



No Fuss Crock Pot Meals



Healthy, Fun, Easy, and Homemade Foods

**Young People's Healthy Heart Program
At Mercy Hospital, Valley City, ND**

**Beef Stew*
Whole Wheat Roll
Mixed Veggies
Kiwi Slices
Fat Free Skim Milk**

**Crock-Pot Favorite Chili*
Whole Wheat Crackers
Broccoli and Baby Carrots
Sliced Apples
Fat Free Milk**

**Scalloped Potatoes & Ham*
Steamed Broccoli &
Cauliflower
Mixed Fruit
Fat Free Skim Milk**

**Slow-Cooked Sirloin*
Low Fat Mashed Potatoes*
Lyonnaised Carrots*
Lettuce Salad
Fat Free Skim Milk**

**No Fuss Potato Soup*
Whole Wheat Crackers
Low Fat Cheese Slices
Fast and Easy Fruit Salad*
Fat Free Skim Milk**

**Sweet and Sour Pork Chops*
Brown Rice
Steamed Broccoli
Canned Peaches
Fat Free Skim Milk**



**Black Bean & Macaroni Soup*
Ever Ready Bran Muffins*
Fast & Easy Fruit Salad*
Skim Milk**



Beef Stew

2 lbs. beef stew meat,
cut in 1in. cubes
3 stalks celery, diced
1 (15-oz) can crushed tomatoes
1 can healthy request cream of mushroom soup

5 carrots, sliced
1 large onion, diced
4 potatoes, peeled and diced
1 bay leaf



Put all ingredients in Crock-pot and mix thoroughly. Cover and cook on low 10-12 hours or on high for 5-6 hours. Serves: 9 Serving size: 1 c.

Nutrition Information:

Calories: 406
Cost Analysis: \$13.39 total

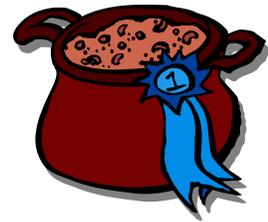
Fat: 8g
\$1.49/ serving

Sodium: 782mg

Crock Pot Favorite Chili

1 16 oz. can red kidney beans
1 can (14 1/4 oz.) tomatoes
1 lb. coarsely ground chuck
browned and drained
1 small onion
Salt to taste

2 T chili powder
1/2 tsp. ground cumin
1/2 tsp ground black pepper
1/2 green bell pepper, seeded & chopped
1 clove garlic, minced



Put all ingredients in stoneware. Stir to combine. Cover and cook on LOW 8 to 10 hours (HIGH: 3 to 4 hours).

Scalloped Potatoes and Ham

1 can Cream of Mushroom condensed soup
1 ham steak, about 1 1/2 lb, cubed
6-8 large russet potatoes, scrubbed clean
& sliced in 1/4-inch rounds

1 soup can water
4 oz. shredded cheddar cheese (optional)
Onion to taste



Layer potatoes & ham in a slow cooker sprayed with nonstick spray. Mix the soup, water, cheese, and seasoning together and pour over potatoes & ham. Set unit on HIGH for 3 1/2 hours and then LOW for 1 hour. Serves: 6 – 8

Nutrition Information:

Calories: 260
Cost Analysis: \$10.28 total

Fat: 6g
\$1.28/serving

Sodium: 1305mg

Slow-Cooked Sirloin

1 boneless beef sirloin steak (1 1/2 lbs)
1 medium onion, cut into 1-inch chunks
1 medium green pepper, cut into 1-inch chunks
1 can (14.5 oz.) reduced-sodium beef broth
1/4 c. Worcestershire sauce
2 T water

1/4 tsp. dill weed
1/4 tsp. dried thyme
1/4 tsp. pepper
Dash crushed red pepper flakes
2 T cornstarch



In a large nonstick skillet coated with nonstick cooking spray, brown beef on both sides. Place onion and green pepper in a 3-qt. slow cooker: Top with beef. Combine the broth, Worcestershire sauce, dill, thyme, pepper and pepper flakes; pour over beef. Cover and cook on high for 3-4 hours or until meat reaches desired doneness and vegetables are crisp-tender.

Remove beef and keep warm. Combine cornstarch and water until smooth; gradually stir into cooking juices. Cover and cook about 30 minutes longer or until slightly thickened. Return beef to the slow cooker; heat through. Serves: 6

Nutritional Analysis per serving:

| | | |
|---|------------------------------|---------------|
| Calories: 199 | Fat: 6g (2 gr saturated fat) | Sodium: 305mg |
| Cholesterol: 68mg | Carbohydrate: 8g | Fiber: 1g |
| Protein: 26g | | |
| Diabetic Exchange: 3 lean meat, 1 vegetable | | |

Sweet and Sour Pork Chops

5 pork chops, trimmed
1/4 cup brown sugar
1 tsp. ground ginger
2 Tbsp. low sodium soy sauce

1/4 cup ketchup
1/2 tsp. minced garlic
1/4 tsp. pepper



Place the pork chops in a slow-cooker. Combine remaining ingredients and pour over chops. Cook on low for 6 hours. Serves 5. Serving size: 1 pork chop

Nutrition Information per Serving:

| | | | |
|-----------------------------------|------------------|---------------------|--------------|
| Calories: 230 | Fat: 7g | Saturated fat: 2.5g | Sodium: 420g |
| Cost Analysis: \$6.75 total cost. | \$1.35 / serving | | |



No Fuss Potato Soup

6 cups potatoes, cubed
 5 cups water
 ¼ cup onion, diced
 ½ cup carrots, thinly sliced
 ¼ cup margarine, melted

4 tsp. low sodium chicken bouillon granules
 ¼ tsp. pepper
 1 can fat free evaporated milk
 3 Tbsp. parsley
 ½ tsp. salt

Wash and cut potatoes, onions and carrots. Combine all ingredients except evaporated milk and parsley in large crock pot. Cook on high for 7 hours. Add evaporated milk and parsley 30 minutes before serving or until heated through.

Serves 9. Serving Size: 1 cup

You may also want to add cooked 95% lean Italian sausage to this soup just before serving and omit the salt. If you add 1 pound of cooked sausage to the soup each serving would have approximately 397 mg of sodium.

Nutrition Information per Serving:

Calories: 198 Fat: 5g Sodium: 268mg Fiber: 3g
 Cost Analysis: \$3.25 total cost \$.36/serving

You may also want to add cooked 95% lean Italian sausage to this soup just before serving and omit the salt. If you add 1 pound of cooked sausage to the soup each serving would have approximately 397 mg of sodium.



Black Bean & Macaroni Soup

2 Tbsp. olive oil
 2 large onions, chopped
 4 red or green peppers, chopped
 2 garlic cloves, crushed
 8 cups chicken stock (low sodium)
 bay leaves



1 can (15 oz.) chopped tomatoes
 ground pepper to taste
 2 tsp. sugar
 2 cans (15 oz.) black beans, drained & rinsed
 3 cups uncooked pasta – try whole wheat pasta (fusilli, small rigatoni or small shells)

Sauté onions in olive oil, about 5 minutes. Add peppers and cook another 3 minutes. Add rest of ingredients and simmer about 30 minutes. Cook the pasta in boiling water for 6 minutes or until al dente. Drain and add to soup. Heat to serving temperature. Season and add more stock until desired consistency is reached.

Serves 14. Serving Size: 1 cup

Low-Fat Mashed Potatoes



Potatoes

Skim milk

Peel potatoes; boil until done. No salt is used in cooking the potatoes. Drain. Mash using skim milk. No margarine needs to be used when mashing the potatoes.

Serves: 1

Serving Size: 1/2 cup

Nutrition Information:

Calories: 80 Fat: 0g

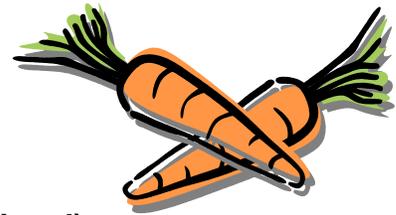
Sodium: 30 mg

Fiber: 2g fiber

Cost Analysis: \$0.64 total

\$0.64/ serving

Lyonnaised Carrots



4 c. carrots, sliced
1/4 c. onion, chopped
2 T soft margarine

1 T sugar
Dash of pepper
1/4 tsp. thyme (optional)

Put ingredients in heavy pan and simmer 10 minutes or longer for more tender carrots. (May need to add a little more water in cooking longer).

Serves: 8

Serving Size: 1/2 cup

Fast and Easy Fruit Salad

1 (15 oz) can mixed fruit
or pineapple tidbits
1 1/4 c. low fat or fat free vanilla yogurt

2 medium apples
2 bananas



*Can substitute any canned or fresh fruit

Cut up fruit into bite-size pieces. Add drained fruit. Add the vanilla yogurt and mix well.
Serves 7-8 Serving size: 1 cup

Ever Ready Bran Muffins

1 – 15 oz. (8 cups) Raisin Bran Cereal
5 c. flour
3 c. sugar
1T plus 2 tsp. baking soda

2 tsp. salt
4 eggs – beaten
1 qt. buttermilk
1 c. canola oil



Combine dry ingredients in a very large bowl, make a well in center of mixture and pour in eggs, buttermilk and oil. Mix well. Cover and store in refrigerator until ready to bake. (The batter is best if left for a few hours or overnight before baking). The batter can be kept in refrigerator for up to 6 weeks.

Spoon batter into greased muffin tins and bake at 400 degrees for 12 to 15 minutes. If using large muffin pans bake for 20 minutes

Optional: add raisins or walnuts
 Applesauce may be substituted for the oil