

# ***5-INGREDIENTS-OR-LESS CROCK POT RECIPES***

## **Table of Contents**

	<b>Page #</b>
Santa Fe Soup	4
Fiesta Chicken	5
Teriyaki Chicken	6
Pulled Barbecued Chicken	7
Pineapple Pork	9
Cranberry Pork Roast	10
Apple BBQ Pork Tenderloin	11
Pepperoncini London Broil	13
Slow Bake Macaroni and Cheese	15
Baked Sweet Potatoes	16

# Chicken



3

## Santa Fe Soup

*Serves 8*

### Ingredients:

2 15-oz. cans black beans, drained and rinsed  
2 15-oz. cans Fiesta Corn (includes red and green peppers)  
1 bottle of your favorite thick and chunky Salsa  
4-5 boneless, skinless chicken breasts (1.5 pounds)  
8 oz. low-fat cream cheese

### Directions:

Mix together beans, corn and 1/2 jar of the salsa. Top with chicken breasts and then cover the chicken with the remaining salsa. Cover and cook on High 2.5-3 hours or until chicken is tender and white throughout. Remove chicken and cut into small, bite-sized pieces and then add back into the crock pot. Add cream cheese (divide into smaller pieces so melting will be easier.) Stir until cream cheese melts completely and blends into the sauce.

**Nutrition Info Per Serving:** Cal: 288, Pro: 29 gm, Carb: 22 gm, Fiber: 6 gm, Tot. Fat: 8 gm, Sat. Fat: 4 gm, Chol: 69 mg, Sod: 912 mg, %Cal/Fat: 27%

### Variation to make this soup vegetarian:

Omit chicken. Add 1 extra can of black beans, drained and rinsed.

**Nutrition Info Per Serving: (without chicken plus extra black beans):** Cal: 231, Pro: 11 gm, Carb: 28 gm, Fiber: 8 gm, Tot. Fat: 7.5 gm, Sat. Fat: 4 gm, Chol: 20 mg, Sod: 988 mg, %Cal/Fat: 31%

**Serving suggestion:** Serve with orange slices and a green salad with grape tomatoes.

4

## Fiesta Chicken

*Serves 6*

### Ingredients:

2 lbs. chicken breast, cut into 1 inch strips  
16 oz. salsa (any variety)  
1 can yellow and white kernel corn (drained)

### Preparation:

Combine all ingredients in crock pot, cook on Low for 6-8 hours.

**Nutr. Info Per Serving:** Cal: 198, Pro: 28 gm, Carb: 13 gm, Fiber: 1 gm, Tot. Fat: 3 gm, Sat. Fat: 1 gm, Chol: 72 mg, Sod: 415 mg, %Cal/Fat: 15%

**Serving suggestion:** Serve with frozen or canned green beans and raw baby carrots.

5

## Teriyaki Chicken

*Serves 4*

### Ingredients:

1 15 oz. can pineapple chunks or tidbits in own juice - undrained  
3/4 cup lite teriyaki sauce  
4 boneless, skinless chicken breasts - raw  
1 can water chestnuts - drained  
1 10-oz. pkg. frozen chopped broccoli (or 2 cups fresh)

### Preparation:

Combine all ingredients in crock pot except broccoli. Cook 5-6 hours on Low. Add broccoli 30 minutes before serving and cover to complete cooking.

**Nutr. Info Per Serving:** Cal: 339, Pro: 41 gm, Carb: 33 gm, Fiber: 5 gm, Tot. Fat: 4.5 gm, Sat. Fat: 1 gm, Chol: 96 mg, Sod: 1430 mg, %Cal/Fat: 12%

**Serving suggestion:** Serve with brown rice and sliced fresh cantaloupe cubes. For added texture stir in 2 tablespoons chopped cashews before serving.

6

# Pulled Barbecued Chicken

*Serves 10*

## Ingredients:

8 boneless, skinless chicken breasts  
1 large onion, cut into thin strips  
2 (16 oz.) jars Bone Suckin' Sauce® Barbecue Sauce

## Preparation:

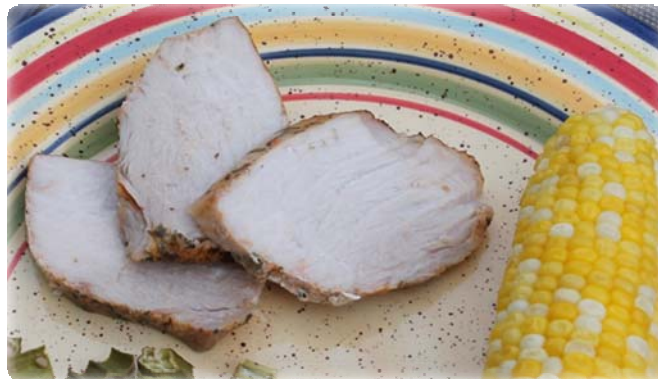
Wash chicken breasts and remove all fat and gristle. Pat dry. Spray crock pot with non-stick cooking spray. Place the chicken breasts in the bottom of crock pot. Cover with onion strips. Pour 3/4 jar of Bone Suckin' Sauce® over chicken. Cook on Low for 6-8 hours.

Remove chicken breasts and onions. Shred chicken and onions on a plate. Discard all liquid from crock pot. Place shredded chicken and onions back into crock pot. Pour one cup of fresh Bone Suckin' Sauce® over mixture. Mix well.

**Nutr. Info Per Serving:** Cal: 287, Pro: 29 gm, Carb: 37 gm, Fiber: 0 gm, Tot. Fat: 3 gm, Sat. Fat: 1 gm, Chol: 70 mg, Sod: varies with sauce, %Cal/Fat: 9%

**Serving suggestion:** Serve with a green salad, Alexia Sweet Potato® Julienne Fries and fresh watermelon slices.

# Pork



## Pineapple Pork

*Serves 6*

### Ingredients:

2 lb. boneless pork loin, trimmed of all visible fat and cut into bite-sized pieces  
1/2 cup Bone Suckin' Sauce® Barbecue Sauce  
1 can (20 oz.) pineapple chunks in juice, undrained  
3 Tbsp. cornstarch  
2 large green and 2 large red bell peppers, coarsely chopped

### Preparation:

Place pork in slow cooker. Add barbecue sauce; mix well. Drain pineapple, reserving 1/4 cup of the juice. Add reserved juice to cornstarch; stir until well blended. Pour over pork mixture; stir until well blended. Top with pineapple chunks and peppers; cover with lid. Cook on High 5 hours or until pork is tender and cooked through.

**Nutr. Info Per Serving:** Cal: 353, Pro: 34 gm, Carb: 29 gm, Fiber: 3 gm, Tot. Fat: 11 gm, Sat. Fat: 4 gm, Chol: 92 mg, Sod: 310 mg, %Cal/Fat: 29%

**Serving suggestions:** Serve with brown rice and asparagus. For added texture, sprinkle a teaspoon of chopped nuts over pork before serving.

Source: [www.kraftfoods.com](http://www.kraftfoods.com)

9

## Cranberry Pork Roast

*Serves 12*

### Ingredients:

1 (3-4 lbs) loin pork roast, trimmed of all visible fat  
Salt and pepper to taste  
1 cup ground or finely chopped fresh cranberries  
1/4 cup honey  
1 teaspoon freshly grated orange peel  
1/8 teaspoon each of ground cloves and freshly ground nutmeg

### Preparation:

Sprinkle roast with salt and pepper. Place in a slow cooker. In a small bowl, combine remaining ingredients and pour over roast. Cover and cook on Low for 8 to 10 hours or until roast is tender. Slice and serve hot.

**Nutr. Info Per Serving:** Cal: 252, Pro: 31 gm, Carb: 7 gm, Fiber: 0, Tot. Fat: 10 gm, Sat. Fat: 3.5 gm, Chol: 90 mg, Sod: 124 mg, %Cal/Fat: 38%

**Note:** If fresh cranberries are not available, use 1/2 cup unsweetened dried cranberries. If you use sweetened dried cranberries (Craisins®) reduce honey to 2 tablespoons.

**Serving suggestions:** Serve with red new potatoes, sliced fresh tomatoes, zucchini and summer squash and fresh or frozen blackberries.

10

# Apple BBQ Pork Tenderloin

*Serves 12*

## Ingredients:

1 package pork tenderloins (2 loins – approximately 3 pounds)  
1 (25 ounce) jar chunky applesauce  
1 bottle Bone Suckin' Sauce® Barbecue Sauce

## Preparation:

Place meat in crock pot. In a separate bowl, mix applesauce and BBQ sauce. Pour over meat. Cook on Low for 5 hours. Transfer pork onto a plate. Slice and serve.

**Nutr. Info Per Serving:** Cal: 280, Pro: 28 gm, Carb: 22 gm, Fiber: 1 gm, Tot. Fat: 7 gm, Sat. Fat: 2.5 gm, Chol: 85 mg, Sod: 460 mg, %Cal/Fat: 26%

**Serving suggestions:** Serve with pinto beans, broccoli/carrot stir fry and fresh or frozen sliced mango.

# Beef



## Pepperoncini London Broil

*Serves 8*

### Ingredients:

2 lbs London broil  
16 oz jar sliced pepperoncini, juices retained  
1 medium onion, sliced  
1 package sliced mushrooms

### Preparation:

Place London broil, onion, and pepperoncini with their juices in crock pot and cook on Low for 6 hours.

The last hour or so of cooking, add sliced mushrooms.

Remove London broil from crock pot, shred, and return to crock pot.

**Nutr. Info Per Serving:** Cal: 210, Pro: 31 gm, Carb: 7 gm, Fiber: 1 gm, Tot. Fat: 5 gm, Sat. Fat: 2 gm, Chol: 75 mg, Sod: 710 mg, %Cal/Fat: 24%

**Serving suggestions:** Serve with brown rice and a green salad. You can also top with melted provolone cheese, if desired.

# Side Dishes



## Slow Bake Mac N Cheese

*Serves 12*

*This recipe requires few ingredients, clean up is a breeze and it's a sure crowd pleaser!*

### **Ingredients:**

16 oz. elbow macaroni, cooked al dente  
2 cans evaporated skim milk  
2 eggs, beaten  
4 cups shredded 2% Sharp Cheddar cheese, divided  
Salt & pepper to taste

### **Preparation:**

Using the crock pot as your mixing bowl, stir together all ingredients except one cup of cheese. Sprinkle remaining cup of cheese evenly on top. Bake on Low setting for 3 hours.

**Nutr. info per serving:** Cal: 323, Pro: 20 gm, Carb: 37 gm, Fiber: 1 gm, Tot. Fat: 9.5 gm, Sat. Fat: 6 gm, Chol: 65 mg, Sod: 503 mg, Calcium: 463 mg, %Cal/Fat: 27%.

15

## Crock Pot Baked Sweet Potatoes

*Serves 4*

### **Ingredients:**

4 medium sweet potatoes – wash thoroughly and pat dry  
6 twelve-inch squares of aluminum foil

### **Preparation:**

Crumple the aluminum foil squares into 6 round balls. Place the foil balls into the bottom of your crock pot. They will serve as a shelf for the potatoes.

Arrange the whole sweet potatoes (with skin) evenly on top of the foil balls. Cover the crock pot and cook on Low for 8 hours.

Sweet potatoes can be served with cinnamon, brown sugar, walnuts, pecans, marshmallows or herbs.

**Nutr. Info per sweet potato (without toppings):** Cal: 112, Pro: 2 gm, Carbs: 26 gm, Fiber: 4 gm, Tot. Fat: 0 gm, Sat. Fat: 0 gm, Chol: 0 mg, Sodium: 72 mg, %Cal/Fat: 0%

16