

Healthy Crock-Pot Cooking

ITALIAN VEGETABLE-and-PASTA STEW

- 4 cups water
- 2 cups chopped onion
- 1 1/2 cups quartered small red potatoes
- 1 cup dried Great Northern or navy beans
- 1/2 cup sliced carrot
- 1/2 cup quartered mushrooms
- 1/2 cup uncooked pearl barley
- 1/2 pound lean, boneless round steak, cut into 1/2-inch pieces
- 1 (14 1/2-ounce) can pasta-style chunky tomatoes, undrained

- 1 (14 1/4-ounce) can fat-free beef broth
- 3 garlic cloves, chopped
- 1 cup sliced zucchini
- 1 cup torn spinach
- 1/2 cup uncooked alphabet or other small pasta
- 1 tablespoon dried rosemary, crushed
- 1 teaspoon salt
- 1 teaspoon rubbed sage
- 1/2 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 1/2 cup grated Parmesan cheese

Combine first 11 ingredients in a large electric slow cooker. Cover with lid, and cook on high-heat setting for six hours. Add zucchini and next seven ingredients (zucchini through nutmeg); cover and cook on high-heat setting an additional 30 minutes or until beans are tender. Ladle into individual soup bowls, and sprinkle with cheese.

Yield: 8 servings (serving size: 1 1/2 cups stew and 1 tablespoon cheese)

NUTRITION PER SERVING

CALORIES 287(11% from fat); FAT 3.6g (sat 1.6g,mono 1g,poly 0.5g); PROTEIN 18.7g; CHOLESTEROL 20mg; CALCIUM 168mg; SODIUM 503mg; FIBER 7.3g; IRON 4.5mg; CARBOHYDRATE 45.6g

CROCK-POT CHILI

- 1 pound ground round
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup dry red wine or water
- 1 tablespoon chili powder
- 1 teaspoon sugar
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 garlic clove, minced
- 1 (15-ounce) can kidney beans, undrained
- 1 (14.5-ounce) can Mexican-style stewed tomatoes with jalapeño peppers and spices, undrained
- 6 tablespoons (1 1/2 ounces) shredded reduced-fat extra-sharp cheddar cheese

Cook the ground round in a large nonstick skillet





over medium-high heat until brown, stirring to crumble. Add chopped onion and the next seven ingredients (onion through garlic), and cook for seven minutes or until onion is tender. Place meat mixture in an electric slow cooker, and stir in beans and tomatoes. Cover with lid, and cook on low-heat setting for four hours. Spoon into bowls; sprinkle with cheese.
 Note: The chili can be made on the stovetop if you don't have a slow cooker. After adding the beans and the tomatoes, bring to a boil. Reduce heat; simmer, partially covered, 1 1/2 hours.

Yield: 6 servings (serving size: 1 1/4 cups chili and 1 tablespoon cheese)

NUTRITION PER SERVING

CALORIES 243(21% from fat); FAT 5.6g (sat 2.3g,mono 1.8g,poly 0.5g); PROTEIN 25.5g; CHOLESTEROL 49mg; CALCIUM 154mg; SODIUM 637mg; FIBER 3.1g; IRON 4.1mg; CARBOHYDRATE 22.9g

Pennsylvania Pot Roast

Cooking spray

1 (1 1/2-pound) beef eye of round roast

3/4 cup beef broth

1 cup chopped onion

1/2 cup canned crushed tomatoes with added purée, undrained

1/4 cup diced carrot

1/4 cup diced celery
 1/4 cup diced turnip
 2 tablespoons chopped fresh parsley
 1/4 teaspoon dried thyme
 4 black peppercorns
 1 bay leaf
 Cooked small red potatoes (optional)

Place a large saucepan coated with cooking spray over medium-high heat until hot. Add roast, browning on all sides. Add broth and next nine ingredients (broth through bay leaf) to pan; bring to a boil. Cover, reduce heat, and simmer three hours or until tender.

Slice roast; place on a serving platter. Set aside; keep warm. Increase heat to medium; cook broth mixture, uncovered, 10 minutes or until reduced to 1 2/3 cups. Discard peppercorns and bay leaf. Serve sauce with roast. Serve with red potatoes, if desired.

Yield: 5 servings (serving size: 3 ounces roast and 1/3 cup sauce)

NUTRITION PER SERVING

CALORIES 217(24% from fat); FAT 5.7g (sat 2g,mono 2.2g,poly 0.3g); PROTEIN 33.4g; CHOLESTEROL 85mg; CALCIUM 28mg; SODIUM 356mg; FIBER 1.2g; IRON 3.4mg; CARBOHYDRATE 6.1g