

Slow cook recipes

Delicious, hearty and healthy dishes you can make easily in your slow-cooker



The Centre for Sustainable Energy has designed this little booklet to help you save energy by cooking with a slow cooker.

Slow cookers are great because:

- They use only a small amount of electricity, compared to your regular cooker, so you will save money
- Recipes are simple, and you don't need to watch while the food cooks
- Preparation time is quick. You can do it in the morning, then when you get home later, your dinner is already ready!
- You can use cheaper ingredients and still make a tasty meal
- You can incorporate lots of healthy vegetables without your kids noticing!

Here are few recipes for you to try ...

A word about photographs. We've illustrated the recipes in this booklet with appropriate photos taken (with permission) from www.flickr.co.uk.
Chef illustration © BestVector



Serves 8

Cooking time 6 hours

Prep time 30 minutes

Chicken and Bacon Casserole

The whole family will love the tasty combination of flavours in this recipe!

Ingredients

8 chicken thighs
8 smoky bacon rashers,
chopped
1 large onion, chopped
1 tin of chopped tomatoes
400g
1 tin of sweetcorn 325 or 400g
(or 350g frozen)
250ml chicken stock (from a
stock cube or similar)
2 large carrots, diced
2 celery stick, diced
1 tablespoon plain flour
Salt and pepper to season
Chicken gravy granules
(optional)

Preparation

Chop onion, carrots and celery then add to your slow cooker.

Add chopped bacon, stock, tinned tomatoes and sweetcorn, stir well.

Remove skin from chicken thighs, roll in plain flour and place in slow cooker on top of vegetables.

Cover and cook on low for 5 and half hours.

If the sauce is too thin, thicken by adding some chicken gravy granules. Season to taste.

Cook for a further 30 minutes.

Serve with new potatoes and green vegetables.



“This recipe freezes well, so you can eat the leftovers another day, saving you time and energy!”



Serves 4

Cooking time: high 4 hours or low 6 hours

Prep time: 20 minutes

Ratatouille

If you'd like a fiery kick, add a few dried crushed chillies!

Ingredients

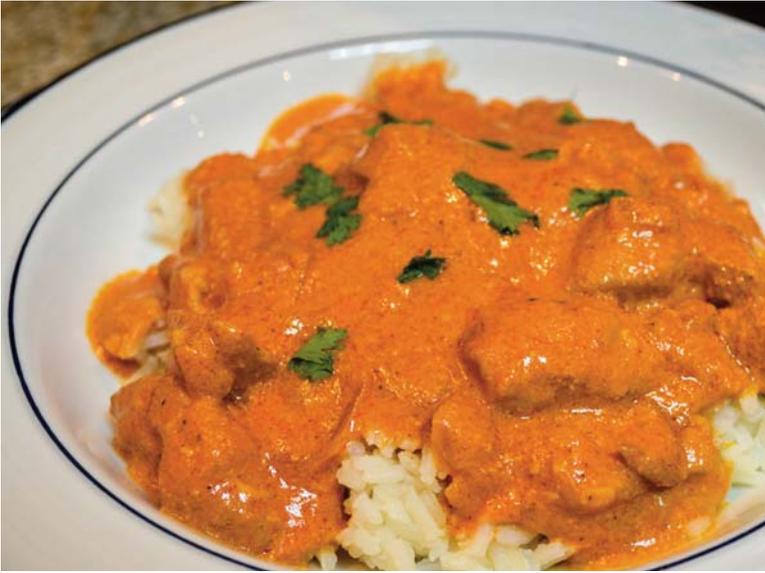
- 1 large onion roughly chopped
- 2 red pepper cored and cut into chunks
- 1 orange pepper cored and cut into chunks
- 2 large courgettes cut into large cubes
- 2 garlic cloves roughly chopped
- 1 tin of chopped tinned tomatoes 400g
- 1 vegetable stock cube
- Salt and pepper to taste

Preparation

- Chop onion, peppers, garlic cloves and courgettes add to slow cooker.
- Stir in canned tomatoes.
- Cover with lid and cook, choose either low or high setting. Remember, the low setting will use less electricity!
- Season to taste when cooked

“Serve with garlic bread or crusty bread. You may want to sprinkle your ratatouille with some grated hard cheese, like cheddar.”





Serves 6

Cooking time: 6 hours

Preparation time: 30 minutes

Butter Chicken Curry

A great recipe to introduce kids to spicy flavours, and easy to cook!

Ingredients

6 chicken thighs, skin and bones removed
3 tablespoons butter
3 tablespoons cooking oil
1 large onion, chopped
4 cloves garlic, chopped
2 teaspoons curry powder
1 tablespoon curry paste
2 teaspoons tandoori powder
1 teaspoon garam masala
200g tomato puree
15 green cardamom pods
500ml coconut milk
250g natural yogurt

Preparation

Heat the butter and oil in a large frying pan on medium heat.

Chop the chicken and add to the pan. Stir in the onion and garlic and cook for about 10 minutes.

Add the curry powder, curry paste, tandoori, garam masala and tomato puree and mix well.

Pour the mixture in the slow cooker and add the cardamom pods, coconut milk and yoghurt. Season with salt.

Cover and cook on High heat for 4 to 6 hours.

Remove the cardamom pods before serving.

“Serve with rice or naan bread.”



Makes 6 servings

Cooking time: 4 hours

Preparation time: 30 minutes



Photo: Rebecca Dominguez, Flickr.com

Vegetarian Stuffed Pasta Shells

A great money-saving, meat-free recipe!

Ingredients

350g pasta shells (or 1 packet)

900g jar spaghetti sauce

500g cottage cheese

500g mozzarella

75g parmesan cheese

1 onion, chopped

2 tablespoons Italian herb seasoning mix

1 250g packet frozen spinach, thawed, with water squeezed out

Preparation

Cook the pasta shells according to package directions and drain.

Pour half the jar of spaghetti sauce into your slow cooker.

In a medium bowl, mix together the spinach and all the other ingredients.

Stuff each shell with the spinach mixture using a teaspoon, and layer the shells in the slow cooker.

Pour the rest of the spaghetti sauce over.

Cover and cook on low setting for 4 hours.

Garnish with parmesan cheese if desired.



“Serve with garlic bread and a green salad. If you want to make this meaty, try adding cooked minced beef or balls of sausage meat to the spaghetti sauce.”



Serves 6

Cooking time: 4-5 hours

Preparation time: 10 minutes

Beefy Noodle Soup

A delicious and simple oriental style meal.

Ingredients

750g beef braising or stewing steak

1 large onion, chopped

850g mixed vegetables

850g chopped tomatoes

800ml beef stock

1 teaspoon oregano

1 tablespoon soy sauce

150g egg noodles

Preparation

In a frying pan, brown the beef until no longer pink and transfer to your slow cooker.

Add the onion, mixed vegetables, diced tomatoes, beef stock, oregano and soy sauce.

Cover and cook on low for 4 to 5 hours.

In a saucepan, cook the noodles according to package direction.

Add the noodles to the slow cooker and cook for a further 30 minutes.

“Spice this recipe up by adding chilli!”



Serves 6

Cooking time: 8 hours

Prep time: 15 minutes



Photo: Paul Albertella, Flickr.com

Cowboy Casserole

This recipe is really quick and uses low-cost ingredients to make a hearty dinner that kids love!

Ingredients

A 350g packet of frankfurters
(about 10 sausages)
2 cans of baked beans
1 can of chopped tomatoes
1 large red pepper, chopped
1 onion, diced
2 tablespoons of Worcestershire
Sauce
1 tablespoon of whole-grain
mustard
1 teaspoon of Paprika

Preparation

Cut the frankfurters into pieces about 1 inch long.
Chop the onion and fry in a large frying pan for 2 minutes in oil over a medium heat.
Add the paprika and stir around, then pour in both cans of beans and the can of chopped tomatoes.
Add the pieces of red pepper, the Worcestershire sauce and the mustard. Stir it round then add about 4 tablespoons of water (or stock if you prefer).
Put the chopped-up frankfurter pieces into the bottom of your slow cooker pot. Pour all the mixture from the frying pan on top of them.
Cook on a low heat for 8 hours.



“Before serving, stir through to ensure the sausages are evenly mixed. Serve with toast and butter. Leftovers can be frozen.”



Serves 6

Cooking time: 4 hours

Prep time: 15 minutes

Sloppy Joes

This recipe is so simple, fun to make, budget friendly and the kids will love it!

Ingredients

650g minced beef
350g pork sausages
1 small onion, chopped
1/2 green pepper, chopped
1 tin of chopped tomatoes
100ml water
100ml ketchup
25g brown sugar
2 tablespoons cider vinegar
2 tablespoons yellow mustard
1 tablespoon chilli powder
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
25g plain flour

Preparation

Squeeze the sausages out of their skins, and brown the mince and sausage meat in a large pan.

Add the chopped onion and pepper and cook for 10 minutes on a medium heat, until all the meat is brown.

Drain the oil and add the mixture to your slow cooker, then add all the other ingredients.

Cover and cook on high for 4 hours.

“Serve in burger buns, with tortilla chips on the side. Leftovers can be frozen for up to a month.”





Serves 6

Cooking time: 2 hours

Preparation time: 25 minutes

Rice Pudding

A warm and comforting pudding which is amazingly easy to make!

Ingredients

150g pudding rice
4 eggs
1 litre milk
125g sugar
1 teaspoon vanilla essence
½ teaspoon cinnamon
¼ teaspoon nutmeg
75g raisins, sultanas or dates

Preparation:

Cook the rice for 20 mins and add to your slow cooker.

Beat the eggs together and add to the slow cooker along with all the other ingredients.

Cover and cook on medium heat for 2 hours. Stir after 1 hour.

Serve warm, or chill in the fridge before serving.



“Serve on its own or top with cream or stewed fruit.”



Serves 8

Cooking time: 2 hours

Prep time: 30 minutes

Plum Pudding or Cake

Serve warm as a pudding with custard or ice-cream, or enjoy cool as a sticky plum cake!

Ingredients

200g of soft butter
100g sugar (caster or granulated are fine)
100g soft dark brown sugar
100g self-raising flour
1 tsp baking powder
4 medium eggs, beaten
6 large or 9 small plums cut in half and stones removed (enough to cover the slow cooker's base in one layer)
100g ground almonds (optional)

Preparation

Remove base from slow cooker, turn on slow cooker, set to high with the lid on to preheat it.

Butter sides of slow cooker base, then line with greaseproof paper.

Sprinkle 1 tablespoon of white sugar in the base of slow cooker.

Place plums flat side down in base of slow cooker, to cover the whole area in one layer.

Sieve flour and baking powder into a large bowl.

Add all other ingredients and mix until smooth.

Spoon mixture over plums.

Place base into hot slow cooker add lid, cook on high for 2 hours until edges are springy to the touch but the centre will be soft.

Lift base out of slow cooker and stand on a heatproof surface with lid on for 30 minutes (the plum cake will continue to cook).

Carefully turn cake upside down on to a large plate, remove greaseproof paper and serve.



“Try this recipe with other fruit like apricots or pears.”

The Centre for Sustainable Energy (CSE) designed this little booklet to help you save energy by cooking with a slow cooker.

You can find lots of other tips on saving energy at

www.cse.org.uk/loveyourhome



Our Home Energy Team offers free advice on domestic energy use to householders in Bristol and Somerset (including the unitary authorities of North Somerset and Bath & North East Somerset).

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