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10 Easy Slow Cooker Recipes

Ingredients in cups and grams, LOW and HIGH times, servings and calories per serving. One recipe per page.



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Slow Cooker Beef Stew



Slow cooker beef stew is a one-pot dinner with about 25 minutes of hands-on prep. Cook it on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours. It serves 6, about 1½ cups each, and the beef turns fork-tender by the end.

Prep 25 min · **Cook** LOW 8–9 h · HIGH 4–5 h · **Total** 8 h 35 min · **Serves** 6 · **Cooker** 6-quart

INGREDIENTS

- 2 lb (900 g) beef chuck stew meat, cut into 1½-inch (4 cm) cubes
- 3 tbsp (24 g) all-purpose flour
- 1 tsp (6 g) fine salt, plus more to taste
- ½ tsp ground black pepper
- 1 tbsp (15 ml) olive oil, for browning
- 1½ lb (680 g) Yukon Gold potatoes, cut into 1½-inch chunks
- 4 medium carrots (250 g), cut into 1-inch pieces
- 1 large yellow onion (150 g), chopped
- 3 cloves garlic, minced
- 2 tbsp (32 g) tomato paste
- 3 cups (720 ml) low-sodium beef broth
- 1 tbsp (15 ml) Worcestershire sauce
- 1 tsp dried thyme
- 2 bay leaves
- 1 cup (140 g) frozen peas
- Chopped fresh parsley, for serving (optional, not counted)

INSTRUCTIONS

1. Pat the beef dry with paper towels. Toss it in a bowl with the flour, salt and pepper until every cube is coated.
2. Heat the oil in a large skillet over medium-high heat. Brown the beef in two batches, 3 to 4 minutes per batch, turning once. Browning is optional, but it gives the broth a deeper color and flavor.
3. Put the potatoes, carrots, onion and garlic in the bottom of a 6-quart slow cooker. Root vegetables cook slower than meat, so they go under it.
4. Lay the beef on top. Whisk the broth, tomato paste, Worcestershire sauce and thyme together, pour it over, and tuck in the bay leaves. The cooker should end up between half and two-thirds full.
5. Cover and cook on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours, until a cube of beef breaks apart with a fork. Keep the lid on; lift it only to check doneness.
6. Stir in the frozen peas, cover and cook 10 more minutes. Remove the bay leaves, taste, and add salt and pepper if needed.

Per serving (approx.): 380 kcal · protein 39 g · carbs 35 g · fat 10 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Beef is safe at 145°F (63°C), but chuck needs the full cooking time to turn tender. Thaw the beef in the fridge first; frozen chunks stay too long in the 40–140°F danger zone.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-beef-stew/

Slow Cooker Pulled Pork



Slow cooker pulled pork takes about 15 minutes of prep: rub a cut-up pork shoulder with spices and set it on sliced onion. Cook it on LOW for 8 to 10 hours or on HIGH for 5 to 6 hours, then shred and mix with barbecue sauce. One batch makes 10 servings.

Prep 15 min · **Cook** LOW 8–10 h · HIGH 5–6 h · **Total** 8 h 25 min · **Serves** 10 · **Cooker** 5- to 6-quart

INGREDIENTS

- 4 lb (1.8 kg) boneless pork shoulder (Boston butt), excess fat trimmed, cut into 3 or 4 large pieces
- 2 tbsp (28 g) packed brown sugar
- 1 tbsp (7 g) smoked paprika
- 2 tsp (12 g) fine salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- 1 tsp ground black pepper
- 1 large onion (150 g), sliced
- ½ cup (120 ml) apple cider vinegar
- ½ cup (120 ml) low-sodium chicken broth
- ¾ cup (200 g) barbecue sauce, plus more for serving

INSTRUCTIONS

1. Mix the brown sugar, paprika, salt, garlic powder, onion powder, cumin and pepper. Rub the mixture over every side of the pork pieces.
2. Spread the sliced onion over the bottom of the slow cooker and set the pork on top.
3. Pour the vinegar and broth around the pork, not over it, so the rub stays on the meat.
4. Cover and cook on LOW for 8 to 10 hours or on HIGH for 5 to 6 hours. If you are home, run the cooker on HIGH for the first hour and then switch to LOW. The pork is ready when it pulls apart easily with two forks.
5. Move the pork to a cutting board and shred it, discarding any large pieces of fat.
6. Skim the fat from the cooking liquid. Return the meat to the cooker, stir in ½ cup of the liquid and the barbecue sauce, and keep it on WARM for 10 minutes.

Per serving (approx.): 395 kcal · protein 32 g · carbs 14 g · fat 23 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Pork shoulder is safe at 145°F (63°C), but it only shreds once it is very tender, usually around 195–205°F (90–96°C). USDA advises against cooking one large roast whole in a slow cooker; cutting the shoulder into 3 or 4 pieces lets it heat through faster.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-pulled-pork/

Slow Cooker Chicken Tacos



Slow cooker chicken tacos take 10 minutes of prep: season chicken breasts, cover them with salsa and walk away. Cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours, until the thickest piece reads 165°F (74°C). Shred, add lime, and fill 12 tortillas for 6 people.

Prep 10 min · **Cook** LOW 4–6 h · HIGH 2–3 h · **Total** 4 h 20 min · **Serves** 6 · **Cooker** 3- to 4-quart

INGREDIENTS

- 2 lb (900 g) boneless, skinless chicken breasts
- 1 cup (260 g) jarred salsa, mild or medium
- 1 tbsp (8 g) chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp (6 g) fine salt
- ½ tsp ground black pepper
- 2 tbsp (30 ml) lime juice (1 lime)
- 12 corn tortillas (6-inch), warmed
- For serving (optional, not counted): chopped white onion, sliced radish, cilantro, avocado, lime wedges

INSTRUCTIONS

1. Mix the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt and pepper in a small bowl.
2. Lay the chicken breasts in the slow cooker in one layer and sprinkle the spice mix over both sides.
3. Pour the salsa over the chicken.
4. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours, until the thickest piece reads 165°F (74°C) on an instant-read thermometer. Start checking at the low end of the range; breasts dry out if they cook much past that.
5. Shred the chicken in the cooker with two forks, stir in the lime juice, and let it soak up the sauce on WARM for 10 minutes.
6. Spoon the chicken into warm tortillas and add the toppings you like.

Per serving (approx.): 320 kcal · protein 38 g · carbs 29 g · fat 6 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Poultry is safe at 165°F (74°C), measured in the thickest part. 2 lb of chicken fills a 6-quart cooker less than halfway; USDA advises filling a slow cooker between half and two-thirds full, so use a 3- to 4-quart cooker or double the recipe.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-chicken-tacos/

Slow Cooker Chili



This slow cooker chili takes about 20 minutes of hands-on work at the stove. Cook it on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. It makes 8 servings of about 1¼ cups each, and it reheats well the next day.

Prep 20 min · **Cook** LOW 6–8 h · HIGH 3–4 h · **Total** 6 h 20 min · **Serves** 8 · **Cooker** 6-quart

INGREDIENTS

- 2 lb (900 g) lean ground beef (90% lean)
- 1 large onion (150 g), chopped
- 1 red bell pepper (150 g), chopped
- 4 cloves garlic, minced
- 2 cans (15 oz / 425 g each) red kidney beans, drained and rinsed
- 1 can (15 oz / 425 g) black beans, drained and rinsed
- 1 can (28 oz / 794 g) crushed tomatoes
- 1 can (15 oz / 425 g) tomato sauce
- 1 cup (240 ml) low-sodium beef broth
- 3 tbsp (24 g) chili powder
- 1 tbsp (6 g) ground cumin
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp (6 g) fine salt, plus more to taste
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper (optional)

INSTRUCTIONS

1. Brown the ground beef with the onion in a large skillet over medium-high heat, breaking it up, for 8 to 10 minutes, until no pink remains. Drain off the fat.
2. Stir the garlic into the skillet for 30 seconds, then scrape everything into the slow cooker.
3. Add the bell pepper, kidney beans, black beans, crushed tomatoes, tomato sauce, broth and all the spices. Stir well.
4. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours, until the peppers are soft and the chili has thickened.
5. Taste and adjust the salt and heat. If it is too thick, stir in a splash of broth; if too thin, cook uncovered on HIGH for the last 30 minutes.

Per serving (approx.): 375 kcal · protein 33 g · carbs 34 g · fat 13 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Ground beef is safe at 160°F (71°C); browning it first cooks it through and lets you pour off the fat. Use canned beans. Dried red kidney beans contain a natural toxin that a slow cooker may not get hot enough to destroy, so they need soaking and 30 minutes of hard boiling first (FDA guidance via Ohio State University Extension).

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-chili/

Slow Cooker Pot Roast



Slow cooker pot roast is a one-pot dinner of beef chuck, potatoes and carrots with about 20 minutes of prep, including searing the meat. Cook it on LOW for 8 to 10 hours or on HIGH for 5 to 6 hours, then thicken the gravy for 15 minutes. It serves 8, about 4 oz of cooked beef each plus vegetables.

Prep 20 min · **Cook** LOW 8–10 h · HIGH 5–6 h · **Total** 8 h 35 min · **Serves** 8 · **Cooker** 6-quart

INGREDIENTS

- 3 lb (1.36 kg) boneless beef chuck roast, cut into 2 or 3 pieces
- 1½ tsp (9 g) fine salt
- 1 tsp ground black pepper
- 1 tbsp (15 ml) olive oil
- 1½ lb (680 g) small Yukon Gold potatoes, halved
- 1 lb (450 g) carrots, cut into 2-inch pieces
- 1 large onion (150 g), cut into wedges
- 4 cloves garlic, smashed
- 1 cup (240 ml) low-sodium beef broth
- 2 tbsp (32 g) tomato paste
- 1 tbsp (15 ml) Worcestershire sauce
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 2 bay leaves
- 2 tbsp (16 g) cornstarch mixed with 2 tbsp cold water, for the gravy

INSTRUCTIONS

1. Season the beef all over with the salt and pepper.
2. Heat the oil in a large skillet over medium-high heat and sear the beef pieces for 3 to 4 minutes per side, until browned.
3. Put the potatoes, carrots, onion and garlic in the slow cooker and set the beef on top.
4. Whisk the broth, tomato paste, Worcestershire sauce, thyme and rosemary, pour it into the skillet to loosen the browned bits, then pour it all over the beef. Add the bay leaves.
5. Cover and cook on LOW for 8 to 10 hours or on HIGH for 5 to 6 hours, until the beef falls apart when you press it with a fork.
6. Lift the beef and vegetables onto a platter. Remove the bay leaves. Turn the cooker to HIGH, stir the cornstarch mixture into the liquid, and cook 10 to 15 minutes, until the gravy thickens. Serve the beef and vegetables with the gravy.

Per serving (approx.): 545 kcal · protein 36 g · carbs 26 g · fat 33 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Beef is safe at 145°F (63°C); chuck needs the long cook to become tender. Cut the roast into 2 or 3 pieces: USDA advises against slow cooking one large roast whole, because a big cold piece heats too slowly. Thaw the roast in the fridge first.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-pot-roast/

Slow Cooker Chicken Noodle Soup



Slow cooker chicken noodle soup is shredded chicken, carrots, celery and egg noodles in broth, with about 15 minutes of hands-on prep. Cook it on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours, then cook the noodles for 15 to 20 minutes. It serves 8, about 1½ cups each.

Prep 15 min · **Cook** LOW 6–7 h · HIGH 3–4 h · **Total** 6 h 35 min · **Serves** 8 · **Cooker** 6-quart

INGREDIENTS

- 1½ lb (680 g) boneless, skinless chicken thighs or breasts
- 3 medium carrots (180 g), sliced
- 3 ribs celery (120 g), sliced
- 1 medium onion (110 g), chopped
- 3 cloves garlic, minced
- 8 cups (1.9 liters) low-sodium chicken broth
- 1 tsp dried thyme
- 2 bay leaves
- 1 tsp (6 g) fine salt, plus more to taste
- ½ tsp ground black pepper
- 6 oz (170 g) dried wide egg noodles
- 2 tbsp chopped fresh parsley
- 1 tbsp (15 ml) lemon juice (optional)

INSTRUCTIONS

1. Put the carrots, celery, onion and garlic in the slow cooker. Lay the chicken on top.
2. Add the broth, thyme, bay leaves, salt and pepper.
3. Cover and cook on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours, until the chicken reads 165°F (74°C) and the vegetables are soft.
4. Lift out the chicken, shred it with two forks and return it to the pot. Remove the bay leaves.
5. Turn the cooker to HIGH, stir in the egg noodles, cover and cook 15 to 20 minutes, until the noodles are tender.
6. Stir in the parsley and lemon juice, taste, and add salt if needed.

Per serving (approx.): 245 kcal · protein 25 g · carbs 23 g · fat 6 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Poultry is safe at 165°F (74°C).

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-chicken-noodle-soup/

Slow Cooker Mac and Cheese



Slow cooker mac and cheese uses uncooked elbow macaroni, so prep takes about 10 minutes. Cook it on LOW for 2 to 2½ hours, stirring twice; do not use HIGH, because the milk scorches at the edges. It makes 8 side servings of about 1 cup in a 4- to 6-quart cooker.

Prep 10 min · **Cook** LOW 2–2½ h · HIGH not recommended · **Total** 2 h 20 min · **Serves** 8 · **Cooker** 4- to 6-quart

INGREDIENTS

- Butter or cooking spray for the insert
- 12 oz (340 g) dried elbow macaroni, uncooked
- 1 can (12 fl oz / 354 ml) evaporated milk
- 2½ cups (600 ml) whole milk
- 4 tbsp (56 g) butter, cut into cubes
- ½ tsp (3 g) fine salt
- ½ tsp dry mustard powder
- ¼ tsp smoked paprika
- ¼ tsp ground black pepper
- 3 cups (340 g) shredded sharp cheddar, divided
- 1 cup (113 g) shredded Monterey Jack

INSTRUCTIONS

1. Grease the slow cooker insert well with butter or cooking spray.
2. Add the uncooked macaroni, evaporated milk, whole milk, butter, salt, mustard, paprika, pepper, 2 cups of the cheddar and all the Monterey Jack. Stir until the pasta is under the liquid.
3. Cover and cook on LOW for 2 to 2½ hours. Stir once after 1 hour and again after 1½ hours, scraping the sides. Do not use HIGH: the milk scorches around the edges.
4. Start tasting a piece of pasta at 1 hour 45 minutes. It is ready when the macaroni is just tender and most of the liquid is absorbed.
5. Stir in the remaining 1 cup of cheddar, cover and leave on WARM for 10 minutes. Stir and serve.

Per serving (approx.): 545 kcal · protein 24 g · carbs 42 g · fat 31 g. Calculated from USDA FoodData Central values for the listed ingredients.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-mac-and-cheese/

Slow Cooker Honey Garlic Chicken



Slow cooker honey garlic chicken takes about 10 minutes of prep: pour a honey, soy and garlic sauce over chicken thighs. Cook on LOW for 4 to 5 hours or on HIGH for 2 to 3 hours, then thicken the sauce for 10 to 15 minutes. Use a 4- to 5-quart cooker; it serves 6.

Prep 10 min · **Cook** LOW 4–5 h · HIGH 2–3 h · **Total** 4 h 25 min · **Serves** 6 · **Cooker** 4- to 5-quart

INGREDIENTS

- 2 lb (900 g) boneless, skinless chicken thighs
- ⅓ cup (113 g) honey
- ⅓ cup (80 ml) low-sodium soy sauce
- 6 cloves garlic, minced
- 2 tbsp (34 g) ketchup
- 1 tbsp (15 ml) apple cider vinegar
- 1 tsp grated fresh ginger
- ½ tsp ground black pepper
- ¼ tsp red pepper flakes (optional)
- 2 tbsp (16 g) cornstarch mixed with 2 tbsp cold water
- 1 tsp sesame seeds and 2 sliced green onions, for serving

INSTRUCTIONS

1. Lay the chicken thighs in the slow cooker in a single layer if you can.
2. Whisk the honey, soy sauce, garlic, ketchup, vinegar, ginger, black pepper and red pepper flakes together and pour it over the chicken.
3. Cover and cook on LOW for 4 to 5 hours or on HIGH for 2 to 3 hours, until the thickest thigh reads at least 165°F (74°C).
4. Move the chicken to a plate. Turn the cooker to HIGH, whisk the cornstarch mixture into the sauce, cover and cook 10 to 15 minutes, until the sauce turns glossy and thick.
5. Return the chicken, whole or shredded, and turn it in the sauce. Sprinkle with sesame seeds and green onions.

Per serving (approx.): 275 kcal · protein 31 g · carbs 22 g · fat 7 g. Calculated from USDA FoodData Central values for the listed ingredients. **Food safety:** Poultry is safe at 165°F (74°C); thighs stay juicy even a little above that.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-honey-garlic-chicken/

Slow Cooker Vegetable Curry



Slow cooker vegetable curry is a vegan one-pot dinner of sweet potato, cauliflower and chickpeas in coconut milk, with about 20 minutes of chopping. Cook it on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours, then stir in spinach for the last 5 minutes. It makes 6 servings of about 1½ cups.

Prep 20 min · **Cook** LOW 6–7 h · HIGH 3–4 h · **Total** 6 h 25 min · **Serves** 6 · **Cooker** 6-quart

INGREDIENTS

- 1 large onion (150 g), chopped
- 4 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 3 tbsp (19 g) curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1½ tsp (9 g) fine salt
- 1 lb (450 g) sweet potatoes (about 2 medium), peeled and cut into 1-inch cubes
- 4 cups (430 g) cauliflower florets
- 2 cans (15 oz / 425 g each) chickpeas, drained and rinsed
- 1 can (14.5 oz / 411 g) diced tomatoes, with juice
- 1 can (13.5 fl oz / 400 ml) full-fat coconut milk
- 1 cup (240 ml) vegetable broth
- 3 cups (90 g) baby spinach
- 1 tbsp (15 ml) lime juice

INSTRUCTIONS

1. Put the onion, garlic, ginger, curry powder, cumin, turmeric and salt in the slow cooker and stir them together.
2. Add the sweet potatoes, cauliflower, chickpeas and tomatoes with their juice.
3. Pour in the coconut milk and broth and stir until the spices are mixed through.
4. Cover and cook on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours, until a cube of sweet potato is soft all the way through.
5. Stir in the spinach and lime juice, cover for 5 minutes until the spinach wilts, then taste for salt.

Per serving (approx.): 370 kcal · protein 12 g · carbs 48 g · fat 17 g. Calculated from USDA FoodData Central values for the listed ingredients.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-vegetable-curry/

Slow Cooker Overnight Oatmeal



Slow cooker overnight oatmeal is steel-cut oats, milk, apple and cinnamon that cook while you sleep, with about 10 minutes of prep. Cook it on LOW for 7 to 8 hours; HIGH is not recommended. It makes 4 servings of about 1¼ cups in a 3- to 4-quart cooker.

Prep 10 min · **Cook** LOW 7–8 h · HIGH not recommended · **Total** 7 h 10 min · **Serves** 4 · **Cooker** 3- to 4-quart

INGREDIENTS

- 1 tsp butter, to grease the insert
- 1 cup (160 g) steel-cut oats
- 2 cups (480 ml) 2% milk
- 2 cups (480 ml) water
- 1 medium apple (180 g), cored and diced
- 2 tbsp (40 g) maple syrup
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ¼ tsp fine salt

INSTRUCTIONS

1. Butter the inside of a 3- to 4-quart slow cooker, including the sides up to where the liquid will reach.
2. Add the oats, milk, water, apple, maple syrup, cinnamon, vanilla and salt. Stir once.
3. Cover and cook on LOW for 7 to 8 hours, overnight. Do not use HIGH; the oats stick and burn.
4. In the morning, stir well. If it is thicker than you like, stir in a splash of hot milk. Serve with your toppings.

Per serving (approx.): 275 kcal · protein 9 g · carbs 47 g · fat 6 g. Calculated from USDA FoodData Central values for the listed ingredients.

Full recipe with tips and FAQ: pintergrab.com/recipes/slow-cooker/slow-cooker-overnight-oatmeal/

Slow cooker safety basics

- Thaw meat and poultry in the refrigerator before they go in the cooker.
- Fill the cooker at least half full and no more than two-thirds full.
- Put firm vegetables such as potatoes and carrots on the bottom; they cook slower than meat.
- Keep the lid on. Lift it only to stir or to check doneness.
- If the power goes out while you are away, throw the food out, even if it looks done.
- Refrigerate leftovers in shallow containers within 2 hours. Reheat them on the stove or in the microwave to 165°F (74°C), not in the slow cooker.

Food	Safe internal temperature
Beef, pork and lamb roasts, steaks and chops	145°F (63°C), then rest 3 minutes
Ground beef and pork	160°F (71°C)
Chicken and turkey, whole or ground	165°F (74°C)
Leftovers, soups, stews and casseroles	165°F (74°C)

Sources: Slow Cooker Food Safety, Clemson Cooperative Extension (HGIC 3585, based on USDA FSIS guidance); FoodSafety.gov safe minimum internal temperatures. Recipe images are AI-generated.

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