

Delicious and Healthy Two-Serving Slow Cooker Recipes

Beef and Veggie Soup

* gluten free * dairy free *

Are you tired of vegetables? This soup will remind you how delicious they can be!

Servings: 2 – Prep. time: 20 min. – Cooking time: 8 hours

Ingredients

- ½ pound ground beef
- ½ chopped onion
- 1 garlic clove, minced
- ½ cup tomato sauce
- 1 cup beef broth
- 1 cup pinto beans
- 1 cup corn kernels, frozen
- 1 cup green beans, frozen
- ¼ cup carrots, shredded
- ½ cup tomatoes, chopped
- 1 teaspoon chili powder
- ¼ teaspoon basil, dried
- Salt and pepper to taste
- Fresh parsley and sour cream, to garnish

Preparation

1. In a medium saucepan, brown the beef and drain the fat. Add the onion and garlic and cook for 5 minutes more.
2. Transfer the beef mixture to the slow cooker and add the tomato sauce, beef broth, pinto beans, corn, green beans, carrots, tomatoes, and spices. Stir to mix it all together.
3. Cover with the lid, and cook for 8 hours on LOW, stirring occasionally if possible. The soup should thicken.
4. Serve garnished with fresh parsley and sour cream, if desired.

Nutrition facts per serving

Calories 184, fat 6 g, carbs 20 g, protein 14 g, sodium 332 mg

Butter Chicken with Coconut Milk

* gluten free *

Butter chicken is delicious, and when it has coconut milk, its rich goodness is satisfying for everyone.

Servings: 2 – Prep. time: 10 min. – Cooking time: 3 hours

Ingredients

- 1 ½ pounds boneless skinless chicken breasts, cubed
- ½ sweet onion, diced
- 2 cloves garlic, minced
- 1 teaspoon red curry paste
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- ¼ teaspoon ground ginger
- Pinch cinnamon
- ½ cup coconut milk
- 2 tablespoons water
- 2 tablespoons tomato paste
- ¼ cup heavy cream
- 2 cups hot basmati rice, for serving
- ¼ cup cilantro, chopped, for serving

Preparation

1. Place all the ingredients EXCEPT the cream and the rice into a slow cooker. Combine to mix well.
2. Cover and cook for 3–4 hours on HIGH or until tender.
3. Now, slowly add the heavy cream and stir. Cover again and cook to heat through.
4. Serve with steamy rice, garnished with cilantro.

Nutrition facts per serving

Calories 560, fat 28 g, carbs 39 g, protein 38 g, sodium 421mg

Noodles Beef Burgundy

This tasty stew is a treat to come home to.

Servings: 2 – Prep. time: 10 min. – Cooking time: 5 hours

Ingredients

- ½ pound stewing beef
- 3 ounces mushrooms, sliced
- 2 small carrots, peeled and chopped
- 1 (4.5 ounce) can cream of mushroom soup
- ¼ cup beef broth
- ½ medium onion, cut in wedges
- 2 tablespoons tapioca
- Salt and pepper to taste
- ¼ teaspoon thyme
- 1 cup cooked egg noodles

Preparation

1. Place all the ingredients EXCEPT the noodles into a 3-quart slow cooker and combine well.
2. Cover, and cook for 5–6 hours on LOW, until the meat is fork tender .
3. Serve over cooked egg noodles.

Nutrition facts per serving

Calories 273, fat 9 g, carbs 19 g, protein 24 g, sodium 642 mg

Tuna Casserole

A perfect recipe for enjoying the weekend. It's easy and does not require much time. You will feel the taste of a homemade food.

Servings: 2 – Prep. time: 25 min. - Cooking time: 5 hours 20 min.

Ingredients

- 1 tablespoon butter
- 2 ounces sliced mushrooms
- ¼ cup sweet pepper
- ½ medium onion, diced
- 1 clove garlic, minced
- Salt and pepper to taste
- 2 tablespoons flour
- ½ cup chicken broth
- ½ cup half-and-half
- ¾ cup egg noodles, uncooked
- 1 can tuna
- 1 teaspoon lemon juice
- ½ cup Monterey Jack cheese, shredded
- ½ cup frozen peas, thawed
- ½ cup potato chips, crushed

Preparation

1. Melt the butter in a medium-size skillet over medium heat. Add the mushrooms, sweet pepper, and onion. Sauté for 3-4 minutes, then add the garlic. Season with salt and pepper.
2. Sprinkle the skillet with flour and stir it in until the vegetables are coated.
3. Transfer the mixture to a slow cooker. Add the broth, half-and-half, and egg noodles.
4. Stir, cover, and cook for 4–5 hours on LOW. The noodles should be fork-tender.
5. In a mixing bowl, combine the tuna with lemon juice.
6. Add the tuna mixture to the slow cooker. Stir in the cheese and peas and leave it for 20 minutes, uncovered, to heat through and thicken.
7. Before serving, sprinkle with crushed potato chips.

Nutrition facts per serving

Calories 393, fat 21 g, carbs 28 g, protein 22 g, sodium 752 mg

Stuffed Vegetarian Peppers

* vegetarian * gluten free *

A healthier version of the stuffed peppers your mother used to make!

Servings: 2 – Prep. time: 30 min. - Cooking time: 3 hours 30 min.

Ingredients

- 2/3 cup cooked rice
- 1 tomato, chopped
- 1/2 cup black beans
- 1/3 cup frozen corn, thawed
- 1/4 cup mozzarella cheese
- 3 tablespoons ripe olives
- 1 clove garlic, minced
- Salt and pepper to taste
- 2 sweet peppers
- 1/4 cup spaghetti sauce
- 1/3 cup water
- 2 tablespoons Parmesan cheese

Preparation

1. In a large mixing bowl, gently combine the rice, tomato, black beans, corn, mozzarella, olives, garlic, and salt and pepper.
2. Cut the top of the sweet peppers and scoop out the ribs and seeds. Fill the peppers with the rice mixture.
3. Mix the spaghetti sauce with the water and pour half of it into a small slow cooker. Place the filled peppers inside and pour the remaining sauce on the top of the peppers. Sprinkle Parmesan cheese on the top.
4. Cover and cook on LOW for 6-7 hours (or HIGH for 3-3 1/2 hours). The pepper should be fork tender.

Nutrition facts per serving

Calories 261, fat 8 g, carbs 39 g, protein 11 g, sodium 815 mg

Blueberry Cobbler

* vegetarian *

If you have a sweet tooth, and no time or patience for the kitchen, this one is for you.

Servings: 2 – Prep. time: 10 min. - Cooking time: 3 hours

Ingredients

- 1 cup blueberry pie filling
- 2 tablespoons almonds, chopped
- 3 ounces yellow cake mix
- 2 tablespoons melted butter
- Vanilla ice cream for serving

Preparation

1. Spray a 2-quart slow cooker with non-stick spray
2. Spoon the pie filling into the slow cooker and spread it out on the bottom.
3. Sprinkle with almonds and cake mix, and then drizzle the butter over it.
4. Cover, and cook for 3 hours until the top begins to golden brown in color.
5. Serve hot with vanilla ice cream.

Nutrition facts per serving

Calories 449, fat 14 g, carbs 78 g, protein 2 g, sodium 343 mg

***These recipes and more are found in Louise Davidson's *Slow Cooking for Two: 100 Healthy Two-Serving Slow Cooker Recipes*. To get your copy, click on the cover below or click [here](#).

