



Slow Cooker Recipes

Funded by Blackburn with Darwen Borough Council

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We hope you will enjoy making the recipes in the booklet and make use of all the fresh vegetables we will provide you over the coming weeks

To make the recipes you will need some other store cupboard ingredients which include

- Vegetable stock cubes
- Dried mixed herbs
- Tin of kidney beans
- Tins of Chopped Tomatoes
- Chilli powder or curry powder
- Packet of dried Red lentils
- Packet of dried pearl barley

Meat (we have left this as an optional choice, but if you would like to add meat into the recipes, we would suggest cheaper cuts such as chicken thighs or chicken drumsticks.

For your store cupboard ingredients buy supermarket own brands as they are much cheaper.



Vegetable Hotpot (to make enough for 4 people)

WEEK 1

You will need

2 onions
1 tablespoon of oil
2 cloves of garlic
1 leek
3 carrots
2 parsnips
3 potatoes
Herbs
1 veg stock cube
Some boiling water

How to do it

1. Peel and chop the onions into small pieces
2. In a separate pan heat the oil and fry the onions until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Wash the leek and trim off the tough dark green end and the roots and chop into small pieces
5. Add the garlic and leeks to the onions and cook for a few more minutes
6. Peel and chop the carrots and parsnips into bite size pieces
7. Wash and cut the potatoes into thin slices
8. Put half the carrots and parsnips and half the cooked leeks, onions and garlic into the slow cooker
10. Sprinkle over $\frac{1}{4}$ teaspoon of herbs and $\frac{1}{2}$ a veg stock cube
11. Cover with a half the potatoes in a layer on top
12. Put the rest of the carrots, parsnips, leeks, onions and garlic on top and sprinkle over another $\frac{1}{4}$ teaspoon of mixed herbs and the rest of the stock cube
14. Cover with the rest of the potatoes in a layer on top
15. Pour enough boiling water over the top to almost cover everything
16. Cook on low for 6-8 hours or high for 4 hours

5 a day Tagine (to make enough for 4 people)

WEEK 2

You will need

3 red onions
4 carrots
4 tomatoes
3 parsnips
2 peppers
1 teaspoon of chilli powder or curry powder
1 teaspoon of herbs
Cup of boiling water

How to do it

1. Peel and cut the onion into wedges
2. Peel and chop the carrots into bite size pieces
3. Peel and chop the parsnips into bite size pieces
4. Chop the tomatoes into small pieces
5. Remove the stalk and seeds from the peppers and chop into bite size chunks
6. Put the carrots, parsnips, tomatoes, onions and peppers into the slow cooker
7. Add the herbs and chilli powder mix everything together
8. Add the cup of boiling water
9. Cook on low for 6-8 hours or high for 4 hours

****Serve with either jacket potatoes, rice or couscous.***

Vegetable Casserole (to make enough for 4 people)

WEEK 3

You will need

- 1 onion
- 1 tablespoon of oil
- 2 cloves of garlic
- 4 potatoes
- 3 carrots
- ½ swede
- 1 vegetable stock cube
- ½ teaspoon of herbs
- Some boiling water

How to do it

1. Peel and chop the onion into small pieces
2. In a separate pan heat the oil and fry the onion until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Add the garlic to the onions and cook for a few more minutes
5. Peel and chop the potatoes, carrots and swede into bite size pieces
6. Put the potatoes, carrots, swede and cooked onions and garlic into the slow cooker
7. Crumble the stock cube over the top, add ½ a teaspoon of herbs and mix everything together
8. Pour enough boiling water over the top to almost cover everything
9. Cook on low for 6-8 hours or high for 4 hours

Vegetable Curry (to make enough for 4 people)

WEEK 4

You will need

- 1 onion
- 1 tablespoon of oil
- 2 cloves of garlic
- 2 potatoes
- ½ a cauliflower
- 4 tomatoes
- 2 carrots
- 2 teaspoons of curry powder or chill powder
- Some boiling water

How to do it

1. Peel and chop the onion into small pieces
2. In a separate pan heat the oil and fry the onion until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Add the garlic to the onions and cook for a few more minutes
5. Peel and chop the potatoes and carrots into bite size pieces
6. Chop the cauliflower into big pieces
7. Chop the tomatoes into small pieces
8. Put the potatoes, cauliflower and tomatoes and the cooked onion and garlic into the slow cooker
9. Add 2 teaspoons of curry powder and mix everything together
10. Pour in enough water to half fill the pot
11. Cook on low for 6-8 hours or high for 4 hours

*Try adding chopped chicken pieces – add to the slow cooker at the same time as the potatoes

Leek and Potato Soup (to make enough for 4 people)

WEEK 5

You will need

4 leeks
3 potatoes
1 Onion
1 vegetable stock cube
Some boiling water

How to do it

1. Wash the leeks and trim off the tough dark green end and the roots and chop into small pieces
2. Wash, peel and chop the potatoes into bite size pieces
3. Peel the onion chop into small pieces
4. Put the vegetables into the slow cooker
5. Crumble the stock cube over the top
6. Pour enough boiling water over the top to cover everything
7. Cook on low for 6-8 hours or high for 4 hours

*You can leave it chunky or blend it for a smooth soup

Vegetable Broth (to make enough for 4 people)

WEEK 6

You will need

1 onion
1 tablespoon of oil
2 cloves of garlic
2 potatoes
4 handfuls of broth mix
½ a teaspoon of herbs
1 vegetable stock cube
1 handful of pearl barley
Some boiling water

How to do it

1. Peel and chop the onion into small pieces
2. In a separate pan heat the oil and fry the onions until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Add the garlic to the onion and cook for a few more minutes
5. Peel and chop the potatoes into bite size pieces
6. Put the potatoes, broth mix and cooked onions and garlic into the slow cooker
7. Add the pearl barley, herbs and a crumbled up stock cube and mix everything together
8. Pour enough boiling water over the top to just cover everything
9. Cook on low for 6-8 hours or high for 4 hours

*Try adding pieces of lamb - toss the chunks of lamb in flour and in a separate pan fry until they are brown on all sides then add to the slow cooker

Lentil and Vegetable Soup (to make enough for 4 people) WEEK 7

You will need

- 1 onion
- 1 tablespoon of oil
- 2 cloves of garlic
- 2 carrots
- 4 tomatoes
- 4 handfuls (about 250g) of red lentils
- 1 vegetable stock cube
- ½ a teaspoon of herbs
- Some boiling water

How to do it

1. Peel and chop the onion into small pieces
2. In a separate pan heat the oil and fry the onions until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Add the garlic to the onions and cook for a few more minutes
5. Peel and chop the carrots into bite size pieces
6. Chop the tomatoes into small pieces
7. Put the carrots and tomatoes and cooked onions and garlic into the slow cooker
8. Add the lentils
9. Crumble the stock cube over the top and add ½ a teaspoon of mixed herbs and mix everything together
10. Pour enough boiling water over the top to cover everything
11. Cook on low for 6-8 hours or high for 4 hours

Chicken Casserole (to make enough for 4 people)

WEEK 8

You will Need

4 chicken thighs or drumsticks
4 carrots
1 onion
1 pepper
2 potatoes
2 cloves garlic
Handful of red lentils
1/2 teaspoon of mixed herbs
1 Vegetable stock cube
Boiling water
1 tablespoon of cooking oil

How to do it

1. Peel and chop the potato into bite size chunks
2. In a separate pan heat the oil and fry the chicken until it is golden brown and then remove from the pan
3. Peel and chop the carrots
4. Remove the stalk and seeds from the peppers and chop into bite size pieces
5. Peel and chop the garlic into very small pieces or use a garlic press
6. Peel and chop the onion into small pieces
7. Put the potatoes, onions, pepper, carrots, garlic and chicken into the slow cooker
8. Add the red lentils, herbs and a crumbled up stock cube and mix everything together
9. Pour enough boiling water over the top to just cover everything
10. Cook on low for 6-8 hours or high for 4 hours

Winter Vegetable Casserole (to make enough for 4 people) WEEK 9

You will Need

2 carrots
1 leek
2 Celery Sticks
2 onions
2 potatoes
2 cloves of garlic
1 handful of pearl barley
1/2 teaspoon of mixed herbs
Boiling Water

How to do it

1. Peel and chop the potato into bite size chunks
2. Peel and chop the carrots
3. Peel and chop the garlic into very small pieces or use a garlic press
5. Peel and chop the onion into wedges
6. Wash the leeks and trim off the tough dark green end and the roots and chop into small pieces
7. Wash and chop the celery into bite size chunks
8. Put the potatoes, onions, carrots, celery, leeks and garlic into the slow cooker
9. Add the pearl barley, herbs and a crumbled up stock cube and mix everything together
10. Pour enough boiling water over the top to just cover everything
11. Cook on low for 6-8 hours or high for 4 hours

Bean Chilli (to make enough for 4 people)

WEEK 10

You will need

1 onion
2 cloves of garlic
6 mushrooms
1 pepper
4 tomatoes
1 tin of beans, drained
1 teaspoon curry powder or chilli powder
Some boiling water

How to do it

1. Peel and chop the onion
2. In a separate pan heat the oil and fry the onion until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Chop the mushrooms into small pieces
5. Add the garlic and mushrooms to the onions and fry for a few more minutes
6. Remove the stalk and seeds from the pepper and chop into bite size chunks
7. Chop the tomatoes into small pieces
8. Put the peppers, tomatoes and cooked onions, garlic and mushrooms into the slow cooker
9. Add the beans and curry powder and mix everything together
10. Pour in enough boiling water to half fill the pot
11. Cook on low for 6-8 hours or high for 4 hours

*Try adding minced beef – fry it with the onions (you don't need to use oil if you add the beef)

Sausage Casserole (to make enough for 4 people)

WEEK 11

You will Need

4 potatoes
1 onion
4 Carrots
1 pepper
1 clove of garlic
1 teaspoon curry powder or chilli powder
1 tin chopped tomatoes
1 vegetable stock cube
Some Boiling Water

How to do it

1. Fry the sausages in a frying pan until golden brown all over
2. Peel and chop the onion
3. Peel and cut the potatoes into bite size chunks
4. Peel and chop the carrots
5. Remove the stalks and seeds from the pepper and chop into bite size pieces
6. Peel and chop the garlic into very small pieces or use a garlic press
7. Put the sausages, onion, potatoes, carrots, garlic, tinned tomatoes into the slow cooker.
8. Crumble the stock cube over the top and add the chilli or curry powder, mix everything together
9. Pour enough boiling water over the top to cover everything
10. Cook on low for 6-8 hours or high for 4 hours

* try adding frozen peas or corn - add them to the slow cooker at the same time as all the other ingredients

Vegetable Soup (to make enough for 4 people)

WEEK 12

You will need

1 onion
1 tablespoon of oil
2 cloves of garlic
2 carrots
4 tomatoes
1 sweet potato
1 vegetable stock cube
½ a teaspoon of herbs
Some boiling water

How to do it

1. Peel and chop the onion into small pieces
2. In a separate pan heat the oil and fry the onions until they are golden brown
3. Peel and chop the garlic into very small pieces or use a garlic press
4. Add the garlic to the onions and cook for a few more minutes
5. Peel and chop the carrots into bite size pieces
6. Peel and chop the sweet potato into bite size pieces
7. Chop the tomatoes into small pieces
8. Put the carrots, sweet potato, tomatoes, cooked onions and garlic into the slow cooker
9. Crumble the stock cube over the top and add ½ a teaspoon of mixed herbs and mix everything together
10. Pour enough boiling water over the top to cover everything
11. Cook on low for 6-8 hours or high for 4 hours

Food Co-op & Olly

Healthy Living run a food co-op that sells fresh fruit & vegetables, it runs from The Energy Zone, Fishmoor Drive, Blackburn, Open times:

Wednesday 9.30am –12.30pm and
Thursday 9am –12.30pm

We also have Olly the fruit & Veg van that visits different venues across Blackburn and Darwen, (timetable on back of recipe book)

You can buy extra fruit & vegetables from either the food co-op or Olly.



OLLY TIMETABLE

Wednesday Venues	Time	Thursday Venues	Time
Cambridge Gnds, Darwen	10:00 am	Gleneagles Court, Blackburn	10:00 am
Willow Gardens, Darwen	10:20 am	St Oswalds Church Hall, Fecitt Brow	10:30 am
Hindle Court, Darwen	10:50 am	Shadsworth Community Centre	10:50 am
Lees Court, Darwen	11:10 am	Sandwich Close, Blackburn	11:10 am
The Albany, Darwen	11:30 am	Kinross Walk, Blackburn	11:35 am
Oaksfield, Darwen	11:50 am	Bangor St Community Centre	12:00 pm
Kingsway, Blackburn	1:15 pm	Twin Valley Homes, Prospect House	12:20 pm
Hornby Court, Blackburn	1:40 pm	Bradda Road, Blackburn	1:40 pm
Bridgewater Court, Bath St	1:55 pm	Peel Close, Blackburn	2:00 pm
William Griffith Court, Blackburn	2:15 pm	Longshaw Nursery, Blackburn	2:20 pm
Lingfield Court, Blackburn	2:40 pm	Millhill Community Centre	2:40 pm
Longshaw Juniors / Infants, Blackburn	3:00 pm	Brackendale, Albion Street	3:00 pm