

Slow Cooker Recipe:

Vegetable Barley Soup



Ingredients:	Approx. Cost:*
1 small onion, chopped	\$1.29
3 large carrots, chopped	\$.99
2 stalks celery, chopped	\$1.99
1 1lb green beans, trimmed and chopped	\$2.99
½ bunch chard or mustard greens, leafy part only, chopped	\$2.49
½ cup pearl barley	.48
1 – 14 or 15 oz can tomato sauce	\$1.39
3 – 14 oz cans chicken stock	\$3.27
1 ½ tsp. dried Italian seasonings, salt and pepper to taste	\$.75
Total:	\$15.64

of servings: 12 Cost per serving: \$1.30

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place all ingredients in a slow cooker, stir, cover and let cook on low for about 8 hours. Or cook on high heat for 4 to 5 hours.

Nutritional Information per 1 cup serving

Calories	96
Total Fat	1.2 g
Saturated Fat	0 g
% of daily total	0 %
Carbohydrate	18 g
s	
Protein	4 g
Fiber	4.5 g

	% of daily total*	
Vit A	36	%
Vit C:	36	%
Calcium:	6	%
Iron	8	%
Good source of*	Vitamin A, Vitamin C, Magnesium, B6, Folate, Niacin, Potassium	
*(10% or more of the RDA)		

*based on 2000 calorie diet



**Slow
Cooker
Recipe:**

**White Bean
Chili**



Ingredient	Approx. Cost*
4 (15-ounce) cans white small beans**	\$5.16
1 onion, chopped	\$0.89
1 lb. bag of carrots, peeled and chopped	\$0.99
1 bunch celery, washed and chopped	\$1.99
Seasonings: olive oil, garlic, thyme, chili powder	\$1.00
Liquid: 1 large can of chicken broth (32 oz. pacific natural foods)*** plus another 4 cups water	\$3.79
Total	\$13.82

of servings: 10 **Cost per serving: \$1.38**

*Based on Peapod's on-line pricing .

**Or use dried beans, soaked.

***watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

Directions: Add a tablespoon of olive oil to the crock pot. Add onions, 1 chopped clove of garlic, carrots, celery and beans (drained and rinsed). Add chicken broth and water, season with dried thyme and chili powder to taste and cook on Low for about 8 hours (or High for 4-5 hours).

Dress it Up: Once the chili has been pureed, add a dash or two of vinegar (red wine, apple cider or balsamic) for a brighter flavor. Top with fresh herbs like chives, parsley, chervil and thyme. For a more substantial soup, add leftover chicken.

Nutritional Information per 2 cup Serving:

Calories	275
Total Fat	6g
Saturated Fat	1g
% of daily total	5%
Carbohydrates	42g
Protein	14g
Fiber	4g

	% of daily total
Vit A	56%
Vit C:	14%
Calcium:	17%
Iron	30%
Good source of*	Vitamins A, C, B, Calcium, Iron, Magnesium, Potassium and Zinc
*(10% or more of the RDA)	



Slow Cooker Recipe:

Vegetable/Lentil Soup



Ingredient	Approx. Cost*
1 cup dried lentils, rinsed (~1/3 of a 1 lb bag)	\$.43
1 cup chopped celery (~2 stalks, 1/4 of a bunch)	\$.22
1 cup chopped carrots (~2, 1/4 of a 1 lb. bag)	\$.50
1 medium Spanish onion, chopped (~1 cup)	\$.59
2 cloves garlic, chopped fine	\$.14
1- 14.5 oz can diced tomatoes, with juice	\$ 1.69
4 tablespoons of tomato paste (~1/2 a 6 oz can)	\$.32
1 – 32 oz container of chicken stock	\$ 2.99
1 1/4 cup water	
1/2 teaspoon each of dried basil and dried oregano, 1/4 teaspoon dried thyme, 1-2 tablespoons red wine vinegar, salt and pepper to taste	\$ 1.50**
1 – 6 oz bag shredded parmesan cheese (1 1/2 cups)	\$ 3.79
12 Poached Eggs	\$ 1.33
Total	\$13.50

of servings: 12 **Cost per serving: \$1.13**

*Based on Peapod's on-line pricing .

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Put everything but the vinegar and parmesan cheese in a slow cooker and cook on low for 8 to 10 hours or on high for 4 to 5 hours. Before serving, splash in 1 to 2 tablespoon of vinegar and sprinkle with shredded parmesan cheese. Serve warm with poached egg on top!

Nutritional Information per Serving:

Calories	176.1
Total Fat	6.7 g
Saturated Fat	2.4 g
% of daily total	11.7 %
Carbohydrates	15.1 g
Protein	14 g
Fiber	6.4 g

	% of daily total*
Vit A:	23.0 %
Vit C:	17.0 %
Calcium:	13.0 %
Iron:	16.2 %
Good source of*	<i>Vit A, Vit C, Calcium, Iron, B6, Magnesium, Niacin, Thiamin, and Zinc</i>
*(10% or more of the RDA)	



Slow Cooker Recipe:

Spicy Black Eyed Pea Soup



Ingredient	Approx. Cost*
1 bag dried black eyed peas, prepared using quick soak method**	\$1.29
1 small onion thinly sliced	\$0.89
2 15 oz cans tomato sauce	\$1.78
Seasonings (olive oil, 2T, garlic 3-4 cloves, dried oregano, pinch of cayenne pepper)	\$1.00
Liquid: 1 large can of chicken broth (32 oz. pacific natural foods) plus another 4 cups water	\$3.79
Total	\$8.75

of servings: 10 **Cost per serving: \$0.88**

*Based on Peapod's on-line pricing . Dried peas priced at Jewel.

**Add dried black eyed peas to a large saucepan. Add 6 to 8 inches of water. Boil for 2 minutes. Cover and set aside to soak for one hour. Drain water.

Directions: Cook on HIGH for 4 hours or LOW for 8-10 hours. Salt and pepper to taste and add a splash of red wine vinegar before serving.

Dress it Up: If you're in a hurry, a saucepan and two cans of black-eyed peas (drained) can be used. The secret to a deep rich flavor is to gently brown (caramelize) the onions in olive oil. Add garlic and sauté for one minute, then add tomato sauce and enough chicken or vegetable broth for the consistency you want and cook for about 25 minutes. (If you're looking for a side dish of beans instead of a soup, no need to use the broth.) Add kale, arugula or mustard greens for a real vitamin boost.

Nutritional Information per 2 cup Serving:

Calories	208
Total Fat	9g
Saturated Fat	1.5g
% of daily total	7%
Carbohydrates	26g
Protein	5g
Fiber	4g

	% of daily total
Vit A	10%
Vit C:	16%
Calcium:	12%
Iron	10%
Good source of*	B vitamins, Magnesium, Potassium, Zinc
*(10% or more of the RDA)	

