#### **CROCKPOT MEAL MINISTRY RECIPES**

# White Chicken Chili (serves 6)

- 2 1/2 c. low-sodium chicken broth
- 2 (15.5-oz) cans white beans, drained and rinsed
- 2 (12.5-oz) cans of chicken
- 2 (4-oz) cans green chiles
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced or garlic powder
- 1 jalapeño, seeded and minced, plus more for serving
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- salt and pepper
- 1 can of corn

### FOR SERVING (optional)

Sliced avocado, thinly sliced jalapeño, chopped cilantro, lime wedges, tortilla chips

Add broth, beans, chicken, green chiles, onion, garlic, jalapeño, oregano and cumin to the bowl of your slow cooker. Season with salt and pepper and cook on high for 2 to 3 hours. Use a potato masher or fork to gently mash about 1/3 of the beans. Cover and season with more salt and pepper if needed. Leave slow cooker on warm until ready to serve.

To serve, top with avocado, jalapeño, cilantro, and a squeeze of lime juice, if desired.

#### Bacon Ranch Tuna and Pasta (6 servings)

- 2 cans tuna
- bacon bits to taste
- 1 tsp garlic powder
- 1 package (1 oz) ranch dressing and seasoning mix
- 1 can (10.75 oz) condensed cream of chicken soup
- 1 cup mayonnaise
- 1/2 teaspoon pepper
- 1/2 cup water
- 8 oz spaghetti
- 1 can peas

Combine all ingredients except for peas in crockpot. Gently stir. Cover; cook on low heat setting 4-6 hours or on high heat setting 2-3 hours, stirring every hour or so. When about 15 minutes are left, add peas and cook on low for 15 minutes.

## Baked Penne (8 servings)

- 1 can chicken
- 1 onion finely chopped or equivalent dried chopped onion
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon dried basil or oregano
- 28 oz can diced tomatoes
- 1 jar pasta sauce (about 2 1/2 cups)
- 2 1/2 cups water or chicken broth
- 4 cups pasta
- 1 cup Parmesan cheese

Add chicken, onion, garlic powder, salt, basil or oregano, tomatoes, pasta sauce and water or broth to the slow cooker. Stir.

Cook on low for 4-6 hours or high for 2-3 hours.

Turn slow cooker to high. Add pasta and stir until combined. Cover and continue cooking for 15-30 minutes (depending on how hot your slow cooker is) -- check and stir at the 15 minute mark.

Sprinkle with cheese and cover for 3-5 minutes until cheese is melted.

## **Chicken and Sweet Potato Stew**

- 2 cans chicken
- 1 large can sweet potatoes, cubed
- 2 cans potatoes, cubed
- 1 can carrots, sliced
- 56 ounces canned tomatoes
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1/2 cup basil
- 2 cups chicken broth

Combine all ingredients in the slow cooker and stir together. Cover; cook on Low 6 to 8 hours or High 3 to 4 hours.

## Chicken Black Bean Spaghetti (serves 4-6)

- 1 pound spaghetti
- 2 cans drained black beans
- 1 24 ounce pasta sauce
- ¼ tsp garlic powder or 2 minced garlic cloves
- 1 can chicken
- Optional: 1 ½ tsp each of dried basil and Italian seasoning

Pour can of pasta sauce into the slow cooker and mix in 4 cups of water, seasonings, and chicken. Break pasta in half and coat with oil. Press pasta into the tomato sauce and top with beans. Cook on low 2-5 hours until the pasta is cooked, then stir to combine.

### **Chicken Spanish Rice**

- 1 can chicken
- 2 cans (14-1/2 ounces each) diced tomatoes with onions and peppers, undrained
- 2 cups water
- 1-1/2 cups uncooked rice
- 1 cup salsa
- 1 envelope taco seasoning

In a 3- or 4-qt. slow cooker, combine all ingredients. Cover and cook on low for 5-6 hours or until rice is tender.

### Chicken Taco Soup (serves 6)

- 2 cans of drained and rinsed black beans
- 1 can of drained corn
- 12.5 ounce can drained and flaked chicken
- 1 can of diced tomatoes
- 1 can of chicken broth
- ½ tsp garlic powder
- 1 packet of taco seasoning
- Optional: ½ tsp each of cumin and chili powder and crumbled tortilla chips as topping

Combine everything except chips and stir together. Cook on low for 5 hours.

## Pasta Casserole

- 3 c. of pasta sauce
- 3 c. penne or ziti pasta
- ½ c. water
- 2 c. parmesan cheese

Place half of the dry pasta on the bottom of a slow cooker. Spread half of the pasta sauce on top of the pasta. Sprinkle half of the cheese on top of the sauce. Repeat layer with remaining ingredients in the same order – pasta, sauce, cheese. Pour water around the edges of the casserole dish. Cover and cook on HIGH for 3-3.5 hours.

## Scalloped Potatoes and Ham (serves 4)

- 3 pounds sliced potatoes or 3 cans
- 1 chopped onion or 1 tbsp dried onion
- 1 cup cut up or shredded cheese (use ¼ pound from the deli or Cheese Wiz or other shelf stable cheese)
- Salt and Pepper to taste
- 1 can cream of mushroom soup
- 4-6 ounces ham, chopped from deli counter or can

Put potatoes, onion, and cheese into the slow cooker with salt and pepper. Mix soup with ½ cup of water and pour over. Cook for 4 hours if fresh, and 2 hours otherwise. Stir in the ham for the last hour.

#### Southwestern Chicken Stew

- 1 can of chicken
- 1 can green beans
- 1 can corn
- 2 cans (14 ounces each) diced tomatoes with onions and green peppers, undrained
- 1/4 cup tomato paste
- 3 tablespoons Worcestershire sauce
- Garlic powder to taste
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Place the first three ingredients in a 5-qt. slow cooker. In a large bowl, combine tomatoes, tomato paste, Worcestershire sauce, and dry seasonings; pour over top. Cook, covered, on high for 2-3 hours or low for 4-6 hours.

### Texas Black Bean Soup

- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14-1/2 ounces) stewed tomatoes, cut up
- 1 can (14-1/2 ounces) diced tomatoes or diced tomatoes with green chilies
- 1 can (14-1/2 ounces) chicken broth
- 1 can (11 ounces) corn, drained
- 2 to 3 tablespoons chili powder, if desired
- 1/2 teaspoon garlic, if desired

In a 3-qt. slow cooker, combine all ingredients. Cover and cook on high for 4-6 hours or until heated through.

#### Texas Hash

- Dry cured chorizo or salami, 12-16 oz
- 2 medium onions, diced (1-1/2 cups)
- 2 green peppers (1-1/2 cups)
- 2 (16 ounce) cans diced tomatoes
- 1 cup uncooked long-grain white rice
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons salt
- ¾ cup chicken stock
- 2 teaspoons Worcestershire sauce
- ¼ cup thinly sliced spring onions (or more, to taste)

Place all ingredients, except for spring onions, into crock pot and stir thoroughly. Cook on High for 4 hours or Low for 6-8 hours. If you can still see individual grains of rice, keep cooking it until they disappear. When it's done, add more salt if needed. Sprinkle spring onions on top before serving.

## Tuna Noodle Casserole (serves 5-6)

- ½ box (8 ounces) of noodles
- 1 small chopped onion or 1 tbsp dried chopped onion
- 1 can of peas (drained)
- 1 can of cream soup (such as mushroom, celery)
- 2 cans of tuna
- ½ tsp salt
- Optional: ½ cup (2 ounces) of parmesan cheese

Combine noodles, salt, optional cheese, and onion in the crockpot. Gently stir in tuna and a ½ of the soup can of water. Cook on high for 2-3 hours or low 4-6 hours, stirring every hour or so. Add peas, stir and cook on low for 15 minutes.

### Santa Fe Chicken

- 2 cans chicken
- 14.4 oz chicken broth
- 15 oz can black beans, rinsed
- 1 can corn, drained
- 14.4 oz can diced tomatoes with green chilies
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- salt to taste
- ¼ cup cilantro, chopped
- 3 scallions, chopped

Combine chicken, chicken broth, beans (drained), corn, tomatoes, garlic powder, onion powder, cumin, and salt in the crock pot. Cook on low for 4-6 hours. Adjust seasonings to taste. Serve with tortilla chips and top with cilantro and scallions.

## Slow Cooker Bacon Macaroni And Cheese

- 8 oz. uncooked rotini pasta (1/2 box)
- 2 c. shredded mozzarella cheese
- 2 c. shredded cheddar cheese
- 1 (2.8 oz.) package bacon bits
- 2 eggs, lightly beaten
- 1 (12 oz.) can evaporated milk
- 1 1/2 c. milk (1/2 c. milk powder + 1 ½ c. water)
- 1 tsp. salt
- 1/2 tsp. pepper

Place pasta, shredded cheeses, bacon, eggs, evaporated milk, milk, salt and pepper in slow cooker; stir to combine. Cover and cook on High setting for 1 and 1/2 hours, stirring twice during cooking.

Reduce heat to Low setting and cook 30 minutes longer until pasta is tender and all liquid is absorbed.

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