

Food Advocate

Monthly Newsletter
December 2023: Crockpot Recipes

HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different category of food will be introduced, whether that is plant-based meals or gluten free meals; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations, feel free to email me at cinsley@harfordcaa.org. Previous newsletters can be found at harfordcaa.org under Programs> Food Advocacy Program> Food Advocacy Newsletter.



Crockpot Recipes

The following recipes are ideal for the colder months, and are super easy to make! If you do not own a crockpot you can also cook the following recipes on your stovetop. Below, you will find soups, roasts, and maybe even something sweet!



Southwest Bean & Corn Soup

Yield: 6 servings

Ingredients:

- 3 1/2 cups low-sodium vegetable broth
- 1 15 oz. can black beans, drained and rinsed
- 1 14.75 oz. can cream-style corn
- 1 14.75 oz. can diced tomatoes with green chilis (not drained)
- 1 cup frozen sweet corn kernels
- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 1/2 cup fat-free milk
- 1 tsp. chopped garlic
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/4 tsp. black pepper
- 1/4 cup instant mashed potato flakes
- 1/4 cup light sour cream
- 1/4 cup fresh cilantro, chopped



Directions:

1. In a slow cooker, mix together all of the ingredients except the potato flakes, sour cream, and cilantro. Cover and cook on high for 3-4 hours or on low for 7-8 hours.
2. Add the potato flakes and sour cream until texture is even. Sprinkle with cilantro and serve!

Savory Pot Roast

Ingredients:

- 1 10 3/4 oz. can Campbell's Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 1 envelope (about 1 oz.) dry onion soup and recipe mix
- 6 small red potato's, cut in half
- 6 medium carrots, cut into 2-inch pieces (about 3 cups)
- 1 boneless beef bottom round roast or chuck pot roast (3 to 3 1/2 lbs.)

Directions:

1. Combine the mushroom soup, soup mix, potatoes, and carrots in the slow cooker. Add the beef and turn to coat.
2. Cover and cook on high for 4-5 hours or on low for 8-9 hours or until the beef is fork-tender.



Pulled Pork

Yield : 6 servings

Ingredients:

- 2 lb. pork tenderloin
- 2/3 cup low sodium chicken broth
- 1/2 tbsp. garlic powder
- 1/2 tbsp. onion powder
- 2/3 cup low sugar BBQ sauce
- Salt and pepper to taste



Directions:

1. Cut the silver part of the pork tenderloin and any excess fat off of it. Add the pork tenderloin to the slow cooker with the broth, BBQ sauce, onion powder, garlic powder, salt and pepper.
2. Cook on high for 3-4 hours or on low for 6-8 hours. The meat should fall apart and shred easily with tongs or a fork. Shred the meat, then serve alone, over a salad or on a bun or tortilla.

Chicken Pot Pie Stew

Yield: 6 servings

Ingredients:

- 1 lb. chicken breasts, boneless and skinless
- 1 large yellow onion, diced
- 3 stalks celery, diced
- 3 carrots, diced
- 3 cloves garlic, minced
- 1 1/2 tsp. kosher salt
- 1 tsp. ground black pepper
- 1 tsp. thyme
- 1 tsp. dried oregano
- 3 1/2 cups chicken broth/stock
- 1 bay leaf
- 1/3 cup frozen corn kernels
- 1/3 cup frozen pearl onions
- 1/3 cup frozen peas
- 1/2 cup plain Greek yogurt



Directions:

1. Add the chicken, yellow onion, celery, carrots, garlic, salt, pepper, thyme, oregano, and chicken broth/stock to the slow cooker. Stir to combine.
2. Add the bay leaf, cover, and cook on low for 4-5 hours, or until the chicken is cooked through and the vegetables are tender.
3. Remove and discard the bay leaf. Then remove the chicken breast, shred, and set aside.
4. Measure out 1 1/2 to 2 cups of the liquid and contents from the slow cooker and place it in a blender. Puree until smooth, then add it back to the slow cooker.
5. Return the cooked, shredded chicken to the slow cooker, followed by the frozen peas, frozen carrots, frozen pearl onions, and Greek yogurt.
6. Cover and cook an additional 30 minutes, until the frozen vegetables have heated through. Season to taste before serving.

Crockpot Hot Chocolate

Yield: 8 servings

Ingredients:

- 8 ounces low-fat sweetened condensed milk
- 1/4 cup cocoa powder
- 4 cups skim milk or milk substitute
- 1 tsp. vanilla extract
- 1 cup semi-sweet chocolate chips
- Optional toppings: marshmallows, low fat whipped cream

Directions:

1. Add the sweetened condensed milk, cocoa powder, milk, and vanilla extract to a slow-cooker and turn it on high.
2. After 30 minutes, whisk in the chocolate chips and stir until they melt.
3. Turn to low and heat for 2+ hours.

