

From: *Diabetic Living Magazine*

## Chicken Chili

Let your slow cooker do the work for this zesty chicken chili with white kidney beans, sweet and hot peppers, and lots of herbs and spices.

- Nonstick cooking spray
- 8 ounces skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 (15 ounce) can white kidney beans (cannellini) or Great Northern beans, rinsed and drained
- $\frac{3}{4}$  cup reduced-sodium chicken broth
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup chopped onion
- $\frac{1}{3}$  cup chopped green sweet pepper
- 1 small fresh jalapeño chile pepper, seeded and finely chopped (see Tips)
- $\frac{1}{4}$  teaspoon ground cumin
- $\frac{1}{4}$  teaspoon dried oregano, crushed
- $\frac{1}{8}$  teaspoon ground white pepper
- 1 clove garlic, minced
- 2 tablespoons chopped tomato
- 2 tablespoons sliced green onion
- 2 tablespoons shredded reduced-fat Monterey Jack cheese (  $\frac{1}{2}$  ounce)



### Preparation

- Prep 25 m
  - Ready In 5 h 25 m
1. Lightly coat an unheated medium skillet with cooking spray. Heat skillet over medium-high heat. Brown chicken in hot skillet; drain chicken, if necessary.
  2. In a 1-  $\frac{1}{2}$ -quart slow cooker combine chicken, beans, broth, the water, onion, sweet pepper, chile pepper, cumin, oregano, white pepper, and garlic.
  3. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2-  $\frac{1}{2}$  to 3 hours. If no heat setting is available, cook for 4 to 5 hours. Sprinkle each serving with tomato, green onion, and cheese.
- Tips: 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.
  - For easy cleanup, line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

### Nutrition information

- Serving size: 1 cup
- Per serving: 194 calories; 2 g fat(1 g sat); 7 g fiber; 23 g carbohydrates; 28 g protein; 12 mcg folate; 47 mg cholesterol; 2 g sugars; 264 IU vitamin A; 18 mg vitamin C; 87 mg calcium; 2 mg iron; 446 mg sodium; 472 mg potassium
- Nutrition Bonus: Vitamin C (30% daily value)
- Carbohydrate Servings: 1 $\frac{1}{2}$

## Aztec Corn Chowder

In just five minutes, throw together a creamy, fiber-rich corn chowder that's short on carbs but not on flavor. Simply toss the ingredients in the slow cooker for 5 to 6 hours. Enjoy a 1/2-cup serving for just 15 grams of carb.

- **Makes:** 6 servings
- **Serving Size:** 1 cup

### Ingredients

- **3/4 cup** dry yellow split peas
- **2 14 1/2 - ounce cans** reduced-sodium chicken brot
- **1 cup** water
- **1 12 - ounce package** frozen corn kernels
- **1/2 cup** chopped bottled roasted red sweet pepper
- **1 4 - ounce can** diced green chiles
- **1 teaspoon** ground cumin
- **1/2 teaspoon** dried oregano, crushed
- **1/2 teaspoon** dried thyme, crushed
- **1/2 cup** tub-style cream cheese spread with chive and onion



### Directions

1. Rinse peas. In a 3 1/2- to 4-quart slow cooker, combine the split peas, chicken broth, water, corn, red peppers, chiles, cumin, oregano, and thyme. Cover and cook on high-heat setting for 5 to 6 hours. Cool 10 minutes.
2. Transfer 2 cups soup to a food processor or blender. Cover and process or blend until smooth. Return pureed soup to the slow cooker. Add the cream cheese to cooker; whisk or stir into soup until cream cheese is melted. If necessary, cover and cook about 5 minutes or until heated through.

### Tip

- Tip: For easy cleanup, line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

### Nutrition Facts Per Serving:

Servings Per Recipe: 6

PER SERVING: 222 cal., 7 g total fat (5 g sat. fat), 20 mg chol., 456 mg sodium, 30 g carb. (8 g fiber, 5 g sugars), 11 g pro.

## Spinach, Chicken, and Wild Rice Soup

Use leftover Thanksgiving or Christmas turkey for this main dish soup—or stop by the deli. Suitable for diabetic meal plans, this low-calorie slow-cooker soup develops excellent savory flavors with minimal attention from the cook.

- Prep 20 m
- Ready In 7 h 20 m



### Ingredients

- 3 cups water
- 1 (14 ounce) can reduced-sodium chicken broth
- 1 (10.75 ounce) can reduced-fat and reduced-sodium condensed cream of chicken soup
- $\frac{2}{3}$  cup uncooked wild rice, rinsed and drained
- $\frac{1}{2}$  teaspoon dried thyme, crushed
- $\frac{1}{4}$  teaspoon ground black pepper
- 3 cups chopped cooked chicken or turkey
- 2 cups shredded fresh spinach

### Preparation

1. In a 3-  $\frac{1}{2}$ - or 4-quart slow cooker, combine the water, broth, cream of chicken soup, uncooked wild rice, thyme, and pepper.
2. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3-  $\frac{1}{2}$  to 4 hours.
3. To serve, stir in chicken and spinach.
  - Tip: For Easy Cleanup: Line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

### Nutrition information

- Serving size: 1 $\frac{1}{2}$  cups
- Per serving: 216 calories; 4 g fat(1 g sat); 2 g fiber; 19 g carbohydrates; 26 g protein; 39 mcg folate; 64 mg cholesterol; 2 g sugars; 1,186 IU vitamin A; 3 mg vitamin C; 28 mg calcium; 1 mg iron; 397 mg sodium; 313 mg potassium
- Nutrition Bonus: Vitamin A (24% daily value)

## Roasted Tomato and Vegetable Soup

This hearty vegetarian slow cooker soup is brimming with nutrients in the form of onions, butternut squash, carrots, zucchini, broccoli, and more. Plus, it is low in carbs and calories and will fit into a healthy eating plan.



### Ingredients

- 1 medium onion, chopped
- 1 stalk celery, sliced
- 1 medium carrot, chopped
- 1 teaspoon bottled minced garlic (2 cloves)
- 3 (14.5 ounce) cans reduced-sodium chicken broth
- 2 cups cubed peeled butternut squash
- 1 (14.5 ounce) can fire-roasted diced tomatoes or one 14- ½-ounce can diced tomatoes, undrained
- 1 15- to 19-ounce can white kidney beans (cannellini beans), rinsed and drained
- 1 small zucchini, halved lengthwise and sliced
- 1 cup small broccoli and/or cauliflower florets
- 1 tablespoon snipped fresh oregano or 2 teaspoons dried oregano, crushed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Freshly shredded Parmesan cheese (optional)

### Preparation

- Prep 30 m
- In a 3- ½- to 4-quart slow cooker combine onion, celery, carrot, garlic, broth, squash, tomatoes, beans and dried oregano (if using). Cover and cook on low-heat setting for 7 to 8 hours *or* on high-heat setting for 3- ½ to 4 hours. If using low-heat setting, turn cooker to high-heat setting. Add zucchini, broccoli, fresh oregano (if using), salt and pepper. Cover and cook 30 minutes more.
- If desired, sprinkle each serving with Parmesan cheese.

### Nutrition information

- Serving size: 1 serving
- Per serving: 92 calories; 2 g fat(0 g sat); 4 g fiber; 16 g carbohydrates; 6 g protein; 24 mcg folate; 0 mg cholesterol; 3 g sugars; 1,533 IU vitamin A; 22 mg vitamin C; 46 mg calcium; 1 mg iron; 641 mg sodium; 318 mg potassium
- Nutrition Bonus: Vitamin C (37% daily value), Vitamin A (31% dv)

## Coffee-Braised Brisket

A coffee, brown sugar, and paprika rub gives this slow cooker brisket a complex sweet-and-spicy flavor. Use a brown sugar substitute to bring this already low-carb meal down to just 5 grams of carb per serving.

- **Serving Size:** 8 (3 1/2 ounces cooked meat and 1/4 cup cooked onion)
- **Carb Grams Per Serving:** 8



## Ingredients

- **2 tablespoons** packed brown sugar or brown sugar substitute\* equivalent to 2 tablespoons brown sugar
- **1 tablespoon** ground coffee
- **1 tablespoon** paprika
- **1 teaspoon** garlic powder
- **1 teaspoon** ground black pepper
- **1 teaspoon** salt
- **1 3 - pound** boneless beef brisket
- **2 large** onion, sliced
- **1/2 cup** strong brewed coffee
- **1 tablespoon** balsamic vinegar

## Directions

1. In a small bowl combine brown sugar, ground coffee, paprika, garlic powder, pepper, and salt. Trim fat from brisket. Rub mixture over all surfaces of the brisket.
2. If necessary, cut meat to fit into a 3 1/2- or 4-quart slow cooker. Place meat in cooker. Place onion slices over brisket. Combine coffee and vinegar, pour over onions.
3. Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4 1/2 to 5 hours. Transfer meat to a cutting board. Slice meat across the grain. With a slotted spoon remove the onions from the cooking liquid. Serve with meat.

## Tip

- \*Sugar Substitutes: Choose from Sweet 'N Low® Brown or Sugar Twin® Granulated Brown. Follow package directions to use product amount equivalent to 2 tablespoons sugar.
- \*Sugar Substitutes: Nutrition per serving: same as above except 216 calories, 5 g carbohydrate, 2 g total sugar, 416 mg sodium, 3% calcium Exchanges: 1 vegetable and 0 other carb Carb Choice: 0

## Tip

- Tip: For easy cleanup, line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

## Nutrition Facts Per Serving:

PER SERVING: 229 cal., 8 g total fat (3 g sat. fat), 98 mg chol., 417 mg sodium, 8 g carb. (1 g fiber, 5 g sugars), 32 g pro.

## Pork Zuppa

This creamy zuppa -- soup in Italian -- features savory pork, chunks of potatoes, and nutrient-rich kale. Seasoned with garlic, oregano, and crushed red pepper, this diabetes-friendly slow cooker meal is a good source of protein, calcium, and iron.

- **Makes:** 6 servings
- **Serving Size:** 1 1/3 cups
- **Carb Grams Per Serving:** 19

### Ingredients

- **1 pound** ground pork
- **1 large** onion, chopped (1 cup)
- **2 cloves** garlic, minced
- **1 teaspoon** dried oregano, crushed
- **1/4 teaspoon** salt
- **1/4-1/2 teaspoon** crushed red pepper
- **4 cups** reduced-sodium chicken broth
- **12 ounces** tiny red new potatoes, each cut into 8 pieces
- **1 12 - ounce can** fat-free evaporated milk
- **2 tablespoons** cornstarch
- **2 cups** chopped fresh kale
- Crushed red pepper (optional)



### Directions

1. In a large skillet cook pork, onion, and garlic over medium heat until meat is browned and onion is tender; drain off fat. Return meat mixture to skillet; add oregano, salt, and crushed red pepper. Cook for 1 minute more. Transfer to a 3-1/2- or 4-quart slow cooker. Add broth and potatoes.
2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. If using low-heat setting, turn to high-heat setting. In a small bowl combine evaporated milk and cornstarch until smooth; stir into cooker. Stir in kale. Cover and cook for 30 to 60 minutes more or until bubbly around edge of cooker. If desired, sprinkle with additional crushed red pepper.

### Tip

- For Easy Cleanup: Line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

**Nutrition Facts Per Serving:** Servings Per Recipe: 6

PER SERVING: 303 cal., 12 g total fat (4 g sat. fat), 53 mg chol., 542 mg sodium, 19 g carb. (2 g fiber, 4 g sugars), 20 g pro.

# Slow-Cooker Beef Stew

## Ingredients

- 3 pounds boneless beef chuck, trimmed and cut into 1½-inch pieces
- 1 teaspoon salt, divided
- 1 teaspoon ground pepper, divided
- ½ cup all-purpose flour
- 4 tablespoons extra-virgin olive oil, divided
- 1 large onion, halved and sliced
- 1½ pounds Yukon Gold potatoes, cut into 1½ -inch pieces
- 1 pound carrots, cut into 2-inch lengths
- ¾ cup red wine
- 1½ cups low-sodium beef broth
- 1 (6 ounce) can tomato paste
- 1 teaspoon dried thyme
- 1 small bay leaf
- Chopped fresh parsley for garnish



## Preparation

- Prep 40 m
  - Ready In 4 h 40 m
1. Place beef in a large bowl and season with ½ teaspoon each salt and pepper. Add flour and toss to coat. Shake off excess flour back into the bowl and reserve.
  2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add about a third of the beef to the pan. Cook until brown on all sides, about 4 minutes. Transfer to a 6-quart slow cooker. Add 1 tablespoon oil to the pan and cook the remaining beef in 2 more batches, adjusting the heat as needed. Transfer to the slow cooker.
  3. Add the remaining 1 tablespoon oil and onion to the pan. Cook on medium heat, stirring, until soft, about 8 minutes. Add the onion to the slow cooker along with potatoes and carrots. Add wine to the pan and scrape up any browned bits. Pour into the slow cooker.
  4. Whisk broth, tomato paste, thyme, bay leaf and the remaining ½ teaspoon each salt and pepper into the flour left in the bowl. Pour over the stew ingredients and stir well.
  5. Cover the slow cooker and cook on High for 4 hours or on Low for 7½ hours. Serve the stew sprinkled with parsley, if desired.
- Equipment: 6-quart slow cooker

## Nutrition information

- Serving size: generous 1¼ cups
- Per serving: 590 calories; 20 g fat(6 g sat); 5 g fiber; 32 g carbohydrates; 64 g protein; 76 mcg folate; 177 mg cholesterol; 8 g sugars; 0 g added sugars; 9,814 IU vitamin A; 17 mg vitamin C; 76 mg calcium; 7 mg iron; 624 mg sodium; 1,363 mg potassium

# Roasted Salmon Rice Bowl with Beets & Brussels

From: EatingWell.com, December 2017

Roasting vegetables and salmon together on one sheet pan while the rice cooks makes an easy, satisfying meal packed with protein, whole grains and veggies. To ensure that you're getting 100 percent whole grains, look for a wild rice blend that consists of wild and brown rice.

## Ingredients

- 1 cup wild rice blend
- 2 medium golden beets, peeled and cut into ½-inch wedges
- 8 ounces Brussels sprouts, trimmed and halved
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 1 lemon
- 1 pound wild-caught salmon fillet, cut into 4 portions
- 2 rosemary sprigs, cut in half
- 2 tablespoons chopped fresh herbs, such as thyme, basil or rosemary
- 1 clove garlic, minced
- 1 tablespoon chopped pistachios



## Preparation

- Prep 40 m
  - Ready In 50 m
- \*All ingredients may be placed in slow cooker for easy prep, low 6-8 hours, high 4 hours\*
1. Preheat oven to 425°F.
  2. Cook rice blend according to package directions.
  3. Meanwhile, toss beets and Brussels sprouts with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. After the rice has cooked for 10 minutes, spread the vegetables on a large rimmed baking sheet and roast until just beginning to brown and soften, about 15 minutes.
  4. Cut lemon in half crosswise. Cut half the lemon into 4 slices (reserve the other lemon half). Push the beets and Brussels sprouts to one side of the baking sheet and place salmon on the empty half. Sprinkle the salmon with ¼ teaspoon each salt and pepper and top each piece of salmon with a rosemary sprig and a lemon slice. Continue roasting until the vegetables have softened and the salmon is opaque in the center, 9 to 11 minutes more.
  5. Meanwhile, squeeze the juice from the remaining lemon half into a small bowl. Whisk in the remaining 2 tablespoons oil, herbs, garlic and the remaining ¼ teaspoon each salt and pepper.
  6. Divide the rice among 4 bowls. Discard the lemon slices and rosemary sprig. Arrange the salmon and vegetables on top of the rice. Drizzle each serving with about 1 tablespoon lemon juice mixture and sprinkle with pistachios.

## Nutrition information

- Serving size: 1 bowl
- Per serving: 449 calories; 16 g fat(3 g sat); 7 g fiber; 45 g carbohydrates; 32 g protein; 137 mcg folate; 53 mg cholesterol; 6 g sugars; 0 g added sugars; 704 IU vitamin A; 58 mg vitamin C; 95 mg calcium; 3 mg iron; 544 mg sodium; 988 mg potassium

# Crockpot Minestrone Soup

We can all agree crockpots make life easy! Try this Crockpot Minestrone for an easy weeknight meal!

Course: Soup

Author: Kroll's Korner

## Ingredients

- 4 cups vegetable stock
- 2 cups water
- 1 can kidney beans drained and rinsed
- 1 can great northern beans drained and rinsed
- 2 15oz cans crushed tomatoes Or 1 large can (28 oz) is OK
- 2 bay leaves
- 5 stalks celery diced
- 1 cup carrots fresh, diced
- 1 cup yellow onion diced
- 8 red potatoes chopped
- 4-5 cloves garlic
- 1 Tbsp. Italian seasoning
- 1/4 cup sun dried tomato pesto I used store bought
- 1 1/2 cups zucchini diced
- 1 1/2 cups pasta I used the little tubes, it can really be any small pasta
- 1 cup green beans frozen
- 2.5 cups baby spinach frozen
- salt and pepper to taste
- Parmesan cheese for garnish



## Instructions

1. Get out the crockpot! Place the crushed tomatoes, pesto, carrots, potatoes, celery, onion, garlic, seasonings and bay leaves into the crockpot. Add in the vegetable stock and water.
2. Cover and cook these ingredients for 6-8 hours on low. Or you can cook on high for 3-4 hours.
3. After those 6-8, or 3-4 hours...add in the kidney beans, great northern beans, zucchini and pasta. Cook this for about 20 minutes. Then once pasta is cooked, add in the spinach and green beans at the very end. Cook for another 5. Add parmesan right before serving. And that's it!

## Recipe Notes

This recipe makes a full crock pot of soup, probably for 15+ people!

\*\* Optional to keep the noodles separate from the soup so they do not absorb all of the liquid. This is a good method to try with all soups that call for pasta!