

Delicious and Easy 5-Ingredient Everyday Slow Cooker Recipes

Chocolate Oatmeal

If you're not a fan of maple syrup, then here's a chocolate oatmeal recipe.

Serves: 2 – Prep. Time: 10 minutes – Cooking Time: 8 hours
Nutritional facts per serving: Calories 130, Total Fat 5 g,
Carbs 20 g, Protein 2 g, Sodium 65 mg

Ingredients

Oatmeal

- 2 cups steel cut oats
- 7 cups water
- 13½-ounce can lite coconut milk
- ¼ cup unsweetened cocoa powder
- Non-stick cooking spray

Garnish

- Some brown sugar
- Sweetened shredded coconut (*optional*)
- Chopped pecans (*optional*)

Preparation

1. Coat the crockpot with cooking spray and place all the oatmeal ingredients inside.
2. Stir everything together and then cook for 6 to 8 hours on LOW.
3. Stir everything together again and transfer to a bowl.
4. Garnish with the brown sugar, shredded coconut, and/or chopped pecans and serve.

Pork and Peas Soup

Pork and peas make a marvelous savory soup that adds home-cooked country charm to any meal.

Serves: 8 – Prep. Time: 10 minutes – Cooking Time: 4 hours
Nutritional facts per serving: Calories 169, Total Fat 3 g,
Carbs 25 g, Protein 19 g, Sodium 229 mg

Ingredients

- 2½ quarts water
- 1 ham hock, or pieces of cut-up ham
- 2½ cups dried split peas
- 1 medium onion, chopped
- 3 medium carrots, diced
- Salt and pepper, to taste

Preparation

1. Bring the water to a boil while you are mixing the rest of the ingredients in the crockpot.
2. When the water is boiling, pour it into the crockpot and mix with everything else.
3. Cook everything on HIGH for 4 hours.
4. Cut up the ham if you used a hock and to the soup. Stir to combine and serve warm.

BBQ Drumsticks

This different take on chicken barbecue is something you'll love to come home to.

*Serves: 8 – Prep. Time: 15 min. – Cooking Time: 4 hours 15 min.
Nutritional facts per serving: Calories 83, Total Fat 4 g,
Carbs 6 g, Protein 5 g, Sodium 197 mg*

Ingredients

- 3 pounds chicken drumsticks

Sauce:

- 1½ cups barbecue sauce
- ¼ cup honey
- 2 teaspoons yellow mustard
- 1½ teaspoons Worcestershire sauce

Preparation

1. Broil the drumsticks 5 inches from the heat for 7½ to 10 minutes.
2. Flip over and continue broiling for another 7½ to 10 minutes.
3. Place the drumsticks in a slow cooker.
4. Mix the sauce ingredients together in a separate bowl.
5. Pour the sauce over the drumsticks and cook everything on LOW for 3 to 4 hours or on HIGH for 1½ to 2 hours.

Saucy Ribs

These ribs doused in sauce will make you want to get your hands dirty.

*Serves: 4 – Prep. Time: 10 minutes – Cooking Time: 5 hours
Nutritional facts per serving: Calories 242, Total Fat 15 g,
Carbs 26 g, Protein 25 g, Sodium 81 mg*

Ingredients

- 1½ cups ketchup
- ½ cup packed brown sugar
- ½ cup white vinegar
- 2 teaspoons seasoned salt
- ½ teaspoon liquid smoke (*optional*)
- 2 pounds boneless country-style pork ribs

Preparation

1. Mix all of the ingredients except for the meat together in the slow cooker.
2. Place the ribs in the sauce and cook everything on LOW for 5 to 6 hours.
3. Transfer the ribs to a plate and remove the fat from the sauce before drizzling over the ribs.
4. You can thicken the sauce by bringing it to a boil and reducing it to your desired consistency.
5. Place the ribs and sauce on a shallow plate and serve.

Goopy Fudge Cake

Make this goopy fudge and you will *want* it to get stuck in your teeth.

Serves: 4 – Prep. Time: 5 minutes – Cooking Time: 1 hour 30 minutes
Nutritional facts per serving: 360 Calories, Total Fat 8 g,
Carbs 64 g, Protein 8 g, Sodium 0 mg

Ingredients

Fudge Ingredients

- 1 box (15¼ ounces) Betty Crocker Chocolate Fudge Cake mix
- 1 box (4 ounces) Jell-O Chocolate Instant Pudding Mix
- 4 eggs
- ⅔ cup sour cream
- ¾ cup vegetable oil
- Non-stick cooking spray

Optional Toppings

- 1 jar hot fudge sauce
- 1 scoop vanilla ice cream

Preparation

1. Grease a crockpot and mix the fudge ingredients together with an electric or hand mixer until everything is fully blended.
2. Pour the mixture into the crockpot and cook everything on HIGH for 1½ hours.
3. Scoop some fudge into a bowl and top with optional toppings, if desired.
4. Serve and enjoy.

***These recipes and more can be found in Louise Davidson's **5 Ingredient Slow Cooker Cookbook: From Crock Pot to Table Everyday Slow Cooker Recipes**. To get your copy, click on the cover or click [here](#).

