

Shopping List: 3 Slow Cooker Vegetarian Dishes

Fresh Produce

5 cloves garlic
2 medium onions
2 carrots
1 stalk celery
1 medium sweet potatoes, 1 small
1 cup spinach, kale or chard
½ green bell pepper
2 green chilies
1 lemon juiced, optional
1 pound bag of frozen white corn

2 Teaspoon dried oregano or Italian seasoning
3 Tablespoon lemon juice

Liquid Goods

1 cup low-sodium chicken stock

Dry Goods

½ cup dried lentils
2 cup cooked beans
2 cans of white beans
14 ounce fire-roasted diced tomatoes
can

Dairy

Plain yogurt, sour cream, or shredded cheese optional

Meat or Substitutes

Tofu

Pantry Staples

Add items to list if you don't already have them

1 Teaspoon chili powder
Salt and black pepper
¼ Teaspoon dried oregano
¼ Teaspoon dried thyme
1 small bay leaf
Olive oil
1 Teaspoon unsweetened cocoa powder
1½ Teaspoon cumin

Slow Cooker Lentil Soup

Lentils have a high nutritional value that anyone can benefit from by incorporating this healthy legume into their diet

Makes 4 servings. 1 cup per serving.

Ready in 6 hours 15 minutes.

Ingredients

½ Cup dried lentils *rinsed*
2 Cup water
1 Celery rib
1 Carrot *diced*
¼ Onion *diced*
1 Small sweet potato *diced*
1 Clove garlic *minced*
¼ Teaspoon dried oregano
¼ Teaspoon dried thyme
¼ Teaspoon salt
1 Teaspoon pepper
1 Lemon *juiced, optional*
1 Teaspoon vinegar *optional*
1 Cup spinach, kale or chard

Directions

1. Combine all ingredients in the slow cooker except for lemon juice and greens. Cook on low heat for 6-8 hours, or until lentils are cooked.
2. If using heartier greens (such as kale), add 30 minutes before the soup is done. If using more delicate greens (such as spinach), stir them in at the end of the cooking process and let sit for 5 minutes covered.
3. Serve soup with a squirt of lemon juice or vinegar.

Nutrition information per serving: Calories 140, Total Fat 0.5g, Saturated Fat 0.1g, Carbohydrates 27.5g, Protein 7.7g, Dietary Fiber 10.4g, Sodium 145.1mg

Recipe Source: Leah's Pantry

Slow Cooker Veggie Chili

Try this Veggie Chili tonight with your family. It's high in fiber and vitamin C, plus the spices give it an extra kick!

Makes 7 servings. 1 cup per serving.

Ready in 8 hours 15 minutes.

Ingredients

½ Medium onion *chopped*
½ Green bell pepper *chopped*
2 Garlic cloves *chopped*
1 Teaspoon chili powder
1 Teaspoon ground cumin
1 Teaspoon unsweetened cocoa powder
¼ Salt
¼ Pepper
14 Ounce fire-roasted diced tomatoes *can*
2 Cup cooked beans
½ Medium sweet potato *peeled and chopped*
½ Cup water

Directions

1. Combine all ingredients in the slow cooker and cook on LOW for 7-8 hours, or HIGH for 4 hours, or until the chili has thickened and the vegetables are cooked.

Nutrition information per serving: Calories 92, Total Fat 2.9g, Saturated Fat 0.4g, Dietary Fiber 3.6g, Sodium 136mg

Recipe Source: Leah's Pantry

White Chili

Use chicken broth in this recipe for a richer flavor.

Makes 6 servings. 1 cup per serving.
Ready in 10 minutes.

Ingredients

½ Onion *chopped*
2 Garlic cloves *minced*
1 Large carrot *chopped in small pieces*
1 Pound bag of frozen white corn
2 Cans of white beans *drained and rinsed*
2 Fresh green chilies *minced*
1 Cup water or low-sodium broth
3 Tablespoon lemon juice
1½ Teaspoon cumin
2 Teaspoon dried oregano or Italian seasoning
Salt and black pepper to taste
Plain yogurt, sour cream, or shredded cheese *optional*

Directions

1. Cook onion in a little oil over medium heat.
2. Add garlic and cook for 2 minutes.
3. Put remaining ingredients in pot. Cook on medium heat for 30 minutes.

Slow Cooker Directions

1. Put everything except optional ingredients into a slow cooker.
2. Cook on low for 8-9 hours, or high for 4-6.
3. Serve with yogurt, sour cream, or cheese on top.

Rice Cooker Directions

1. Combine everything in a rice cooker and cook for 1 or 2 cycles, until the beans are as tender as you like them.

Recipe Source: Leah's Pantry