

Slow Cooking Recipes for the Slow Cooker or the Dutch Oven!

Whether you choose to cook your meals with a slow cooker or a Dutch oven, you can't go wrong! You are guaranteed a great meal full of flavors and a house that smells so good. So let's start cooking!

Split Pea Soup

Serves 8 - Prep. time 10 minutes

Cooking time Slow Cooker 6-8 hours - Dutch Oven 2 ½ -3 hours

Ingredients

3 cups split peas (green or yellow)
1 ham bone with some meat
4 carrots, peeled and diced
1 large onion, diced
3 stalks celery, diced
1 bay leaf (optional)
1 tablespoon salt
1 teaspoon ground black pepper
½ teaspoon cayenne pepper
8 cups water, or as needed
½ cup heavy cream

Slow Cooker Directions

1. Combine all the ingredients EXCEPT the cream in the slow cooker and cook for 6 hours on HIGH or 8 hours on LOW.
2. When you are ready to serve, remove the ham bone from the soup and cut off any remaining meat. Dice it into small pieces and add it back to the soup. Remove the bay leaf.
3. Taste the soup, and add more salt, pepper, or water if desired. Stir in the cream and serve.

Dutch Oven Directions

1. Combine all the ingredients EXCEPT the cream in the pot. Bring it to a boil, and reduce the heat to simmer. Cook for 2 ½ to 3 hours, stirring occasionally and skimming any foam from the top.
2. When you are ready to serve, remove the ham bone from the soup and cut off any remaining meat. Dice it into small pieces, and add it back to the soup. Remove the bay leaf.
3. Taste the soup, and add more salt, pepper, or water if desired. Stir in the cream, and serve.

Nutritional information

Calories 275, Fat 9.5 g, Carbs 38.6 g,
Protein 20.5 g, Sodium 1373 mg

Creamy Lemon Garlic Chicken

Serves 4 - Prep. time 10 minutes

Cooking time Slow Cooker 4-6 hours - Dutch Oven 1 hour

Ingredients

4 boneless skinless chicken breasts, halved
2 teaspoons sweet paprika
1 teaspoon salt
½ teaspoon black pepper
3 tablespoons butter, divided
3 cloves garlic
1 cup chicken broth
2 tablespoons lemon juice
½ teaspoon dried thyme
½ cup heavy cream
¼ cup freshly grated Parmesan cheese
2 cups baby spinach
2 cups brown rice, for serving

Slow Cooker Directions

1. Season the chicken with the paprika, salt, and pepper.
2. In a skillet over medium heat, melt 2 tablespoons of the butter. Brown the chicken on both sides, and transfer it to the slow cooker.
3. Melt the remaining tablespoon of butter and cook the garlic until it is fragrant. Pour the chicken broth into the skillet, and stir to deglaze. Stir in the lemon juice, and transfer the sauce to the slow cooker with the chicken. Sprinkle with thyme.
4. Cover, and cook on LOW for 5 ½ hours, or HIGH for 3 ½ hours.
5. Thirty minutes before serving, add the cream, Parmesan, and spinach to the slow cooker. Cover, and cook to heat through.
6. Serve over half a cup of brown rice.

Dutch Oven Directions

1. Preheat the oven to 375°F.
2. Season the chicken with the paprika, salt, and pepper.
3. In the Dutch oven over medium heat, melt 2 tablespoons of the butter. Brown the chicken on both sides, and remove it to a platter. Cover, and keep it warm.
4. Melt the remaining tablespoon of butter and cook the garlic until it is fragrant. Pour the chicken broth into the pot, and stir to deglaze. Stir in the lemon juice, and add the chicken back to the pot. Sprinkle with thyme.

5. Cover, and bake for 25 minutes, until the chicken is cooked through and tender.
6. Remove the pot from the oven, and stir in the cream, Parmesan, and spinach.
Cover, and let it sit for 10 minutes to heat through.
7. Serve over half a cup of brown rice.

Nutritional information

Calories 465, Fat 25.4 g, Carbs 30.5 g,
Protein 30.5 g, Sodium 1045 mg

Baked Ziti and Sausage

Serves 6 - Prep. time 10 minutes

Cooking time Slow Cooker 4-6 hours - Dutch Oven 1 hour

Ingredients

- 1 ½ pounds Italian sausage
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can diced tomatoes
- 1 teaspoon Italian seasoning
- 2 ½ cups water
- 12 ounces whole wheat penne or ziti pasta
- 1 ½ cups shredded mozzarella cheese

Slow Cooker Directions

1. In a medium skillet, brown the sausage. Drain any excess fat and transfer it to the slow cooker.
2. Add the onion, garlic, crushed tomatoes, diced tomatoes, Italian seasoning, and water.
3. Cover, and cook on LOW for 5 ½ hours, or HIGH for 3 ½ hours.
4. Stir in the pasta and cook on HIGH for 30 minutes. Check for doneness after 15 minutes.
5. Sprinkle with mozzarella and cover the pot until it melts.

Dutch Oven Directions

1. Preheat the oven to 350°F.
2. In the Dutch oven, brown the sausage. Drain any excess fat.
3. Add the onion, garlic, crushed tomatoes, diced tomatoes, Italian seasoning, and water.
4. Cover, and bake for 45 minutes.
5. Stir in the pasta, cover, and bake for 15 minutes. Check for doneness and return it to the oven for a few more minutes if necessary.
6. Sprinkle with mozzarella and cover the pot until it melts.

Nutritional information

Calories 643, Fat 30.7 g, Carbs 55.7 g,
Protein 32.1 g, Sodium 1447 mg

Sweet and Sour Pineapple Chops

Serves 6 - Prep. time 20 minutes

Cooking time Slow Cooker 6 hours - Dutch Oven 1 ½ hours

Ingredients

3 tablespoons olive oil
6 boneless pork chops, trimmed, about 6 ounces each
1 onion, sliced
2 bell peppers, trimmed and diced
1 stalk celery, sliced
½ cup crushed pineapple
1 cup tomato sauce
¼ cup brown sugar
1 tablespoon rice vinegar
2 teaspoons Worcestershire sauce
1 teaspoon salt
½ teaspoon red pepper flakes
2 tablespoons cornstarch (optional)
3 cups hot rice, for serving

Slow Cooker Directions

1. In a medium skillet, heat the oil and brown the chops for 4–5 minutes on each side. Transfer them to the slow cooker.
2. Cover the chops with the onion, green pepper, red pepper, celery, and pineapple.
3. In a mixing bowl, combine the tomato sauce, brown sugar, rice vinegar, Worcestershire sauce, salt, and red pepper flakes. Mix well, and pour over the pork and vegetables.
4. Cover, and cook on LOW for 6 hours.
5. Remove the chops to a platter, and cover. Dissolve the cornstarch in a bit of water and stir it into the sauce until thickened.
6. Serve the pork and veggies with half a cup of rice, and a spoonful of sauce.

Dutch Oven Directions

1. Preheat the oven to 325°F.
2. In the Dutch oven, heat the oil and brown the chops for 4–5 minutes on each side.
3. Cover the chops with the onion, green pepper, red pepper, celery, and pineapple.

4. In a mixing bowl, combine the tomato sauce, brown sugar, rice vinegar, Worcestershire sauce, salt, and red pepper flakes. Mix well, and pour over the pork and vegetables.
5. Cover, and bake for 1 ½ hours, until the pork is tender.
6. Remove the chops to a platter, and cover. Dissolve the cornstarch in a bit of water and stir it into the sauce until thickened.
7. Serve the pork and veggies with half a cup of rice, and a spoonful of sauce.

Nutritional information

Calories 431, Fat 14.7 g, Carbs 36.1 g,
Protein 35.1 g, Sodium 1534 mg

All recipes are from Louise Davidson Cookbook *Slow Cooking Two Ways: Favorite Slow-Cooked Recipes Made Two Ways Dutch Oven and Slow cooker*.
Click [here](#) or on the cover to learn more.

