

12 FIVE-INGREDIENT SLOW COOKER MEALS

SALSA CHICKEN

1. Chicken breasts or thighs
2. Salsa
3. Cumin
4. Garlic powder
5. Black beans

Place the chicken in the slow cooker, season with cumin and garlic powder, pour salsa over it, and add black beans if desired. Cook on low for 6-8 hours. Shred the chicken and serve over rice.

SWEET POTATO AND BLACK BEAN CHILLI

1. Sweet potatoes
2. Black beans
3. Salsa
4. Chilli powder
5. Vegetable stock



Combine sweet potatoes, black beans, salsa, chilli powder, and vegetable stock. Cook on low for 6-8 hours.

TURKEY AND BUTTERNUT STEW

1. Turkey Mince
2. Butternut squash
3. Onion
4. Diced tomatoes
5. Chicken stock

Brown the turkey and then add it to the slow cooker with butternut squash, onion, diced tomatoes, and chicken stock. Cook on low for 6-8 hours.

SOY-GLAZED SALMON

1. Salmon fillets
2. Soy sauce
3. Honey
4. Grated ginger
5. Garlic

Combine salmon, soy sauce, honey, ginger, and garlic in the slow cooker. Cook on low for 2-3 hours.

HONEY BALSAMIC CHICKEN

1. Chicken breasts or thighs
2. Balsamic vinegar
3. Honey
4. Dijon mustard
5. Crushed garlic

Place chicken in the slow cooker, mix balsamic vinegar, honey, Dijon mustard, and garlic, and pour over the chicken. Cook on low for 4-6 hours.

BLACK BEAN AND QUINOA STEW

1. Black beans
2. Quinoa
3. Salsa
4. Vegetable stock
5. Cumin



Combine black beans, quinoa, salsa, vegetable stock, and a pinch of cumin in the slow cooker. Cook on low for 4-6 hours.

MEDITERRANEAN CHICKPEAS

1. Chickpeas
2. Chopped tomatoes
3. Crushed garlic
4. Olive oil
5. Cumin

Combine chickpeas, chopped tomatoes, garlic, olive oil, and cumin in the slow cooker. Cook on low for 4-6 hours.

ITALIAN CHICKEN AND PEPPERS

1. Chicken breasts or thighs
2. Tomato sauce
3. Sliced peppers
4. Italian seasoning
5. Parmesan cheese (optional)

Place chicken in the slow cooker, add tomato sauce, sliced peppers, and Italian seasoning. Cook on low for 4-6 hours. Top with Parmesan cheese if desired.

CORIANDER LIME RICE AND BEANS

1. Brown rice
2. Black beans
3. Lime juice
4. Fresh coriander
5. Vegetable stock



Combine rice, black beans, lime juice, chopped coriander, and vegetable stock in the slow cooker. Cook on low for 2-3 hours.

MUSHROOM AND SPINACH QUINOA

1. Quinoa
2. Mushrooms
3. Spinach
4. Vegetable stock
5. Parmesan cheese (optional)

Combine quinoa, sliced mushrooms, spinach, vegetable stock, and Parmesan cheese in the slow cooker. Cook on low for 2-3 hours.

CURRIED CHICKPEAS AND SPINACH

1. Chickpeas
2. Spinach
3. Coconut milk
4. Curry powder
5. Vegetable stock



Combine chickpeas, spinach, coconut milk, curry powder, and vegetable stock in the slow cooker. Cook on low for 4-6 hours.

LEMON ROSEMARY CHICKEN

1. Chicken thighs or breasts
2. Fresh rosemary
3. Lemon juice
4. Crushed garlic
5. Chicken stock

Place chicken in the slow cooker, add fresh rosemary, lemon juice, minced garlic, and chicken stock. Cook on low for 4-6 hours.