2 cup finely chopped onion (1 medium)
1/2 cup finely chopped celery (1 stalk)
1/2 cup finely chopped green onions
2 tablespoons red miso (bean paste)
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 cups reduced-sodium chicken broth
1/4 cup soy sauce
3 tablespoons tomato paste
2 tablespoons sake or cream sherry
1 tablespoon rice vinegar
1 teaspoon dried thyme, crushed

1. Lightly coat a 3 1/2- or 4-quart slow cooker with cooking spray. Combine coleslaw mix, ground pork, bok choy, sweet peppers, onion, celery, green onions, red miso, salt, and black pepper; add mixture to slow cooker.
2. In a bowl whisk together broth, soy sauce, tomato paste, sake, rice vinegar, and thyme. Pour broth mixture over pork mixture in slow cooker; stir to combine.
3. Cover and cook on low-heat setting for 6 hours or on high-heat setting for 3 hours. Serve in bowls.

PER SERVING 247 cal., 15 g fat (6 g sat. fat), 51 mg chol., 1,215 mg sodium, 10 g carb., 2 g fiber, 16 g pro.

Greek Braised Lamb Chops

PREP 35 minutes COOK 5 to 6 hours (low) or 2 1/2 to 3 hours (high)
MAKES 6 servings

6 lamb loin chops, cut 1 1/2 inches thick (about 1 3/4 pounds total)
1 teaspoon salt
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon dried marjoram, crushed
1/2 teaspoon finely shredded lemon peel
1/4 teaspoon dried thyme, crushed
1/4 teaspoon ground black pepper
1/8 teaspoon crushed red pepper
2 tablespoons olive oil (optional)
1 15-ounce can cannellini (white kidney) beans, rinsed and drained
1 14.5-ounce can diced tomatoes, undrained
1 large onion, cut into thin wedges
1/2 cup Kalamata olives, pitted and quartered
1 tablespoon lemon juice
2 cloves garlic, minced
6 cups arugula, coarsely chopped
1 teaspoon lemon juice
Salt and ground black pepper
1 recipe Herbed Goat Cheese

1. Trim fat from chops. In a small bowl combine 1/2 teaspoon of the salt, the rosemary, marjoram, lemon peel, thyme, 1/4 teaspoon black pepper, and crushed red pepper. Evenly rub seasoning on chops. If desired, in a medium skillet cook chops in 1 tablespoon of the olive oil until browned.
2. In a 3 1/2- or 4-quart slow cooker place chops, beans, tomatoes, onion, olives, 1 tablespoon lemon juice, garlic, and the remaining 1/4 teaspoon salt.
3. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.
4. Just before serving, in an extra-large skillet heat the remaining 1 tablespoon olive oil over medium-high heat. Add arugula; cook and stir just until wilted. Drizzle with 1 teaspoon lemon juice. Season to taste with salt and black pepper. Serve chops and bean mixture with arugula and Herbed Goat Cheese.

Herbed Goat Cheese In a small bowl combine 2 ounces semisoft goat cheese (chèvre) and 2 teaspoons snipped fresh mint.

PER SERVING 463 cal., 10 g fat (4 g sat. fat), 75 mg chol., 839 mg sodium, 60 g carb., 7 g fiber, 37 g pro.
Mediterranean Lamb Shanks with Polenta

PREP 15 minutes COOK 11 to 12 hours (low) or 5 1/2 to 6 hours (high)

MAKES 4 to 6 servings

1 pound boiling onions, peeled
1/2 cup pitted Greek black olives
4 meaty lamb foreshanks (about 4 pounds total) or meaty veal shank crosscuts (about 3 pounds total)

1 2 tablespoons snipped fresh rosemary or 2 teaspoons dried rosemary, crushed
4 cloves garlic, minced
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cup chicken broth
1 1/4 cups quick-cooking polenta mix

1. In a 5- to 6-quart slow cooker combine onions and olives. Arrange meat in cooker. Sprinkle with rosemary, garlic, salt, and pepper. Pour broth over meat.

2. Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5 1/2 to 6 hours.

3. Before serving, prepare polenta according to package directions. Using a slotted spoon, transfer meat, onions, and olives to a serving dish. Serve with polenta. If desired, strain cooking juices; skim off fat. Drizzle over meat and polenta.

PER SERVING 701 cal., 21 g fat (7 g sat. fat), 136 mg chol., 768 mg sodium, 79 g carb., 12 g fiber, 46 g pro.
### Chicken Tikka Masala

**PREP** 50 minutes  
**MARINATE:** 2 to 24 hours  
**COOK** 6 to 8 hours (low) or 3 to 4 hours (high)  
**MAKES** 6 to 8 servings

1 cup plain low-fat yogurt  
1 1/2-inch piece fresh ginger, peeled and grated  
3 cloves garlic, peeled and grated  
1 1/2 teaspoons paprika  
1 1/2 teaspoons lemon juice  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground black pepper  
1/2 to 1 teaspoon ground ancho chile pepper or chili powder  
1 1/2 pounds boneless, skinless chicken, cut into 2-inch pieces  
Vegetable oil  
1 recipe Masala Sauce  
3 cardamom pods, lightly crushed  
1/2 cup whipping cream  
1/2 cup snipped fresh cilantro  
Chopped onion (optional)  
Chopped green Thai peppers (see tip, page 8) (optional)  
Roti or naan (optional)

1. In a deep bowl whisk together yogurt, ginger, garlic, paprika, lemon juice, salt, cinnamon, black pepper, and ground ancho chile pepper. Add chicken and mix gently until all pieces are coated. Cover and marinate in the refrigerator for 2 to 24 hours.  
2. Using a slotted spoon or tongs, transfer chicken from marinade to a platter; reserve marinade. In a large skillet heat oil over medium heat. Cook half the chicken at a time for about 2 minutes or until chicken is golden, turning once.  
3. In a 3 1/2- or 4-quart slow cooker combine Masala Sauce, the reserved marinade, and cardamom pods. Add browned chicken to the slow cooker. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.  
4. Stir in whipping cream and cilantro. If desired, garnish servings with onion and green Thai peppers. If desired, serve with roti or naan.

**Masala Sauce** Peel and coarsely chop 3 tomatoes; set aside. In a food processor combine 2 small onions or red onions, cut into large pieces; one 6-ounce can tomato paste; 2 to 3 green Thai, serrano, or cayenne chile peppers, stems removed (see tip, page 8); 1 tablespoon sliced almonds (optional); 1 tablespoon garam masala; 3 cloves garlic; 1 1/2 teaspoons salt; 1 1/2 teaspoons ground ancho chile pepper or chili powder; 1 1/2 teaspoons packed brown sugar; and 1/2 teaspoon ground cinnamon. Pour in 1/4 cup water. Cover and process about 5 minutes or until smooth, scraping down sides of processor as needed. Add chopped tomatoes; pulse a few times to break up tomatoes. Cover and chill until ready to use.

**PER SERVING** 342 cal., 17 g fat (6 g sat. fat), 109 mg chol., 1,336 mg sodium, 20 g carb., 4 g fiber, 30 g pro.

### Moroccan Tagine-Style Chicken Thighs

**PREP** 20 minutes  
**MARINATE:** 8 to 24 hours  
**COOK** 8 hours (low) or 4 hours (high)  
**MAKES** 6 to 8 servings

1/2 cup olive oil  
8 cloves garlic, minced  
4 teaspoons ground cinnamon  
1 1/2 teaspoons caraway seeds, crushed  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons ground cardamom  
1/2 teaspoon cayenne pepper  
12 chicken thighs, skinned (4 to 5 pounds total)  
1 14.5-ounce can reduced-sodium chicken broth  
1 cup dried apricots, quartered  
1 cup pitted dates, quartered  
3 tablespoons ground almonds  
1 teaspoon ground turmeric  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon saffron threads  
1/2 cup snipped fresh cilantro  
2 tablespoons sliced almonds, toasted (see tip, page 6)  
Hot cooked couscous (optional)
1. In a small bowl whisk together oil, garlic, cinnamon, caraway seeds, cumin, cardamom, and cayenne pepper.

2. Place chicken in a large resealable plastic bag set in a shallow dish. Add oil mixture. Seal bag. Cover and marinate in the refrigerator for 8 to 24 hours, turning bag occasionally.

3. Place chicken in a 4- to 5-quart slow cooker. In a medium bowl combine broth, apricots, dates, ground almonds, turmeric, salt, black pepper, and saffron; pour over chicken.

4. Cover and cook on low-heat setting for 8 hours or on high-heat setting for 4 hours. Using a slotted spoon, transfer chicken mixture (meat may fall off bones) to a shallow serving dish. Sprinkle with cilantro and sliced almonds. Skim fat from cooking liquid. Serve chicken with cooking liquid and, if desired, couscous.

PER SERVING 510 cal., 26 g fat (4 g sat. fat), 115 mg chol., 580 mg sodium, 41 g carb., 6 g fiber, 31 g pro.

Chicken and Shrimp Jambalaya

PREP 20 minutes COOK 4 1/2 to 5 1/2 hours (low) or 2 1/4 to 2 3/4 hours (high), plus 30 minutes (high)

MAKES 8 servings

1 pound skinless, boneless chicken breast halves or thighs
2 cups thinly sliced celery (4 stalks)
2 cups chopped onions (2 large)
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 14.5-ounce can reduced-sodium chicken broth
1/2 of a 6-ounce can no-salt-added tomato paste (1/3 cup)
1 recipe Salt-Free Cajun Seasoning or 1 1/2 teaspoons salt-free Cajun seasoning
2 cloves garlic, minced
1/2 teaspoon salt
1 1/2 cups uncooked instant brown rice
1/4 cup chopped green, red, and/or yellow sweet pepper
8 ounces fresh or frozen peeled and deveined cooked shrimp*
2 tablespoons snipped fresh Italian (flat-leaf) parsley
Celery leaves (optional)

1. Cut chicken into 3/4-inch pieces. In a 3 1/2- or 4-quart slow cooker combine chicken, celery, onions, tomatoes, broth, tomato paste, Salt-Free Cajun Seasoning, garlic, and salt.

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

3. If using low-heat setting, turn to high-heat setting. Stir in uncooked rice and sweet pepper. Cover and cook about 30 minutes more or until most of the liquid is absorbed and rice is tender.

4. Before serving, thaw shrimp if frozen. Stir shrimp and parsley into chicken mixture. If desired, garnish with celery leaves.

*Tip If desired, leave tails on shrimp.

PER SERVING 211 cal., 2 g fat (0 g sat. fat), 88 mg chol., 415 mg sodium, 26 g carb., 4 g fiber, 23 g pro.

Salt-Free Cajun Seasoning In a small bowl stir together 1/4 teaspoon ground white pepper, 1/4 teaspoon garlic powder, 1/4 teaspoon onion powder, 1/4 teaspoon paprika, 1/4 teaspoon ground black pepper, and 1/4 to 1/2 teaspoon cayenne pepper.
Simple Hoisin Chicken

**PREP** 15 minutes  
**COOK** 4 to 5 hours (low) or 2 1/2 hours (high), plus 30 minutes (high)  
**MAKES** 6 servings  

- Nonstick cooking spray  
- 12 bone-in chicken thighs (3 1/2 to 4 pounds total), skinned  
- 2 tablespoons quick-cooking tapioca  
- 1/8 teaspoon salt  
- 1/8 teaspoon ground black pepper  
- 1/2 cup hoisin sauce  
- 1 16-ounce package frozen stir-fry vegetables  
- 3 cups hot cooked rice  

1. Coat the inside of a 3 1/2- or 4-quart slow cooker with cooking spray. Place chicken in the prepared cooker. Sprinkle chicken with tapioca, salt, and pepper. Pour hoisin sauce over chicken.  
2. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 1/2 hours.  
3. If using low-heat setting, turn to high-heat setting. Stir in frozen vegetables. Cover and cook for 30 to 45 minutes more or just until vegetables are tender. Serve over hot cooked rice.  

**PER SERVING** 345 cal., 6 g fat (2 g sat. fat), 115 mg chol., 537 mg sodium, 37 g carb., 3 g fiber, 32 g pro.

South Indian Lentils with Curry Leaves

**PREP** 15 minutes  
**COOK** 5 1/2 hours (low), plus 30 minutes (low)  
**MAKES** 8 servings  

- 3 cups split and skinned dried masoor dal (red lentils)  
- 1 cup finely chopped tomatoes (2 medium)  
- 1/2 cup coarsely chopped onion or red onion (1 medium)  
- 2 to 4 fresh green Thai, serrano, or cayenne chile peppers, stems removed and finely chopped (see tip, page 8)  
- 2 tablespoons salt  
- 1 teaspoon ground cumin  
- 1 teaspoon ground coriander  
- 1/2 teaspoon ground turmeric  
- 9 cups water  
- 2 tablespoons vegetable oil  
- 2 teaspoons cumin seeds  
- 1 teaspoon black or yellow mustard seeds  
- 15 to 20 fresh curry leaves  
- 1/4 cup finely chopped onion  
- 1 14-ounce can coconut milk  
- Hot cooked basmati rice or brown rice  

1. In a colander thoroughly wash dal. In a 5-quart slow cooker combine dal, tomatoes, coarsely chopped onion, chile peppers, salt, ground cumin, coriander, and turmeric. Stir in the water.  
2. Cover and cook on low-heat setting for 5 1/2 hours.  
3. In a large skillet heat oil over medium-high heat. Add cumin seeds and the finely chopped onion; cover and stir until lightly browned. (Watch carefully because curry leaves burn easily.) Stir curry leaf mixture and coconut milk into lentils in slow cooker. Cover and cook on low-heat setting for 30 minutes. Serve stew over hot cooked rice.  

**PER SERVING** 531 cal., 15 g fat (10 g sat. fat), 0 mg chol., 1,786 mg sodium, 80 g carb., 12 g fiber, 22 g pro.
Desserts

Satisfying and sweet, these homespun cakes and puddings, baked in a slow cooker, are sure to amaze.
Pear and Chai Cake
PREP 25 minutes
COOK 2 to 2¼ hours (high)
COOL 5 minutes MAKES 8 servings

Nonstick cooking spray
3 medium pears, peeled, halved, cored, and sliced
⅓ cup packed brown sugar
⅛ cup butter, softened
2 tablespoons chopped crystallized ginger or 2 teaspoons grated fresh ginger
⅓ cup packed brown sugar
⅛ cup butter, softened
1 egg
⅓ cup light-color molasses
2 cups all-purpose flour
1 teaspoon ground cinnamon
⅛ teaspoon baking powder
¼ teaspoon salt
½ cup warm strong brewed chai Greek-style yogurt (optional)
Ground nutmeg (optional)

1. Generously coat a 4- to 5-quart slow cooker with cooking spray. Add pears to cooker. In a small saucepan combine the ⅓ cup brown sugar, the ⅛ cup butter, and the ginger. Cook and stir over medium-high heat until butter is melted and sugar is dissolved. Pour mixture over pears; stir to coat.

2. In a large mixing bowl beat the ⅓ cup brown sugar and the ⅛ cup butter with an electric mixer on medium until thoroughly mixed. Beat in egg. Beat in molasses until thoroughly mixed.

3. In a medium bowl combine flour, baking soda, cinnamon, baking powder, and salt. Add half the flour mixture to butter mixture, beating on low until combined. Add chai; mix slightly. Add the remaining flour mixture and beat until combined. Evenly spread mixture over pears in cooker.

4. Place a clean dry dish towel over top of slow cooker, then place the cover on the cooker. Cook on high-heat setting for 2 to 2¼ hours or until a toothpick inserted in the center of the cake comes out clean. If possible, carefully rotate crockery liner halfway through cooking time to ensure even cooking.

5. Remove crockery liner from cooker, if possible, or turn off cooker. Cool on a wire rack for 5 minutes. Remove lid and towel. To unmold cake, run a butter knife around inside of crockery liner. Place a large plate over crockery liner. Using pot holders, carefully invert cake onto plate. Serve cake warm or at room temperature. If desired, top servings with Greek-style yogurt and sprinkle with ground nutmeg.

PER SERVING 519 cal., 19 g fat (11 g sat. fat), 73 mg chol., 408 mg sodium, 86 g carb., 3 g fiber, 5 g pro.
Lemon and Poppy Seed Cake *(pictured on page 27)*

**PREP** 15 minutes  
**COOK** 1½ to 2 hours (high)  
**COOL** 10 minutes  
**MAKES** 12 to 16 servings

- Nonstick cooking spray  
- 2 cups all-purpose flour  
- ¼ cup poppy seeds  
- 1 tablespoon baking powder  
- ½ teaspoon salt  
- 1 cup sugar  
- 3 eggs  
- ½ cup vegetable oil  
- ½ cup plain Greek-style yogurt or sour cream  
- ¼ cup milk  
- 1 teaspoon finely shredded lemon peel  
- ½ cup fresh lemon juice  
- 1 teaspoon vanilla  
- 1 recipe Powdered Sugar Icing (optional)

1. Coat a 4- to 5-quart oval or a 4-quart round slow cooker with cooking spray. In a large bowl stir together flour, poppy seeds, baking powder, and salt. Set aside.

2. In a medium bowl whisk together sugar, eggs, oil, yogurt, milk, lemon peel, lemon juice, and vanilla until sugar is dissolved. Add sugar mixture all at once to flour mixture. Stir just until combined (mixture should be slightly lumpy). Spoon batter into prepared slow cooker.

3. Cover and cook on high-heat setting for 1½ to 2 hours or until top appears set. If possible, carefully rotate crockery liner halfway through cooking time to ensure even cooking. Turn off slow cooker. Carefully remove lid to prevent condensation from dripping onto cake. Completely cover opening of slow cooker with paper towels; place lid on top. Cool for 10 to 15 minutes. Run a knife around inside of crockery liner; remove cake from cooker. Cool completely on a wire rack. If desired, drizzle with icing.

**PER SERVING** 264 cal., 12 g fat (2 g sat. fat), 53 mg chol., 243 mg sodium, 35 g carb., 1 g fiber, 5 g pro.

Powdered Sugar Icing In a small bowl combine 2 cups powdered sugar, ¼ teaspoon vanilla, and enough milk (3 to 5 teaspoons) to make icing drizzling consistency.

Warm Pumpkin-Blueberry Cake

**PREP** 15 minutes  
**COOK** 2 to 2½ hours (high)  
**COOL** 30 minutes  
**MAKES** 8 to 10 servings

- Nonstick cooking spray  
- ¼ cup canned pumpkin  
- 2 tablespoons packed brown sugar  
- 2 cups all-purpose flour  
- 2 teaspoons baking powder  
- ½ teaspoon salt  
- ¼ cup cold butter, cubed  
- ½ cup fresh blueberries  
- 1 tablespoon all-purpose flour  
- ¼ cup maple syrup  
- 2 tablespoons melted butter  
- ½ cup coarsely chopped pecans, toasted (see tip, page 6)

1. Coat a 4-½-quart oval slow cooker with cooking spray. In a medium bowl stir together pumpkin, half-and-half, and brown sugar; set aside.

2. In a large bowl stir together 2 cups flour, baking powder, pumpkin pie spice, and salt. Using a pastry blender, cut in ¼ cup cold butter until pieces are pea size. Add pumpkin mixture all at once to flour mixture. Stir just until combined. In a small bowl combine blueberries and the 1 tablespoon flour; toss until berries are coated. Fold berries into batter.

3. Spoon batter into prepared slow cooker. Pour maple syrup and 2 tablespoons melted butter over batter in slow cooker; sprinkle with pecans.

4. Cover and cook on high-heat setting for 2 to 2½ hours. If possible, carefully rotate crockery liner halfway through cooking time to ensure even cooking. Turn off cooker. Carefully remove lid to prevent condensation from dripping onto cake. Completely cover opening of slow cooker with paper towels; place lid on top. Cool for 30 to 45 minutes. Run a knife around inside of crockery liner; remove cake from cooker. Cool completely on a wire rack.

**PER SERVING** 338 cal., 16 g fat (7 g sat. fat), 28 mg chol., 308 mg sodium, 46 g carb., 3 g fiber, 5 g pro.
Triple-Chocolate-Peanut Butter Pudding Cake

PREP 20 minutes
COOK 2 to 2 1/2 hours (high)
COOL 30 minutes MAKES 8 servings

Nonstick cooking spray
1 cup all-purpose flour
1/4 cup sugar
2 tablespoons unsweetened cocoa powder
1 1/2 teaspoons baking powder
1/2 cup chocolate milk or regular milk
2 tablespoons vegetable oil
2 teaspoons vanilla
1/2 cup peanut butter-flavor pieces
1/2 cup semisweet chocolate pieces
1/2 cup chopped peanuts
3/4 cup sugar
2 tablespoons unsweetened cocoa powder
1 1/2 cups boiling water

Vanilla ice cream (optional)
Chocolate bar pieces (optional)

1. Lightly coat the inside of a 3 1/2- or 4-quart slow cooker with cooking spray; set aside.

2. In a medium bowl stir together flour, the 1/4 cup sugar, 2 tablespoons cocoa powder, and baking powder. Add milk, oil, and vanilla; stir just until moistened. Stir in peanut butter pieces, chocolate pieces, and peanuts. Evenly spread batter in the prepared cooker.

3. In another medium bowl combine the 3/4 cup sugar and 2 tablespoons cocoa powder. Gradually stir in boiling water. Carefully pour hot cocoa mixture over batter in cooker.

4. Cover and cook on high-heat setting for 2 to 2 1/2 hours or until a toothpick inserted into the center of cake comes out clean.

5. Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 30 to 40 minutes to cool slightly. To serve, spoon pudding cake into dessert dishes. If desired, top with ice cream and/or chocolate bar pieces.

PER SERVING 372 cal., 15 g fat (6 g sat. fat), 3 mg chol., 125 mg sodium, 52 g carb., 3 g fiber, 5 g pro.
Gingerbread Pudding Cake

PREP 15 minutes  
COOK 2 hours (high)  
COOL 45 minutes  
MAKES 8 servings

Nonstick cooking spray  
1 14.5-ounce package gingerbread mix  
½ cup milk  
½ cup raisins  
2 1/4 cups water  
¾ cup packed brown sugar  
½ cup butter  
Vanilla ice cream or sweetened whipped cream (optional)

1. Lightly coat the inside of a 3 1/2- or 4-quart slow cooker with cooking spray; set aside. In a medium bowl stir together gingerbread mix and milk until moistened. Stir in raisins (batter will be thick). Spread batter evenly in the prepared cooker.
2. In a medium saucepan combine the water, brown sugar, and butter. Bring to boiling; carefully pour brown sugar mixture over batter in cooker.
3. Cover and cook on high-heat setting for 2 hours (center may appear moist but will firm as it stands). Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 45 minutes to cool slightly.
4. To serve, spoon warm pudding cake into dessert dishes. If desired, serve with ice cream.

PER SERVING 501 cal., 24 g fat (13 g sat. fat), 50 mg chol., 548 mg sodium, 70 g carb., 1 g fiber, 4 g pro.

White Chocolate and Apricot Bread Pudding

PREP 30 minutes  
COOK 4 hours (low) or 2 hours (high)  
MAKES 8 servings

1 1/2 cups half-and-half or light cream  
1/2 of a 6-ounce package white chocolate baking squares (with cocoa butter), coarsely chopped  
1/4 cup snipped dried apricots  
2 eggs  
1/2 cup sugar  
1/2 teaspoon ground cardamom  
3 cups dry 1/2-inch bread cubes (about 4 1/2 slices)  
1/4 cup sliced almonds  
1 cup warm water  
Fresh raspberries (optional)  
Grated white chocolate baking squares (optional)

1. In a small saucepan heat half-and-half to boiling but not boiling. Remove from heat; add chopped white chocolate and apricots. Stir until white chocolate is melted.
2. In a large bowl beat eggs with a fork; whisk in sugar and cardamom. Whisk in chocolate mixture. Gently stir in bread cubes and almonds. Pour pudding mixture into a 4- to 5-cup soufflé dish; cover dish tightly with foil.
3. Pour the warm water into a 3 1/2- to 5-quart slow cooker. Tear off two 9 x 12-inch pieces of heavy foil. Fold each piece lengthwise into thirds. Crisscross the foil strips, then place the soufflé dish in the center. Hold ends of strips to lift and transfer the dish to the slow cooker, leaving foil strips under dish.
4. Cover and cook on low-heat setting for 4 hours or on high-heat setting for 2 hours.
5. Using foil strips, carefully lift soufflé dish from slow cooker. To serve, spoon warm pudding into dessert dishes. If desired, top servings with raspberries and grated white chocolate.

PER SERVING 345 cal., 17 g fat (8 g sat. fat), 98 mg chol., 191 mg sodium, 42 g carb., 2 g fiber, 8 g pro.
Dutch Apple Pudding Cake

**Prep**: 25 minutes  
**Cook**: 2 to 2 1/2 hours (high)  
**Cool**: 30 minutes  
**Makes**: 6 to 8 servings

- Nonstick cooking spray
- 1 20- or 21-ounce can apple pie filling
- 1/2 cup dried cherries, dried cranberries, or raisins
- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 2 tablespoons butter, melted
- 1/2 cup chopped walnuts, toasted *(see tip, page 6)*
- 1 1/4 cups apple juice
- 1/3 cup packed brown sugar
- 1 tablespoon butter
- 1 recipe Sweetened Whipped Cream (optional)
- Chopped walnuts, toasted *(see tip, page 6)* (optional)

1. Lightly coat a 3 1/2- or 4-quart slow cooker with cooking spray; set aside. In a small saucepan bring apple pie filling to boiling. Stir in cherries. Transfer apple mixture to prepared cooker.

2. In a medium bowl stir together flour, granulated sugar, baking powder, and salt. Add milk and melted butter; stir just until combined. Stir in the 1/2 cup walnuts. Pour and evenly spread batter over apple mixture in cooker.

3. For sauce, in the same small saucepan combine apple juice, brown sugar, and the 1 tablespoon butter. Bring to boiling. Boil gently, uncovered, for 2 minutes. Carefully pour sauce over batter in the slow cooker.

4. Cover and cook on high-heat setting for 2 to 2 1/2 hours or until a toothpick inserted near center of cake comes out clean. Remove crockery liner from cooker, if possible, or turn off cooker. Cool, uncovered, for 30 to 45 minutes.

5. To serve, spoon warm cake and sauce into dessert dishes. If desired, top each serving with Sweetened Whipped Cream and additional walnuts.

**Per Serving**: 435 cal., 13 g fat (5 g sat. fat), 18 mg chol., 284 mg sodium, 77 g carb., 3 g fiber, 5 g pro.

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**Nutty Pumpkin-Pie Pudding**

**Prep**: 20 minutes  
**Cook**: 2 1/2 hours (high)  
**Cool**: 30 minutes  
**Makes**: 8 servings

- Nonstick cooking spray
- 1 15-ounce can pumpkin
- 1 5-ounce can evaporated milk *(1/3 cup)*
- 1/4 cup sugar
- 2 tablespoons pumpkin-pie spice
- 1 1-layer-size yellow cake mix
- 1 cup pecans or walnuts, toasted *(see tip, page 6)* and chopped
- 1/4 cup butter, melted
- Frozen whipped dessert topping, thawed (optional)

1. Lightly coat the inside of a 3 1/2- or 4-quart slow cooker with cooking spray. In the prepared cooker stir together pumpkin, evaporated milk, sugar, and the 1 tablespoon pumpkin-pie spice. Bring to boiling. Boil gently, uncovered, for 2 minutes. Carefully pour pumpkin mixture into the slow cooker.

2. In a medium bowl stir together cake mix, nuts, and the remaining 1 tablespoon pumpkin pie spice. Evenly sprinkle over pumpkin mixture in cooker. Drizzle melted butter over all.

3. Cover and cook on high-heat setting for 2 1/2 hours. Remove crockery liner from cooker, if possible, or turn off cooker. Cool, uncovered, for 30 to 45 minutes.

4. To serve, spoon warm pudding into dessert dishes. If desired, top each serving with dessert topping.

**Per Serving**: 349 cal., 20 g fat (5 g sat. fat), 21 mg chol., 278 mg sodium, 42 g carb., 3 g fiber, 4 g pro.
Index

**APPETIZERS**
- Buffalo Wings with Blue Cheese Dip, 5
- Chipotle, Chorizo, and Bean Dip, 2
- Hoisin-Garlic Mushrooms, 6
- Hot Crab Dip, 4
- Jalapeño, Crab, and Corn Dip, 5
- Lemony Artichoke Dip, 3
- Plum-Good Sausage and Meatballs, 6
- Spinach Dip with Blue Cheese and Bacon, 2
- Supreme Pizza Fondue, 4
- Sweet-and-Hot Nuts, 6

**AROUND THE WORLD**
- Chicken and Shrimp Jambalaya, 25
- Chicken Tikka Masala, 24
- German Sausages and Sauerkraut in Beer, 21
- Greek Braised Lamb Chops, 22
- Italian Wedding Soup, 20
- Japanese Cabbage Stew, 22

**DESSERTS**
- Mediterranean Lamb Shanks with Polenta, 23
- Moroccan Tagine-Style Chicken Thighs, 24
- Pot Roast Paprikash, 20
- Simple Hoisin Chicken, 26
- South Indian Lentils with Curry Leaves, 26
- Fire-Roasted Tomato and Italian Sausage Grinders, 9
- Five-Spice Pork Sandwiches, 8
- Jerk Pork Wraps with Lime Mayo, 10
- Lemony Lamb Pitas, 10
- Mu Shu-Style Chicken Wraps, 12
- Pesto Chicken Sandwiches, 11
- Slow-Simmered Pulled Pork Sandwiches, 9

**SOUPS**
- All-American Chili, 15
- Ancho-Beef Stew, 14
- Barley-Beef Soup, 14
- Brazilian Black Bean Stew, 16
- Caribbean Pork Chili, 16
- Chicken Fajita Chili, 17
- Cider Pork Stew, 15
- Creamy Chicken Noodle Soup, 17
- Spicy Vegetable Chili, 18
- Vegetable Stew with Cornmeal Dumplings, 18
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