

Slow & Steady **Cookin'**

10 Healthy and Delicious
Slow Cooker Recipes



Eating on a Dime.com

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You will now be receiving all my [fabulous and frugal recipes](#) along with kitchen tips and tricks to help you save money.

I used to think that your crockpot was only good for stew, and you only used it in the winter. **Boy was I wrong!**

Once I started experimenting with recipes in my slow cooker, I became addicted. The slow cooker is the frugal mom's dream! With the right ingredients, you can have an amazing dinner waiting on you when you get home.

If you can dump it the ingredients then you can make these amazing recipes! Enjoy!

Crockpot Italian Pork Chop Dinner



Ingredients

- Potatoes
- Pork Chops
- Frozen Green Beans
- 1 can of diced tomatoes
- 1/2 can of water (just fill up the can half way)
- Italian Seasoning
- Garlic salt, salt and pepper

Instructions

1. Spray a crockpot with nonstick spray.
2. Peel and chop potatoes (I used russet). Lay in the bottom of the crockpot.
3. Place your pork chops on the top (Mine were still frozen). Then layer the frozen green beans.
4. Pour the diced tomatoes and water over the food.
5. Season with Italian seasoning, garlic salt, and salt and pepper.

Cook on low for 8 hours. You may want to stir it slightly towards the end.

Crockpot Chicken and Zucchini



Ingredients

- 3 boneless skinless chicken breasts
- 1 onion cut into chunks
- 1 can of dice tomatoes
- 1 can of water
- 1 tablespoon of Italian Seasoning
- Salt and pepper - Garlic Salt (to taste)
- 3 zucchini coarsely chopped
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Instructions

1. Place chicken in crockpot with onions and seasoning.
2. Pour tomatoes and water on top.
3. Cook on low for 6-8 hours on low.
4. In the last 2 hours, mix in zucchini.
5. Once Zucchini is soft, cut chicken into smaller pieces.
6. Serve over Pasta.

Crockpot Pizza Chicken



Ingredients

- 3 boneless skinless chicken breasts (frozen)
- 1 cup of homemade pizza sauce (or jarred)
- 1/2 cup water
- Several slices of pepperoni (as many as you want)
- Any pizza toppings you want (onions, green peppers, sausage, ...)
- Mozzarella cheese to top
- Cooked pasta

Crockpot Taco Salad



Ingredients

- 1 pound of ground turkey or ground beef (already browned)
- 1/2 onion chopped (optional)
- 1 zucchini shredded (optional)
- 1 teaspoon garlic salt, 1 tsp. cumin, and 1 teaspoon of Chili powder
- Salt and pepper to taste
- 1 can of rotel
- 1/2 can of water
- 1 can of beans (we used kidney)
- Optional topping ideas: shredded cheese, crushed tortilla chips, iceberg salad, or salsa

Instructions

1. Place the browned beef or the browned turkey in the crockpot.
2. Dump all the other ingredients in the crockpot and allow it to cook on low for 6 hours.
3. That is it - scoop up your mixture and place on top of your crushed tortilla chips and top with anything you would like.

Easy Crockpot Pork Chops



Ingredients

- Pork Chops
- 1 Can of Diced Tomatoes
- 1 Can of Tomato Sauce (small can)
- Italian Seasoning
- Garlic Salt

Instructions

1. Place FROZEN pork chops in the crockpot.
2. Dump the tomatoes and tomato Sauce in the crockpot.
3. Sprinkle with seasoning.
4. Cook on low for 6-8 hours. YUM!

Crockpot Stuffed Pepper Soup



Ingredients

- 1 pound of ground beef or ground turkey (browned)
- 1/2 onion chopped (I used red onion, but any will do)
- 1/2 red pepper -chopped
- 1/2 green bell pepper (any color will do) -chopped
- 1 can diced tomatoes
- 1 can of tomato sauce (the bigger can)
- 1 can of water or beef stock (just fill up the can)
- 1 tsp. of oregano
- 1 tsp. garlic salt
- 1 tablespoon Worcestershire sauce
- Pepper
- 2 cups cooked white rice

Instructions

1. Place everything (except the rice in the crockpot).
2. Let cook for 6 to 8 hours.
3. Spoon into a bowl and top with a spoonful of cooked rice.

Crockpot Black Bean Cilantro Soup



Ingredients

- 1 pound of ground turkey or ground beef (browned)
- 1/2 onion chopped
- 1 can of diced tomatoes with green chilies (or you could use 1 cup salsa)
- 1 can of diced tomatoes (or you could use tomato sauce)
- 2 Cans of water (just fill up the diced tomato can -or use broth)
- 2 -3 cans of black beans (I used mine from the freezer, frozen)
- 1 Tablespoon ground cumin
- 1 Tablespoon chili powder
- 1 tsp. garlic salt
- Salt and pepper to taste
- 1/2 bunch of cilantro (divided in 2)
- About 2 tablespoons of lime juice (or juice of one lime)
- Cheese to top (optional)

Instructions

1. Place everything in the crockpot except cilantro and cheese.
2. Place half of your cilantro (whole) in the crockpot.
3. Reserve the rest of the cilantro and chop up.
4. Let cook on low for 6 to 8.
5. Top with squeezed lime and chopped cilantro. (you may want to fish out the cilantro stems from the soup)

Crockpot Balsamic Chicken



Ingredients

- 3 boneless skinless chicken breasts (mine were frozen)
- 1 can of dice tomatoes (you could used crushed tomatoes or even just tomato sauce)
- 1/2 cup Balsamic Vinegar
- 1/2 onion sliced (or chopped)
- 1/2 Tablespoon of Italian Seasoning
- Garlic, Salt and pepper to taste

Instructions

1. Swirl a little bit of olive oil in the bottom of the crockpot,
2. Place chicken breasts in the bottom.
3. Add onion.
4. Season with Garlic, Salt and pepper and Italian Seasoning
5. Toss in the can of tomatoes
6. Pour Balsamic vinegar over it all
7. Cook on low for 6 to 8 hours or high (3 to 4).
8. Serve over pasta. Make sure you spoon the sauce, onions and the tomatoes over your pasta. That is my favorite part. ;)

White Chicken Chili Recipe



Ingredients

- 2 boneless skinless chicken breast (use 3 if they are really small) -frozen
- 2 Cans of white beans (I used great northern beans) -You could use your own homemade beans from the freezer
- 1/2 to 1 onion chopped
- 1/4 cup Salsa Verde (in the Hispanic aisle)
- Seasoning: garlic salt, Cumin, and pepper
- Monterrey jack to top (optional)

Instructions

1. Toss everything in the crockpot.
2. I just toss in some seasonings -no measuring required. Go heavy on the cumin and light on the garlic salt.
3. Cook on low 6 to 8 hours.
4. Top with Monterrey Jack Cheese! You can also serve with tortilla chips! YUM!
5. Variation idea: I have occasionally tossed in a can of diced tomatoes for a slightly different flavor (just as yummy!)

Taco Chicken Soup



Ingredients

- 2 to 3 boneless chicken breasts frozen
- 2 cans of white beans (I used great northern, and mine were from the freezer -place them in frozen)
- 1/2 onion chopped (this was also already chopped and frozen from my freezer)
- 1 can of diced tomatoes with green chilies
- 1/2 packet of taco seasoning (You can make your own taco seasoning if you want - use 2 Tablespoons)
- 1/2 tsp. Garlic salt
- Salt and pepper to taste
- 1-cup water or chicken broth (it won't seem like much but the chicken will create liquid too.)
- Optional: sour cream, shredded cheese, tortilla chips, and cilantro for topping

Instructions

1. Place frozen chicken in the crockpot. Dump everything else in the crockpot on top.
2. Cook on low for 6 to 8 hours.
3. Remove chicken and shred. Place back in crockpot and stir.
4. Then serve with sour cream, shredded cheese, and cilantro (optional).
5. If it is too spicy for your kids the sour cream will help with that. You can also top with some crushed tortilla chips.

About the Author:



My name is Carrie, and I am the wife to a wonderful husband and mother of 4 small children. I spend my extra time teaching people how to live life well while spending less.

I blog at EatingonaDime.com and teach families that you can eat well while staying on a budget. You do not have to skimp on quality or nutrition to save some money.

I also teach families how to coupon correctly to maximize their savings over on [Coupon Closet.net](http://CouponCloset.net).

My sole mission now is to help as many people become savvy shoppers and frugal chefs like myself while maintaining a normal life.