

Slow Food



Slow and steady wins the race to the dinner table.

Maximize your time and minimize your effort by using your slow cooker to make hearty and healthy meals for your family.

Follow our tips and tricks to become slow cooker savvy!



Tri Fit Cooks

Savour your Slow Cooker

Aside from hiring your own personal chef, a slow cooker is the best way to have your meals cooked for you. This powerful countertop kitchen appliance allows you to fill it up, set the timer and walk away. It cooks your food on a low heat over several hours so you can come home to a delicious meal without the work.

Slow Cooker Safety

- Fill your slow cooker at least $\frac{1}{4}$ full and no more than $\frac{2}{3}$ full.
- Since firm root vegetables such as potatoes and carrots take the longest to cook, put them in first so they keep contact with the hottest parts of the pot; the bottom and sides.
- Defrost meat and poultry before placing them in the slow cooker and use a meat thermometer to ensure they are cooked to a safe temperature.
- Larger cuts of meat take longer to cook allowing more time for bacteria to grow, so cut your meat into smaller pieces for faster cooking.
- Removing the lid increases cooking time, so keep it on unless stirring or checking to see if the meal is ready.
- Check the manufacturer's instructions to see how long the slow cooker can be kept on the warm setting.

Slow Cooker Saves the Day!

Energy Saver

Slow cookers use less heat and energy than ovens.

Money Saver

Longer cooking times tenderize cheaper cuts of meat like chuck, rump and flank.

Stress Saver

Most recipes don't require extra prep, just put it in and plug it in.

Time Saver

Night Before: Load it up and put in fridge

Morning Of: Take it out and plug it in

Night Of: Scoop it out and eat it up

Preparation Pointers

→ *Pasta* – Add during the last 20-30 minutes of cooking

→ *Rice* – Add $\frac{1}{4}$ cup of liquid for every $\frac{1}{4}$ cup of rice to cook

→ *Milk & Milk Products* – Add during the last hour of cooking

→ *Soups* – Add enough liquid to cover all ingredients

→ *Liquids* – Use less than normal as liquids don't boil away in slow cookers

→ *Fresh Herbs & Spices* – Use half of what you normally would because these get stronger the longer they cook

→ *Dried Herbs & Spices* – Wait until the last hour of cooking to add these because their flavour fades over time

Source: https://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/Slow-Cooker-Savvy.aspx#.VcYdT53D_IU

Featured Recipes

Crock Pot Lentil and Sweet Potato Soup (Serves 6-8)

4 large carrots, chopped
4 celery stalks, chopped
1 onion, diced
2 large sweet potatoes, peeled and cubed
1.5 cups (375mL) green beans, chopped
2 cups (500mL) green lentils
1 tsp (5mL) fresh rosemary, minced
1 bay leaf
1 tsp (5mL) dried oregano
4 cloves garlic, minced
1-15-oz (425g) can diced tomatoes
64 oz (1.8L) vegetable broth
2 tsp (10ml) salt (or to taste)
½ tsp (2mL) pepper

1. Combine all ingredients in slow cooker.
2. Turn heat on low and cook for 10 hours, add a little more broth at the end if soup seems too thick.

Source: <http://www.eatliverun.com/crock-pot-lentil-sweet-potato-soup/>

Three-Bean Vegetarian Chili (Serves 8)

¾ cups (185mL) organic vegetable broth
1 cup (250mL) onion, chopped
¼ cup jalapeno pepper, seeded and chopped
2 tsp (10mL) chili powder
2 tsp (10mL) ground cumin
2 garlic cloves, minced
2-15 oz cans (900mL) no-salt-added black beans, drained and rinsed
2-15 oz (900mL) cans diced tomatoes, undrained
1-15oz (450mL) can no-salt-added pinto beans, drained and rinsed
1-15oz (450mL) can no-salt-added kidney beans, drained and rinsed
½ cup (125mL) reduced fat sour cream
2 oz (60g) Monterey Jack cheese, shredded
¼ cup (65mL) fresh cilantro, chopped

1. Combine the first 12 ingredients in a 6-quart electric slow cooker.
2. Cover and cook on low for 8 hours.
3. Ladle soup into bowls; top with sour cream, cheese and cilantro.

Source: <http://www.myrecipes.com/recipe/bean-vegetarian-chili>