

SLOW COOKER RECIPES FOR TWO

BLACK BEAN SOUP:

One onion, chopped fine
1 tbsp. vegetable oil
2 garlic cloves, minced
2 tsp. chili powder
1½ cups chicken broth, plus extra as needed
1 cup water
¾ cup dried black beans, picked over and rinsed
3 slices bacon
1 celery rib, cut into ½ inch pieces
1 carrot peeled cut into ½ inch pieces
Salt and Pepper
1 tbsp. minced fresh cilantro

Lightly spray inside of slow cooker with vegetable oil spray. Microwave onion, oil, garlic and chili powder in a bowl, stirring occasionally, until onion is softened, about 5 minutes: transfer to prepared slow cooker. Stir in broth, water, beans, bacon, celery, carrot, ½ tsp. Salt and ½ tsp. pepper. Cover and cook until beans are tender, 6 to 7 hours on low or 4 to 5 hours on high.

Discard bacon. Transfer ½ cup of bean mixture to bowl and mash with potato masher until mostly smooth. Stir mashed bean mixture into soup and let sit until heated through, about 5 minutes. Adjust soup consistency with extra broth as needed. Stir in cilantro and season with salt and pepper to taste, Serve.

MOROCCAN CHICKEN STEW:

2 tbsp. tomato paste
1 tbsp. vegetable oil
1 tbsp. paprika
1 tsp. garam masala
1½ cups chicken broth, plus extra as needed
1 (14 oz.) can chickpeas, rinsed

¼ cup white wine
1 tbsp. instant tapioca
1 pound skinless chicken thighs, trimmed
Salt and pepper, as needed
3 tbsp. Chopped dried apricots

Slightly spray inside of slow cooker bowl with vegetable oil spray. Microwave the tomato paste, oil, paprika, and garam masala in a bowl, stirring occasionally until fragrant, about 1 minute. Then transfer to prepared slow cooker. Stir in broth, chickpeas, wine and tapioca. Season chicken with salt and pepper and nestle into slow cooker. Cover and cook until chicken is tender 3 to 4 hours on low.

Using a large spoon, skim the fat from the surface of the stew. Break up chicken into 1-inch pieces with tongs. Stir in apricots and let sit until heated through, about 5 minutes. Adjust soup consistency with extra broth, as needed. Now season with salt and pepper to taste and serve.

SLOW COOKER HEARTY BEEF STEW:

1 tbsp. vegetable oil
1 tbsp. tomato paste
2 garlic cloves, minced
1 tsp. fresh minced thyme or ¼ tsp. ground
2 cups beef broth, as needed
8 ounces, small red potatoes, unpeeled
2 carrots, peeled and sliced ½ inch thick
1 tbsp. instant tapioca
1 tbsp. soy sauce
Salt and pepper
1 pound sirloin steak tips, trimmed and cut into 1½ inch pieces
2/3 cup frozen peas

Lightly spray the inside of slow cooker bowl with vegetable spray. Microwave oil, tomato paste, garlic, and thyme in bowl, stirring occasionally until fragrant, about 3 minutes. Transfer to prepared slow cooker. Stir in broth, potatoes, carrots, tapioca, soy sauce, ½ tsp. salt and ½ tsp pepper. Season beef with pepper and stir

into slow cooker. Cover and cook until beef is tender, 6 to 7 hours on low or 4 to 5 hours on high.

Using a large spoon, skim the excess fat from the surface of stew. Stir in peas and let sit until heated through, about 5 minutes. Adjust stew consistency with extra broth as needed, season with salt and pepper to taste and serve

SLOW COOKER NEW MEXICAN RED PORK CHILI:

3 tbsp. tomato paste
2 tbsp. chili powder
1 tbsp. vegetable oil
3 garlic cloves, minced
¾ cup chicken broth, plus extra as needed
¼ cup brewed coffee
1 tbsp. instant tapioca
2 tsp. packed brown sugar
1 pound boneless country-style pork ribs, trimmed
Salt and pepper
2 tbsp. minced fresh cilantro
½ tsp. grated lime zest plus 1 and ½ tsp. juice

Lightly spray inside of slow cooker with vegetable oil spray. Microwave tomato paste, chili powder, oil, and garlic in bowl, stirring occasionally, until fragrant about 1 minute; transfer to prepared slow cooker. Stir in broth, coffee, tapioca, and sugar. Season pork with salt and pepper and nestle into slow cooker. Cover and cook until pork is tender, 5 to 6 hours on low or 3 to 4 hours on high.

Using large spoon, skim excess fat from surface of chili. Break pork into about 1-inch pieces with tongs. Adjust chili consistency with extra broth as needed. Stir in cilantro and lime zest and juice and season with salt and pepper to taste and serve.

LEMON CHICKEN BREAST AND POTATOES:

12 ounces red potatoes, unpeeled, cut into 1-inch pieces

2 tbsp. unsalted butter
2 garlic cloves, minced
¼ cup chicken broth
1 tsp. instant tapioca
Salt and pepper
2 (12-ounce) bone-in split chicken breasts, trimmed and brined if desired
1 small sprig fresh rosemary
½ tsp. grated lemon zest plus 1 tsp. Juice

Lightly spray inside of slow cooker with vegetable oil spray. Microwave potatoes, 1 tablespoon butter, and garlic in bowl, stirring occasionally, until potatoes are softened, about 5 minutes: transfer to prepared slow cooker. Stir in broth, tapioca, ¼ tsp. salt and ½ tsp. pepper. Season chicken with salt and pepper and nestle into slow cooker. Cover and cook until chicken is tender, 2 to 3 hours on low.

Transfer chicken to a serving platter, remove skin and tent loosely with aluminum foil. Stir rosemary sprig into potatoes and cook on high until fragrant, about 10 minutes. Discard rosemary sprig. Stir in lemon zest and juice and remaining 1 tbsp. butter and season with salt and pepper to taste. Serve chicken with potatoes and sauce.

CHICKEN PROVENCAL:

1 onion, chopped fine
4 garlic cloves, minced
1 tbsp. olive oil
1 tbsp. tomato paste
½ tsp. minced fresh oregano or 1/8 tsp. dried
1(14.5-ounce) can whole peeled tomatoes
3 tbsp. dry white wine
4(5-7-ounce) bone-in chicken thighs, skin removed, trimmed
Salt and pepper
2 tbsp. coarsely chopped pitted nicoise olives
2 tbsp. minced fresh parsley

Lightly spray inside of slow cooker with vegetable oil spray. Microwave onion, garlic, oil, tomato paste, and oregano in bowl, stirring occasionally, until onion is softened, about 5 minutes; transfer to prepared slow cooker.

Pulse tomatoes and their juice in food processor until almost smooth, about 10 pulses. Stir tomatoes and wine into slow cooker. Season chicken with salt and pepper and nestle into slow cooker. Cover and cook until chicken is tender, 3 to 4 hours on low.

Transfer chicken to serving platter. Stir olives and parsley into sauce and season with salt and pepper to taste. Pour sauce over chicken and serve.

SOUTHERN STYLE CHICKEN AND DIRTY RICE:

4 ounces kielbasa sausage, cut into 1/2-inch pieces
1 onion, chopped fine
1 red bell pepper, stemmed, seeded, and cut into 1/2-inch pieces
2 garlic cloves, minced
2 tsp. chili powder
2 tsp. minced fresh thyme or ½ tsp. dried
2 cups cooked rice
Salt and pepper
1 pound boneless, skinless chicken thighs, trimmed
2 scallions, sliced thin

Lightly spray inside of slow cooker with vegetable oil spray. Microwave kielbasa, onion, bell pepper, garlic, chili powder and thyme in bowl, stirring occasionally until vegetables are softened, about 5 minutes; transfer to prepared slow cooker. Stir in rice, ¼ tsp. salt, and ½ tsp. pepper. Season chicken with salt and pepper and nestle into slow cooker. Cover and cook until chicken is tender, 4 to 5 hours on low.

Transfer chicken to cutting board, Let cool slightly, then shred into bite-size pieces using 2 forks. Gently stir shredded chicken and scallions into slow cooker and season with salt and pepper to taste. Now serve.

POACHED SALMON:

1 lemon, sliced $\frac{1}{4}$ inch thick, plus 1 tbsp. juice
1 and $\frac{1}{2}$ tsp. minced fresh dill, stems reserved
2 (6-to8-ounce) skin-on salmon fillets, 1 and $\frac{1}{2}$ inches thick
Salt and pepper
 $\frac{1}{4}$ cup sour cream
1 tsp. Dijon mustard

Fold sheet of aluminum foil into 12 by 9-inch sling and press widthwise into slow cooker. Arrange lemon slices in a tight single layer in bottom of prepared slow cooker. Scatter dill stems over lemon slices. Pour water into slow cooker until it's even with lemon slices (about $\frac{1}{2}$ cup water). Season salmon with salt and pepper and place skin side down on top of lemon slices. Cover and cook until salmon is opaque throughout when checked with tip of paring knife and registers 135 degrees, 1 to 2 hours on low.

Combine sour cream, mustard, lemon juice, and minced dill in bowl and season with salt and pepper to taste. Using sling, transfer fillets to baking sheet. Gently lift and tilt fillets with spatula to remove dill stems and lemon slices and transfer fillets to individual plates. Serve with sauce.

ASIAN – STYLE BRAISED SHORT RIBS:

$\frac{1}{2}$ chicken broth
 $\frac{1}{3}$ cup hoisin sauce
3 scallions, white parts minced, green parts sliced thin
1 tbsp. Asian chili-garlic sauce
2 tsp. instant tapioca
2 (10-ounce) boneless beef short ribs, trimmed
Salt and pepper

Lightly spray inside of slow cooker with vegetable oil spray. Combine broth, hoisin, scallion whites, chili-garlic sauce, and tapioca in prepared slow cooker. Season beef with salt and pepper and nestle into slow cooker. Cover and cook

until beef is tender, 8 to 9 hours on low or 5 to 6 hours on high.

Transfer short ribs to serving platter, tent loosely with aluminum foil, and let rest for 5 minutes. Using large spoon, skim excess fat from surface of sauce. Pour sauce over short ribs and sprinkle with scallion greens. Serve.

SMOTHERED PORK CHOPS:

1 onion, halved and sliced ½ inch thick

1 tbsp. vegetable oil

2 garlic cloves, minced

1 tsp. minced fresh thyme or ¼ tsp. dried

1/2 cup chicken broth

1 tbsp. soy sauce

2 tsp. instant tapioca

Salt and pepper

2(8-to 10-ounce) bone-in blade-cut pork chops, ¾ to 1 inch thick, trimmed and brined if desired

4 slices bacon, chopped

2 tbsp. minced parsley

1 and ½ tsp. cider vinegar

Lightly spray inside of slow cooker with vegetable oil spray. Microwave onion, oil, garlic, and thyme in bowl, stirring occasionally until onion is softened, about 5 minutes; transfer to prepared slow cooker. Stir in broth, soy sauce, tapioca, and ½ tsp. pepper. Cut 2 slits, about 2 inches apart, through outer layer of fat and silver skin on each chop. Season chops with salt and pepper and nestle into slow cooker. Cover and cook until pork is tender, 2 to 3 hours on low.

Transfer chops to serving platter and tent loosely with aluminum foil. Line plate with a double layer of coffee filters. Spread bacon in an even layer over filters and microwave until crisp, about 5 minutes. Using a large spoon, skim excess fat from surface of sauce. Stir in parsley and vinegar and season with salt and pepper to taste. Pour sauce over chops and sprinkle with crisp bacon and serve.

RED LENTIL STEW:

1 tbsp. vegetable oil
2 garlic cloves, minced
1½ tsp. garam masala
Pinch red pepper flakes
1¼ cups water, plus extra as needed
2 carrots, peeled and cut into ¼-inch pieces
½ cup red lentils - picked over and rinsed
Salt and pepper
2 tomatoes, cored and cut into ½-inch pieces
¾ cup canned coconut milk
⅓ cup frozen peas
1 tbsp. minced fresh cilantro

Lightly spray inside of slow cooker with vegetable oil spray. Microwave oil, garlic, garam masala, and pepper flakes in bowl, stirring occasionally, until fragrant, for about 1 minute: transfer to prepared slow cooker. Stir in water, carrots, lentils, ½ tsp. salt, and ½ tsp. pepper. Cover and cook until lentils are very tender and broken down, 3 to 4 hours on low or 2 to 3 hours on high.

Stir in tomatoes, coconut milk, and peas, cover and cook on high until heated through, about 5 minutes. Adjust stew's consistency with extra hot water as needed. Stir in cilantro and season with salt and pepper to taste. Serve.

SLOW COOKER GINGER CHICKEN BREASTS:

1 shallot minced
1 tbsp. vegetable oil
1 tbsp. grated fresh ginger
2 garlic cloves, minced
¼ cup chicken broth
1 tbsp. soy sauce
1 tsp. instant tapioca
2 tsp. sugar
2 (12-ounce) bone-in split chicken breasts, trimmed

Salt and Pepper

1 scallion, sliced thin

Lightly spray the inside of slow cooker with vegetable-oil spray. Microwave shallot, oil, 2 tsp. ginger, and garlic in bowl, stirring occasionally, until fragrant, about 1 minute: transfer to prepared slow cooker. Stir in broth, soy sauce, tapioca, and sugar. Season chicken with salt and pepper and nestle into slow cooker. Cover and cook until chicken is tender, 2 to 3 hours on low.

Transfer chicken to a serving platter and remove skin. Whisk the remaining 1 tsp. ginger into sauce until smooth and season with salt and pepper, to taste. Spoon 1/2 cup sauce over chicken, sprinkle with scallion, and serve remaining sauce separately.