ROCK THE "CROCK"

Renal Friendly Slow Cooker Recipes

CHILDREN’S DIALYSIS OF CENTRAL TEXAS
AUSTIN, TEXAS 78723
Preface

This cookbook was born from an idea to help those on dialysis and their loved ones prepare nutritious, delicious, affordable and convenient meals. All of the recipes in this book are prepared using a slow cooker and have been modified by our team to meet the needs of those on dialysis. Our recipes are compiled from our own favorites and from DCI colleagues around the country.

All persons on dialysis or with altered kidney function should use this book with the supervision of their dietitian and health care team. Further specific modifications may be necessary to meet individual nutritional and medical needs.

We also wish to thank all of our patients and DCI colleagues from around the country who contributed the recipes to make this project a success.

August 2013
This book is dedicated to our littlest patients who inspire us every day.
Acknowledgements

We wish to thank Dialysis Clinic, Inc. for funding this project as part of the 2013 Purpose Project. Dialysis Clinic, Inc. (DCI) operates more than 200 dialysis clinics in 27 states and provides inpatient care in hospitals throughout the United States. Founded in 1971 in Nashville, TN, we are the largest non-profit dialysis provider in the US. We exist to meet the needs of the community. We strive to make our service available wherever needed and we support and conduct research in dialysis, organ procurement, and transplantation in order to benefit kidney patients. We also promote professional and public education regarding kidney disease. To date, DCI has given over $190 million to support research and education.

Slow Cooker Safety Precautions

Read all instructions included with your slow cooker before the first use. Save instructions for future reference.

Close supervision is important when a slow cooker is used near children.

Food cooked in a slow cooker needs to each and maintain an internal temperature of 165 degrees Fahrenheit.

Cook with the lid on for the recommended total time. Removing the lid causes a loss of heat and food temperature to decrease.

If your slow cooker has an automatic timer, do not delay the starting time for more than one hour. Uncooked or well chilled food cannot be held at room temperature for more than one hour.

Thaw frozen meats before cooking in the slow cooker.

Place your slow cooker on a flat non-flammable surface. Do not place the slow cooker on your stove top.
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**Roasted Citrus Chicken**

**SERVINGS: 8**

**INGREDIENTS**
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- ½ teaspoon black pepper
- 8 chicken thighs
- 2 cups chicken broth, reduced sodium
- 3 Tablespoons lemon juice

*If you prefer white meat, substitute ½ large chicken breast for 1 chicken thigh

**DIRECTIONS**
Heat oil in large skillet.

Add garlic and seasonings.

Add chicken breasts and brown on all sides.

Place chicken in slow cooker and add the chicken broth.

Cook on LOW heat for 6 to 8 hours.

Add lemon juice at the end of the cook time.

**NUTRITION PER SERVING**
- 265 calories
- 19 grams fat
- 21 grams protein
- 1 grams carbs
- 99 mg sodium
- 178 mg phosphorus
- 262 mg potassium

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**Herbed Chicken with Veggies**

**SERVINGS: 4**

**serving size: 2 chicken thighs and ½ cup of vegetables**

**INGREDIENTS**
- 1 cup sliced carrots, fresh or frozen
- 2 cups green beans, fresh or frozen
- ½ cup diced onion
- 8 bone-in chicken thighs
- ½ cup reduced-sodium chicken broth
- 2 teaspoons Worcestershire sauce
- 1 teaspoon no-salt herb seasoning blend
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- ½ teaspoon black pepper
- ½ large chicken breast for 1 chicken thigh

*If you prefer white meat, substitute ½ large chicken breast for 1 chicken thigh

**DIRECTIONS**

Place carrots, green beans and onions in the slow cooker.

Arrange chicken on top of vegetables.

Pour broth over chicken, top with Worcestershire sauce, herbs, and seasoning.

Cover and cook on LOW heat for 6 hours.

Serve with white rice or rolls.

**NUTRITION PER SERVING**
- 205 calories
- 6 grams fat
- 31 grams protein
- 5 grams carbs
- 179 mg sodium
- 269 mg phosphorus
- 555 mg potassium
- 179 mg phosphorus
Chicken with Asian Vegetables

SERVINGS: 8

INGREDIENTS
2 Tablespoons canola oil  ¾ cup sliced green onions
6 boneless chicken breasts or thighs 1 cup chopped red or green bell pepper
1 cup low-sodium chicken broth 1 cup chopped celery
3 Tablespoons reduced sodium soy sauce ¼ cup cornstarch
⅛ teaspoon crushed red pepper flakes ⅓ cup water
1 garlic clove, crushed ½ large chicken breast for 1 chicken thigh
1 can (8 ounces) water chestnuts, sliced and rinsed (optional)

DIRECTIONS
Heat oil in a pan and brown chicken on all sides.
Add chicken to slow cooker with the rest of the ingredients except cornstarch and water.
Cover and cook on LOW for 6 to 8 hours.
After 6-8 hours, separately stir together cornstarch and cold water until smooth. Slowly add into the slow cooker.
Then turn on high for about 15 minutes until thickened. Don’t completely close lid on slow cooker.
Serve Asian mixture over rice.

NUTRITION PER SERVING
415 calories  36 grams carbs  396 mg potassium
20 grams fat  343 mg sodium  200 mg phosphorus

King Ranch Casserole

SERVINGS: 8

INGREDIENTS
4 cups chopped, cooked chicken 1 4 oz. can green chilies
1 large onion, chopped 2 garlic cloves, minced
1 large green bell pepper, chopped 2 teaspoons chili powder
1 cup low sodium chicken broth 1 Tablespoon cornstarch plus 1 cup water (stirring until smooth)
1 cup cream of mushroom soup, reduced sodium 12 (6 inch) corn tortillas
1 cup canned diced tomatoes, no salt added ½ cup shredded sharp cheddar cheese

DIRECTIONS
Stir together all ingredients except tortillas and cheese in a large bowl.
Tear tortillas into 1 inch pieces; divide into thirds. Layer one-third of tortilla pieces in a lightly greased 6 quart slow cooker.
Top with ⅓ of the chicken mixture and about ⅓ of the cheese. Repeat layers twice.
Cover and cook on LOW for 3 ½ hours or until bubbly and edges are golden brown.
Uncover and cook on LOW for additional 30 minutes.
Top with sour cream if desired.

NUTRITION PER SERVING
268 calories  25 grams carbs  532 mg potassium
7 grams fat  307 mg sodium  317 mg phosphorus
27 grams protein
**Southern Chicken and Grits**

**SERVINGS: 4**

**Serving size:** 1 ½ cup servings

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>1 ¾ cups</td>
<td>fat-free reduced sodium chicken broth</td>
</tr>
<tr>
<td>6 Tablespoons</td>
<td>corn grits, uncooked</td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 small onion, diced</td>
<td></td>
</tr>
<tr>
<td>1 medium clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 cup sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>1 medium jalapeno pepper, seeded and minced</td>
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</tr>
<tr>
<td>1 medium red bell, chopped</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon black pepper</td>
<td></td>
</tr>
<tr>
<td>1 pound boneless, skinless chicken thighs, cut into 1-inch chunks</td>
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</tbody>
</table>

**DIRECTIONS**

Place broth in a 3- to 5-quart slow cooker. Slowly add grits, stirring constantly, to avoid lumps, set slow cooker aside.

Heat oil in a large skillet over medium-high heat.

Add onion, garlic, mushrooms, jalapeno and red pepper; sauté stirring frequently, for about 5 minutes.

Add vegetables to slow cooker, along with cumin and pepper, stir together mixture.

Add chicken thighs on top.

Cover and cook on LOW for 6 to 8 hours.

**NUTRITION PER SERVING**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbs</th>
<th>Sodium</th>
<th>Potassium</th>
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<td>17</td>
<td>9</td>
<td>534</td>
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<td>9</td>
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<td>27</td>
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**Chicken Adobo**

**SERVINGS: 6**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 medium yellow onions, halved and thinly sliced</td>
<td></td>
</tr>
<tr>
<td>4 medium garlic cloves, smashed and peeled</td>
<td></td>
</tr>
<tr>
<td>1 (5-inch) piece fresh ginger, cut into 1-inch pieces</td>
<td></td>
</tr>
<tr>
<td>1 bay leaf</td>
<td></td>
</tr>
<tr>
<td>3 pounds bone-in chicken thighs</td>
<td></td>
</tr>
<tr>
<td>3 Tablespoons reduced sodium soy sauce</td>
<td></td>
</tr>
<tr>
<td>¼ cup rice vinegar (not seasoned)</td>
<td></td>
</tr>
<tr>
<td>1 Tablespoon granulated sugar</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon freshly ground black pepper</td>
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**DIRECTIONS**

Place the onions, garlic, ginger, and bay leaf in an even layer in the slow cooker.

Remove and discard the skin from the chicken.

Arrange the chicken in an even layer on top of the onion mixture. Whisk the soy sauce, vinegar, sugar, and pepper together in a medium bowl and pour it over the chicken.

Cover and cook on LOW for 8 hours.

Remove and discard the ginger pieces and bay leaf. Serve with steamed rice.

**NUTRITION PER SERVING**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbs</th>
<th>Sodium</th>
<th>Potassium</th>
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<td>44</td>
<td>314</td>
<td>328</td>
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<tr>
<td>9</td>
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<tr>
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</table>
Bill Hunter’s Chicken and Dumplings

SERVINGS: 8

INGREDIENTS
8 boneless, skinless chicken thighs
4 Tablespoons olive oil
2 onions, chopped
2 celery stalks, cut into 1 inch pieces
2 carrots, peeled and cut into one inch pieces
2 stems thyme leaves
1 small turnip (diced)
⅛ cup flour

DIRECTIONS FOR THE STEW
Heat 2 Tablespoons oil in a large skillet over medium high heat. Sear the chicken on each side until it is brown, around 4 minutes per side. Transfer to slow cooker. Add remaining oil to skillet. Add onions, celery and carrots and cook until slightly tender, about 5 minutes. Sprinkle with flour and poultry seasoning and stir until coated. Stir in wine and one cup of the broth and stir until simmering. Pour everything from the skillet into the slow cooker. Add remaining broth, cover and cook on LOW for 6 hours. After 6 hours, remove chicken from cooker and shred into bite sized pieces with two forks. Return chicken to cooker and stir.

DIRECTIONS FOR THE DUMPLINGS
Mix dry ingredients together in medium mixing bowl. Stir in milk and butter until combined evenly. After the slow cooker has cooked for 6 hours, drop ¼ cup amounts of dumpling dough around the edges of the slow cooker (you should have about 8 dumplings). Cover slow cooker and continue cooking on LOW for an additional hour.

NUTRITION PER SERVING
492 calories
28 grams fat
21 grams protein
36 grams carbs
122 mg sodium
342 mg phosphorus
583 mg potassium

Rachel O’Peter’s Chicken and Veggie Soup

SERVINGS: 8

INGREDIENTS
4 cups cooked and chopped chicken
7 cups reduced sodium chicken broth
1 pound frozen white corn
1 medium onion diced
4 cloves garlic minced
2 carrots peeled and diced
2 celery stalks chopped
1 medium onion diced
2 teaspoons oregano
⅓ teaspoon curry powder
⅜ teaspoon black pepper

DIRECTIONS
Add all ingredients into slow cooker. Cook on LOW for 8 hrs. Serve over cooked white rice.

NUTRITION PER SERVING
220 calories
7 grams fat
24 grams protein
19 grams carbs
133 mg sodium
252 mg phosphorus
578 mg potassium
342 mg phosphorus
Pesto Chicken

SERVINGS: 6

**INGREDIENTS**
- 3 chicken breast fillets
- 6 ounce jar of pesto
- ½ cup of reduced sodium chicken (or veggie) broth

**DIRECTIONS**
Place chicken breasts at the bottom of the slow cooker.
Pour pesto over the chicken and spread to coat the tops of the chicken.
Pour in ½ cup chicken broth.
Cook on LOW for 6-8.
Serve over cooked pasta.

**NUTRITION PER SERVING**
- 278 calories
- 18 grams fat
- 28 grams protein
- 1 grams carbs
- 398 mg sodium
- 254 mg phosphorus
- 454 mg potassium

Spicy Coconut Curry Chicken

SERVINGS: 4

**INGREDIENTS**
- 2 boneless chicken breasts (fresh or frozen)
- ½ cup chopped green onions
- 1 (4 ounce) can diced green chili peppers
- 1 (7 ounce) can coconut milk
- 1 ½ Tablespoons curry powder
- 1 Tablespoon chili powder
- 1 Tablespoon lime juice
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- 1 Tablespoon lime juice
- 1 ½ cup water
- 1 cup dry white rice
- Chopped cilantro, for garnish

**DIRECTIONS**
Combine all ingredients except coconut milk and rice in the slow cooker.
Cover and cook on LOW for 7-9 hours.
After cooking time, shred chicken with a fork, stir in coconut milk and dry rice.
Turn the slow cooker to HIGH and cook for an additional 30 minutes, or until the rice has absorbed the liquid and is cooked.
Serve hot and garnish with cilantro.

**NUTRITION PER SERVING**
- 270 calories
- 19 grams fat
- 20 grams protein
- 7 grams carbs
- 180 mg sodium
- 223 mg phosphorus
- 414 mg potassium
Chicken Enchilada Casserole

SERVINGS: 8

INGREDIENTS
9 corn tortillas, 6-inch
2 cups cooked diced chicken
1 -16 ounce bag frozen corn
1 teaspoon chili powder
¼ teaspoon ground black pepper
1 can (4 ounces) chopped green chili peppers, mild
1 cup shredded Mexican blend cheese
2 cups cooked diced chicken
1 cup green chili salsa
1 can (15 ounces) no sodium black beans, rinsed and drained,
½ cup sour cream

DIRECTIONS
Spray slow cooker with cooking spray. Place 3 tortillas in bottom of slow cooker.
Top tortillas with half of the chicken, the corn, about half of the seasonings, and half of the chili peppers.
Sprinkle with half of the shredded cheese and pour about ½ cup salsa over the cheese.
Repeat with 3 more tortillas, the black beans, remaining chicken, seasonings, chili peppers, and cheese.
Top with remaining tortillas and salsa.
Cover and cook on LOW for 5 to 6 hours.
Serve warm and can add one Tablespoon of sour cream on each plate.

NUTRITION PER SERVING
308 calories
10 grams fat
20 grams protein
37 grams carbs
381 mg sodium
514 mg potassium
94 mg sodium
153 mg phosphorus

Orange Chicken

SERVINGS: 8

INGREDIENTS
8 bone-in chicken thighs
4 ounces orange juice
½ cup flour
1 Tablespoon balsamic vinegar
1 Tablespoon ketchup
16 medium onion, chopped
1 medium bell pepper, chopped

DIRECTIONS
Place chicken and flour into a plastic bag, shake to coat.
Add coated chicken to the slow cooker.
Mix the orange juice, brown sugar, vinegar, and ketchup together into a bowl.
Pour sauce into the slow cooker over the chicken and mix.
Cook on LOW 6-8 hours.
Pull chicken off of the bone and serve over white rice with some of the sauce.

NUTRITION PER SERVING
236 calories
15 grams fat
17 grams protein
8.4 grams carbs
9 mg sodium
273 mg potassium
273 mg phosphorus
Honey Sesame Chicken
SERVINGS: 6

INGREDIENTS
6 skinless chicken thighs
1 Tablespoon olive oil
½ cup honey
2 Tablespoon sesame seeds
¼ cup light low sodium soy sauce
¼ cup water
1 Tablespoon sesame oil
1 (10 ounce) package frozen broccoli
1 teaspoon pepper

DIRECTIONS
Place all ingredients in freezer bag, toss to coat.
Place in slow cooker and cook on LOW for 4-5 hours.
Remove chicken & shred, and then return to sauce.
Serve over hot cooked rice.

NUTRITION PER SERVING
247 calories
9 grams fat
16 grams protein
28 grams carbs
378 mg sodium
159 mg phosphorus
263 mg potassium

Balsamic Chicken Thighs
SERVINGS: 8

INGREDIENTS
8 chicken thighs
1 teaspoon garlic powder
1 teaspoon dried basil
½ teaspoon salt
½ teaspoon pepper
2 teaspoons dried minced onion
4 garlic cloves, minced
1 Tablespoon olive oil
1½ cup balsamic vinegar
Fresh chopped parsley

DIRECTIONS
Combine the first five dry spices in a small bowl and spread over chicken on both sides. Set aside.
Pour olive oil and garlic on the bottom of the slow cooker.
Place chicken on top.
Pour balsamic vinegar over the chicken.
Cover and cook on LOW for 6-8 hours.
Sprinkle with fresh parsley on top. Serve over noodles.

NUTRITION PER SERVING
230 calories
16 grams fat
16 grams protein
3 grams carbs
75 mg sodium
142 mg phosphorus
204 mg potassium
263 mg phosphorus
Tropical Pineapple Chicken
SERVINGS: 6  serving size: 1 chicken thigh with sauce and ½ cup rice

INGREDIENTS
6 skinless, boneless chicken thighs (1-½ pounds)
½ teaspoon black pepper
½ teaspoon garlic powder
1 (20-ounce) can pineapple, mashed and canned in unsweetened juice
2 Tablespoons brown sugar, packed
2 Tablespoons low-sodium soy sauce
2 Tablespoons cornstarch
3 Tablespoons water
3 cups cooked rice
2 Tablespoons olive oil

DIRECTIONS
Sprinkle both sides of chicken thighs with pepper and garlic powder.
Heat oil in a large skillet over medium-high heat. Add chicken to skillet and cook 2-3 minutes on each side, until browned.
Coat 4-quart slow cooker with cooking spray, transfer chicken inside.
Drain pineapple juice from canned pineapple. Stir the juice into skillet drippings, and scrape to loosen browned chicken bits.
Remove skillet from heat and stir in brown sugar, soy sauce and hot sauce.
Add 1 cup of the pineapple chunks. Pour mixture over chicken thighs in slow cooker.
Cover and cook on LOW heat 6-8 hours.
After cooking time, remove chicken from slow cooker and turn heat to the high setting.
In a separate bowl combine cornstarch and 3 Tablespoons water.
Stir into the slow cooker sauce. Cook for 2 minutes or until sauce thickens, stirring constantly with a whisk.
Add green onions and stir to coat.
Serve each chicken thigh over ½ cup rice.

Hawaiian Chicken and Rice
SERVINGS: 11  serving size: 1 cup

INGREDIENTS
6-inch piece ginger, chopped into one-inch pieces
2 medium carrots, chopped into half-inch pieces
2 cup uncooked white rice, rinsed
1 pound boneless skinless chicken thighs, cut into one-inch cubes
7 cups no/low sodium chicken broth
1 Tablespoon oyster flavored sauce
1 Tablespoon low sodium soy sauce
1 Tablespoon sesame oil
1 small green cabbage, chopped into bite-sized pieces
12 medium green onions, chopped into one-inch pieces
Cilantro

DIRECTIONS
Refrigerate chopped cabbage, green onions, and Chinese parsley (optional) until ready to use.
In slow cooker, combine ginger, carrots, rice, chicken, and cover with chicken broth.
Cover slow cooker and cook on LOW for 7-9 hours.
During the last 1 hour of cooking, open slow cooker and mix in cabbage and green onions. Cover and cook for 1 hour.
Add oyster sauce, soy sauce, cilantro, and sesame oil into pot before serving.
Serve with canned pineapple if desired

NUTRITION PER SERVING
371 calories
6 grams fat
25 grams protein
54 grams carbs
229 mg sodium
272 mg phosphorus
622 mg potassium
274 mg phosphorus
**40 Clove Garlic Chicken**

**SERVINGS:** 8

**INGREDIENTS**
- 1 cup low sodium chicken broth
- 3 Tablespoons dry white wine
- 1 (3 pound) whole chicken, skinned and cut into 8 pieces
- 1 Tablespoon olive oil
- 1 teaspoon no salt seasoning blend
- ¼ teaspoon freshly ground black pepper
- 40 garlic cloves, peeled (about 4 whole heads)
- 1 teaspoon no salt seasoning blend
- 2 teaspoons fresh thyme leaves
- 4 teaspoons chopped fresh parsley (optional)

**DIRECTIONS**
Combine broth and wine in a small bowl. Discard giblets and neck from chicken. Rinse chicken and pat dry. Heat oil in skillet over medium-high heat. Sprinkle chicken pieces evenly with pepper and add to pan; cook 2 ½ minutes on each side or until golden. Remove chicken from pan and place in slow cooker. Add garlic to drippings in pan and sauté 1 minute or until garlic begins to brown. Add broth mixture to the pan, scraping the pan to loosen browned bits. Bring sauce to a boil for 2 minutes. Pour sauce in the slow cooker over the chicken, sprinkle with thyme. Cover and cook on LOW for 6 - 8 hours or until chicken is done. Serve sauce and garlic with chicken. Garnish with chopped parsley, if desired.

**NUTRITION PER SERVING**
- 246 calories
- 7 grams fat
- 37 grams protein
- 5 grams carbs
- 138 mg sodium
- 467 mg potassium
- 231 mg phosphorus

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**Shredded Chicken Taco Filling**

**SERVINGS:** 10

**INGREDIENTS**
- 2 cups diced onions
- 2 ¼ pounds boneless, skinless chicken breast
- ½ cup lime juice
- 2 ½ teaspoons cumin
- 2 teaspoons garlic powder
- 1 Tablespoon smoked paprika
- 1 ½ teaspoon chili powder
- 1 teaspoon ground coriander

**DIRECTIONS**
Spray the bottom and sides of a slow cooker with cooking oil. Place onions on the bottom of the slow cooker; add chicken, lime juice and spices. Cook on LOW for 8 hours or until the chicken is done; Shred chicken with 2 forks. May serve on flour tortillas and top with lettuce and sour cream if desired.

**NUTRITION PER SERVING**
- 117 calories
- 3 grams fat
- 22 grams protein
- 5 grams carbs
- 127 mg sodium
- 467 mg potassium
- 231 mg phosphorus
Monica M’s Cream Cheese Chicken Chili  
(UT Nutrition Professor)  
SERVINGS: 4

**INGREDIENTS**  
1 cup canned black beans, no salt added  
2 chicken breasts, cut in half  
4 ounces cream cheese spread  
2 cups frozen sweet corn  
1 (4 ounce) can green chilies  
1 cup low sodium chicken broth  
1 teaspoon cumin  
1 Tablespoon chili powder  
1 teaspoon onion powder

**DIRECTIONS**  
Drain and rinse black beans.  
Place chicken at bottom of slow cooker, pour in corn, green chilies, broth and black beans.  
Top with seasonings and stir together.  
Place cream cheese on top.  
Cover with lid and cook on LOW for 6-8 hours.  
Stir cream cheese into chili.  
Use 2 forks to shred chicken. Stir together and serve.

**NUTRITION PER SERVING**  
275 calories  
11 grams fat  
19 grams protein  
27 grams carbs  
361 mg sodium  
251 mg phosphorus

Robin D’s Rotisserie Chicken (DCI)  
SERVINGS: 8  
SERVING SIZE: 1 leg or 1 thigh or ½ breast

**INGREDIENTS**  
1 (3 pound) chicken, cleaned with fat removed  
2 teaspoon. smoked paprika  
½ teaspoon. garlic powder  
1 lemon  
½ teaspoon. dried basil  
2 teaspoon. pepper  
1 lemon  
½ teaspoon. dried oregano

**DIRECTIONS**  
Make 3-5 aluminum foil balls and place in the bottom of the slow cooker.  
Mix together all of the spices and add the juice of the lemon.  
Rub the spice rub all over the chicken.  
Stuff the lemon into the chicken cavity and place on top of the aluminum foil balls.  
Cook on LOW for 8 hours.

**NUTRITION PER SERVING**  
250 calories  
17 grams fat  
21 grams protein  
1 gram carbohydrate  
81 mg sodium  
226 mg potassium  
251 mg phosphorus
Cathie F’s Chicken with Rice (DCI)
SERVINGS: 8

INGREDIENTS
1 (2 ½ pound) whole chicken  
2 ½ cups low sodium chicken broth  
pepper

4 cups cooked white rice  
garlic powder

DIRECTIONS
Clean chicken and remove giblets from the inside.
Put the chicken in the slow cooker. Add broth, pepper, and garlic powder to taste.
Cook on LOW for 5-6 hours.
Cut chicken into 8 pieces and serve each with ½ cup of rice and some broth.

NUTRITION PER SERVING
260 calories  
5 grams fat  
33 grams protein

18 grams carbs  
131 mg sodium  
295 mg phosphorus

Cathie F’s Honey Baked Chicken (DCI)
SERVINGS: 8  serving size: ½ chicken breast

INGREDIENTS
4 large chicken breasts  
1 Tablespoons vegetable oil  
½ cup honey

¼ cup mustard  
1 teaspoon curry powder

DIRECTIONS
Put the chicken breasts on the bottom of the slow cooker and pour the sauce over the chicken.
Cover and cook on LOW for 5-6 hours.
May serve with dinner rolls and salad.

NUTRITION PER SERVING
235 calories  
10 grams fat  
19 grams protein

18 grams carbs  
144 mg sodium  
161 mg phosphorus
Nancy’s Chicken Chili (DCI)

SERVINGS: 11

INGREDIENTS

- 2 pounds ground chicken, coarsely preferred
- 3 Tablespoons chili powder, plus 2 teaspoons
- 1 cup diced canned tomatoes, no salt added
- 3 ½ cups low sodium chicken broth can no salt broth
- ¾ cup pearl tapioca dry
- 2 chipotle chilies chopped
- 2 Tablespoons low sodium soy sauce
- 1 Tablespoon onion powder
- 2 teaspoons granulated garlic
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- Pinch ground cloves
- ¾ cup sour cream
- 5 ½ cups cooked rice (about 2 ½ cups dry rice)

DIRECTIONS

Put the chicken in the slow cooker.
Add 3 Tablespoons of chili powder and all of the rest of the ingredients.
Stir everything together, cover, and cook on LOW for 6 to 8 hours.
Just before serving, stir in the remaining 2 teaspoons of chili powder and ground pepper to taste. Pour in bowls with ½ cup cooked rice and 1 Tablespoon of sour cream in each.

NUTRITION PER SERVING

- 289 calories
- 11 grams fat
- 19 grams protein
- 29 grams carbs
- 219 mg sodium
- 640 mg potassium
- 233 mg phosphorus
Pork Tenderloin with Apple Cranberry Sauce

SERVINGS: 8

INGREDIENTS
2 pound pork tenderloin
2 Tablespoons brown sugar
2 Tablespoons cider vinegar
1 teaspoon ginger

¼ teaspoon red pepper flakes
1 cup canned cranberry sauce
3 medium Granny Smith apples, peeled and chopped
1 teaspoon cinnamon

DIRECTIONS
Season pork with salt and pepper and place in slow cooker.
Mix all ingredients, pour over the pork.
Cover and cook on LOW for 6-8 hours or until pork is tender.

NUTRITION PER SERVING
228 calories
24 grams carbs
70 mg sodium
4 grams fat
285 mg phosphorus
24 grams protein

Ancho Chili and Lime Pork

SERVINGS: 12

INGREDIENTS
Plantain leaves (optional)
1 medium white onion, chopped
4 pounds pork shoulder,
1 medium red onion, chopped
Ancho chili paste (5 dried ancho chili peppers, 2 cups hot water, see directions below)
6 cups cooked white rice (about 3 cups dry rice)
1 ½ cups lime juice
Cilantro

DIRECTIONS
Line the slow cooker with 2 plantain leaves. Put one across it long ways and one sideways (optional).
Place the pork shoulder on top of the leaves.
Prepare ancho chili paste as follows:
Pour hot water over five dried ancho chili peppers.
Soak until chili peppers are soft.
Rinse chili peppers, discard stems and remove seeds.
Place in blender or food processor and grind into a paste.
Add more water if needed. Yields about 1 cup.
Combine 2 Tablespoons ancho chili paste in a bowl with 1 cup lime juice. Use a spoon to work into a slushy liquid.
Pour the ancho chili mixture over the top of the pork.
Chop up the white onion and layer it on top of the pork.
Wrap the plantain leaves over the top of the pork to seal it off and put the lid on the slow cooker.
Cook on LOW for 8-10 hours.

While meat is cooking, chop up the red onion and allow it to soak in lime juice to make pickled red onions.

When it is nearly time to eat, prepare the rice. Mix it with fresh cilantro and fresh lime juice.

Use the meat, onions, rice and fixings to make tacos.

NUTRITION PER SERVING
333 calories
27 grams carbs
626 mg potassium
10 grams fat
127 mg sodium
373 mg phosphorus
32 grams protein
Texas Green Chili Burritos

SERVINGS: 6  serving size: ¼ cup stew, 1 tortilla

INGREDIENTS

1 ½ cup all-purpose white flour
1 Tablespoon garlic powder
1 teaspoon black pepper
1 pound lean pork chops, cut into bite size cubes
1 Tablespoon olive oil
2 4-ounce cans green chili peppers, rinsed, and diced
2 cups low-sodium chicken broth
6 (6-inch) tortillas
6 Tablespoons sour cream
¾ cup iceberg lettuce, shredded
¾ cup cilantro, chopped

DIRECTIONS

Combine and mix flour, garlic powder and black pepper in a large plastic bag.
Place pork in the bag and shake to coat well with flour mixture.
Heat olive oil in a large pan and brown pork.
Place browned pork, chili peppers, garlic and chicken broth into a slow cooker. Cook for 10 hours on LOW heat.
Serve ¼ cup of stew on a tortilla and roll burrito style.
Top with 1 Tablespoon sour cream, lettuce and cilantro.

NUTRITION PER SERVING

293 calories 27 grams carbs 491 mg potassium
10 grams fat 407 mg sodium 272 mg phosphorus

Root Beer Pulled Pork

SERVINGS: 8

INGREDIENTS

1 (2 pound) pork tenderloin (pork shoulder or butt can also be used)
8 Tablespoons barbecue sauce, low sodium if available (spread on sandwich at end)
1 (12 ounce) can of root beer
¼ cup low sodium chicken broth

DIRECTIONS

Place the pork tenderloin in a slow cooker and pour the can of root beer over the meat.
Cover and cook on LOW for 6 hours or until pork shreds easily with a fork.
After pork has cooked, drain and discard the root beer.
Shred the pork and stir in an additional ¼ cup of broth before serving for additional moisture.
Serve on hamburger buns with 1 Tablespoon of barbeque sauce on each sandwich.

NUTRITION PER SERVING

370 calories 9 grams carbs 387 mg potassium
24 grams fat 295 mg sodium 242 mg phosphorus
27 grams protein
**Apple Jelly Pork Shoulder**

**SERVINGS: 10**

**INGREDIENTS**
- 2 large onions, sliced
- 1 (3 pound) boneless pork shoulder roast
- pinch of pepper
- 1 cup of apple jelly
- ½ cup chicken broth reduced sodium
- 1 Tablespoon grainy mustard

**DIRECTIONS**
Arrange onion slices in the bottom of a large slow cooker.
Wash the roast and pat dry; leave it in its netting and place on the onions.
Combine remaining ingredients in a cup; pour over the roast.
Cover and cook on LOW 8 hours.
Serve with rolls and salad.

**NUTRITION PER SERVING**
- 270 calories
- 5 grams fat
- 31 grams protein
- 25 grams carbs
- 104 mg sodium
- 564 mg potassium

---

**Pulled Pork Slow Cooker Style**

**SERVINGS: 10  serving size: ½ cup meat**

**INGREDIENTS**
- 1 (3 pound) boneless pork shoulder
- 1 cup water
- ½ cup vinegar
- 1 large onion, cut into slices
- 1 Tablespoon ground cumin
- 1 Tablespoon ground mustard
- 1 Tablespoon chili powder
- ½ cup brown sugar

**DIRECTIONS**
Place the pork shoulder into the slow cooker and cover with onions.
Mix the cumin, mustard, chili powder ad brown sugar with the vinegar and water. Pour the mixture over the pork and onions.
Cook on LOW until the pork is tender and falls apart easily, 8 to 10 hours.
Carefully remove the pork to a cutting board; shred the meat into strands using a pair of forks. Remove and discard any excess fat.

**NUTRITION PER SERVING**
- 255 calories
- 5 grams fat
- 31 grams protein
- 12 grams carbs
- 81 mg sodium
- 555 mg potassium
- 324 mg phosphorus
### Tacos de Carnitas

**SERVINGS:** 12

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3-pound) boneless pork shoulder</td>
<td>(Boston butt), trimmed</td>
</tr>
<tr>
<td>2 Tablespoons fresh lime juice</td>
<td></td>
</tr>
<tr>
<td>10 garlic cloves, sliced</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>2 chipotle chili peppers canned in adobo sauce, drained and chopped</td>
<td></td>
</tr>
<tr>
<td>12 (8 inch) flour tortillas, warmed</td>
<td></td>
</tr>
<tr>
<td>1/2 cup bottled green salsa</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped fresh cilantro</td>
<td></td>
</tr>
<tr>
<td>1/4 cup orange juice</td>
<td></td>
</tr>
<tr>
<td>12 lime wedges</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS**

Make 1/2-inch-deep slits on outside of roast; stuff with garlic. Combine cumin, oregano, and black pepper in a small bowl. Place roast in a slow cooker. Sprinkle pork on all sides with spice mixture. Combine orange juice, lime juice, and chipotle chili peppers. Pour juice mixture over pork. Cover and cook on LOW for 8 hours or until pork is tender. Remove pork from slow cooker; shred with 2 forks. Skim fat from cooking liquid. Combine shredded pork and 1/2 cup cooking liquid; toss well. Spread 1/12 pork mixture onto each tortilla, top each with 1 teaspoon onion, 1 1/2 teaspoons salsa, and 1 1/2 teaspoons cilantro. Serve with lime wedges.

**NUTRITION PER SERVING**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Grams Carbs</th>
<th>Grams Fat</th>
<th>Grams Protein</th>
<th>Grams Sodium</th>
<th>Grams Potassium</th>
<th>Grams Phosphorus</th>
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<td>30</td>
<td>8</td>
<td>30</td>
<td>445</td>
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### Rosemary Pork Sliders

**SERVINGS:** 10

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (1 1/2 pound) boneless pork loin roast, trimmed</td>
<td></td>
</tr>
<tr>
<td>1 Tablespoon chopped fresh rosemary</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>4 garlic cloves, minced</td>
<td></td>
</tr>
<tr>
<td>1/2 cup canola mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons prepared horseradish</td>
<td></td>
</tr>
<tr>
<td>10 dinner rolls, toasted</td>
<td></td>
</tr>
<tr>
<td>1 cup reduced sodium chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 cup vertically sliced shallots (2 large)</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS**

Sprinkle pork with pepper. Heat a large skillet over medium-high heat. Add pork; cook 3 minutes on each side or until browned. Transfer pork to a 3-quart slow cooker coated with cooking spray. Add 1 cup water, broth, shallots, rosemary, and garlic to slow cooker. Cover and cook on LOW for 8 hours or until tender. Place in a bowl. Shred pork with 2 forks. Pour cooking liquid through a sieve into a bowl, reserving shallots and garlic. Add 3/4 cup strained cooking liquid, shallots, and garlic to pork; toss well. Discard remaining cooking liquid. Combine mayonnaise and horseradish in a small bowl. Spread 2 teaspoons of the mayonnaise mixture on each roll with about 1/4 cup pork.

**NUTRITION PER SERVING**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Grams Carbs</th>
<th>Grams Fat</th>
<th>Grams Protein</th>
<th>Grams Sodium</th>
<th>Grams Potassium</th>
<th>Grams Phosphorus</th>
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<tr>
<td>340</td>
<td>17</td>
<td>268</td>
<td>16</td>
<td>306</td>
<td>175</td>
<td>138</td>
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Caribbean Style Pork
SERVINGS: 8 serving size: ½ cup pork mixture with ½ cup rice

INGREDIENTS
1 (2-pound) boneless center-cut pork loin roast, trimmed
1 teaspoon olive oil
2 medium bell peppers, cut into 1-inch pieces
6 green onions, cut into 1-inch pieces
Cooking spray
2 Tablespoon hoisin sauce
1 Tablespoon lower-sodium soy sauce
1 Tablespoon fresh lime juice
2 Tablespoons peanut butter
1 teaspoon cumin seeds, crushed
½ teaspoon crushed red pepper
2 garlic cloves, minced
4 cups hot cooked white rice
4 Tablespoons diagonally sliced green onions

DIRECTIONS
Cut roast into 1-inch pieces. Sauté pork in oil in a skillet for 5 minutes or until brown.
Place pork, bell pepper, and green onion pieces in a 4-quart slow cooker coated with cooking spray, stir well.
Combine the rest of the ingredients (besides rice and green onions) in a small bowl, stir until blended evenly.
Pour mixture over pork and vegetables, stir well.
Cook on LOW for 8 hours.
Serve ½ cup pork mixture over ½ cup cooked rice, sprinkle with sliced green onions.

Nutrition Per Serving
338 calories 32 grams carbs 412 mg potassium
10 grams fat 138 mg sodium 226 mg phosphorus
29 grams protein

Patricia S’s Cranberry Pork Roast (DCI)
SERVINGS: 10

INGREDIENTS
2 Tablespoons olive oil
2 ½ pounds pork butt with bone
½ cup chopped apple
2 onions, thinly sliced
2 teaspoon garlic powder
½ teaspoon black pepper
1 ½ cup dried cranberries
1 teaspoon dried thyme
2 Tablespoons small pearl tapioca

DIRECTIONS
Sear all sides of roast in olive oil over medium-high heat.
Place roast fat side up in slow cooker.
Combine apple juice, onions, garlic powder, black pepper, cranberries, thyme and tapioca, and spoon over roast.
Cover roast and cook on LOW for 8 to 10 hours.
Serve with rice or noodles.

Nutrition Per Serving
427 calories 32 grams carbs 412 mg potassium
25 grams fat 79 mg sodium 226 mg phosphorus
21 grams protein
Barbara’s “Chicken-Lickin” Good Pork Chops (DCI)

SERVINGS: 6  Serving size: 1 chop with ½ cup cooked rice

INGREDIENTS
6 lean pork sirloin chops, 1-2 inches thick
½ cup white flour
1 ½ teaspoon dry mustard
½ teaspoon garlic powder

1 teaspoon black pepper
2 T oil
1 ½ cups unsalted chicken stock
1 medium onion, sliced
3 cups cooked rice

DIRECTIONS
Dredge pork chops in mixture of flour, dry mustard, garlic powder, and pepper.

Brown chops in oil in large skillet, then place chops in slow cooker.

Pour chicken stock over pork chops and place sliced onions on top.

Cover cook on LOW for 6 to 8 hours.

Serve with cooked rice.

NUTRITION PER SERVING
342 calories  31 grams carbs  466 mg potassium
12 grams fat  71 mg sodium  286 mg phosphorus
26 grams protein
Shepherd’s Pie
SERVINGS: 4

INGREDIENTS
1 Tablespoon vegetable oil
1 medium onion, diced
2 cloves garlic, minced
1 pound lean ground beef
1 Tablespoon no salt tomato paste
1 teaspoon Worcestershire sauce
1 teaspoon dried thyme
Pinch of pepper
1 Tablespoon cornstarch
1 cup frozen peas and carrots mix

DIRECTIONS
In a skillet over medium heat, warm oil. Add onion and cook, stirring, until translucent, 3 minutes. Add garlic and cook 30 seconds longer.

Add beef, increase heat to medium-high and cook, breaking up chunks, until meat is cooked through and beginning to brown, 8 minutes.

Stir in tomato paste, Worcestershire, thyme and pepper.

In a small cup, whisk cornstarch with 1 cup water. Add to skillet and cook, stirring, until liquid thickens slightly. Remove from heat; transfer to slow cooker.

Layer vegetables on top of meat; Cover, turn slow cooker to LOW and cook for 3 hours.

May serve on rice.

NUTRITION PER SERVING
405 calories
18 grams carbs
27 grams protein
158 mg sodium
249 mg phosphorus
585 mg potassium

Balsamic Pot Roast with Low Potassium Potatoes
SERVINGS: 10
Serving size: 3 ounces meat with sauce and ⅓ cup potatoes

INGREDIENTS
1 (3 pound) boneless chuck roast
1 cup no sodium beef broth
½ cup balsamic vinegar
1 Tablespoon Worcestershire sauce
1 Tablespoon low sodium soy sauce
1 Tablespoon honey
½ teaspoon red pepper flakes
4 cloves garlic, smashed
3 cups diced potatoes

DIRECTIONS
Mix together the beef broth, balsamic, Worcestershire sauce, soy sauce, honey, red pepper flakes, and garlic in a bowl.

Place roast in a slow cooker and pour mixture on top.

Cook on LOW for 6-8 hours.

Prepare leached potatoes separately: Cut potatoes into small pieces and boil in a large pot of water. Drain water.

Stir potatoes into meat juices or top with gravy when serving pot roast.

NUTRITION PER SERVING
304 calories
13 grams carbs
140 mg sodium
28 grams protein
600 mg potassium
270 mg phosphorus
**Salisbury Steak**

**SERVINGS:** 8

**INGREDIENTS**
- 2 pounds ground beef
- ½ cup oats
- ¼ cup minced onion
- 1 cup low-sodium beef broth
- 2 Tablespoons salt free ketchup
- 1 egg
- 2 Tablespoons A-1 Steak Sauce
- 1 cup reduced sodium beef stock

**DIRECTIONS**

In a large bowl mix ground beef, minced onion, oats, ketchup, A-1 and egg and form into patties.

When ready to cook, place patties in bottom of slow cooker. Pour beef stock and over patties. Cook on LOW for 4-6 hours, until beef is well done.

**NUTRITION PER SERVING:**
- 371 calories
- 30 grams fat
- 20 grams protein
- 6 grams carbs
- 164 mg sodium
- 338 mg potassium
- 277 mg phosphorus

---

**Bow Tie Noodles with Beef**

**SERVINGS:** 5

**Serving size:** ¾ cup of beef with sauce and ½ cup of noodles

**INGREDIENTS**
- 1 pound flank, round, or seven steak, cut against grain
- 1 medium onion, chopped
- 2 Tablespoons brown mustard
- ½ teaspoon black pepper
- 1 clove garlic, minced
- ⅛ cup white flour
- 1 cup low-sodium beef broth
- 2 ½ cups cooked bow tie noodles

**DIRECTIONS**

Cut steak into slices. Place steak into a slow cooker along with onion, mustard, pepper, mushrooms, and garlic, stir well.

Place flour and broth into a small bowl, stirring with a whisk until blended.

Add broth mixture to slow cooker, and stir well.

Cover pot and cook on HIGH setting for 1 hour. Reduce to LOW heat setting, and cook for 7 to 8 hours or until steak is tender.

Turn slow cooker off, and remove lid. Let beef mixture stand for 10 minutes.

Stir in sour cream.

Serve on top of cooked bow tie noodles.

**NUTRITION PER SERVING**
- 307 calories
- 9 grams fat
- 26 grams protein
- 30 grams carbs
- 238 mg sodium
- 277 mg phosphorus
- 510 mg potassium
- 338 mg potassium
- 187 mg phosphorus
Asian Lettuce Wraps with beef

SERVINGS: 4

**INGREDIENTS**

- 1 pound lean ground beef 80% lean
- 1 onion, diced
- 2 cups mushrooms, diced
- 2 Tablespoons reduced sodium soy sauce
- ½ cup water
- 1 Tablespoon minced garlic
- 2 Tablespoons curry powder
- 1 teaspoon cumin
- 1 teaspoon black pepper
- ⅓ teaspoon cinnamon
- 2 cups cooked white rice
- 2 heads of romaine lettuce, washed
- Chopped green onions

**DIRECTIONS**

Stir together beef, onion, mushrooms, soy sauce, broth and spices into the slow cooker.

Cover slow cooker and cook on LOW for 7-9 hours.

After cooking time, stir in 2 cups of cooked white rice and heat on LOW for an additional 15 to 30 minutes, until rice is warm.

Serve beef and rice mixture in lettuce leaves, topped with green onion and chopped romaine.

**NUTRITION PER SERVING**

- 495 calories
- 24 grams fat
- 25 grams protein
- 44 grams carbs
- 313 mg sodium
- 565 mg potassium
- 283 mg phosphorus

Hamburger Soup

SERVINGS: 10

**INGREDIENTS**

- 1 ½ pounds of ground beef
- 3 carrots, chopped
- 4 celery stalks, chopped
- 1 large shallot, chopped
- 4 cloves of garlic, pressed
- 1 (14 ounce) can no salt diced tomatoes
- 1 Tablespoon brown sugar
- 4 cups low sodium chicken broth
- 2 Tablespoons dried oregano
- 2 Tablespoons dried basil
- 3 cups of cooked elbow noodles

**DIRECTIONS**

Brown the ground beef in a pan.

Add the cooked ground beef, carrots, celery, shallots, garlic, tomatoes, brown sugar and beef broth into the slow cooker.

Give it a good stir, and then add pepper, oregano and basil. Place lid on top and cook over LOW heat for about 6 to 8 hours.

Add 3 cups of cooked noodles.

Serve into bowls and sprinkle mozzarella cheese on top.

**NUTRITION PER SERVING**

- 268 calories
- 19 grams carbs
- 16 grams protein
- 103 mg sodium
- 159 mg phosphorus
- 455 mg potassium
- 159 mg phosphorus
Beef and Apple Curry Stew

SERVINGS: 10  serving size: 1 ½ cup

INGREDIENTS
3 medium carrots, peeled and chopped
3 celery ribs, chopped
1 medium onion, chopped
2 pounds boneless beef stew meat, cut into one-inch cubes
3-4 Tablespoons curry powder
3 ½ cups low sodium beef broth
3 cloves garlic, peeled and crushed
3 granny smith apples, peeled and chopped
Pepper to taste

DIRECTIONS
In slow cooker, layer potatoes, carrots, celery, onion, and stew meat. Optional: Add garlic, banana or apple.
Sprinkle curry powder over meat.
Cover mixture with chicken broth.
Cover slow cooker and cook on LOW for 7-9 hours.
Optional: During the last 30 minutes of cooking add flour-water mixture to curry and stir well. Cover and cook on LOW for 30 minutes.
Mix well before serving.

NUTRITION PER SERVING
165 calories  11 grams carbs  548 mg potassium
5 grams fat  111 mg sodium  229 mg phosphorus

Open Faced French Dip Sandwiches

SERVINGS: 6

INGREDIENTS
2 pound beef chuck roast
2 cloves garlic, minced
¼ Tablespoon herbs de Provence
3 bay leaves, broken in half
¼ cup low sodium soy sauce
3 cups water
3 hoagie rolls or French bread, cut in half horizontally
¼ cup low sodium mayonnaise

DIRECTIONS
Place meat in slow cooker. Sprinkle with garlic, herbs de Provence and bay leaves. Add in soy sauce and water.
Cover and cook on LOW for 6-10 hours until the meat is tender and is easily pulled away with a fork.
To assemble the sandwiches: Take one half of a bread roll, spread with 2 teaspoons of mayonnaise and top with meat
Option to place open faced sandwich in oven and broil until bun is lightly toasted.
If desired, skim the fat off the top of the au jus remaining in slow cooker. Then, place some of the au jus into a small bowl and drizzle on top of sandwich.

NUTRITION PER SERVING
497 calories  11 grams carbs  463 mg potassium
35 grams fat  499 mg sodium  282 mg phosphorus
31 grams protein
Southwestern Pulled Brisket

SERVINGS: 10

INGREDIENTS

3 pounds beef brisket
Fresly ground black pepper
2 Tablespoons vegetable oil
5 cloves garlic, peeled and smashed
1 onion, halved and thinly sliced
2 teaspoons ground coriander
2 teaspoons ground cumin

¾ cup apple cider vinegar
1 ½ cups water
1 tablespoon chili powder
tomatoes
2 bay leaves
¾ cup molasses

DIRECTIONS

Season the beef generously with pepper, to taste.

Heat oil in a large skillet on the stove. Add the meat and cook until brown on both sides.

Transfer the meat to the slow cooker; leave the skillet on the heat.

Add garlic, onion, chili powder, coriander, and cumin to drippings in the skillet and stir until fragrant.

Add vinegar and boil until it’s almost gone, scraping the bottom of the pan with a wooden spoon. Stir in water and pour the mixture over the brisket.

Pour in crushed tomatoes, chipotles, bay leaves, and molasses.

Cover and cook on LOW for 8 to 10 hours, until brisket until it pulls apart easily with a fork.

Leave the meat in the slow cooker and use two forks to pull it apart and stir it evenly into the sauce; season with pepper, to taste. Remove and discard bay leaves.

NUTRITION PER SERVING

408 calories
30 grams fat
24 grams protein
9 grams carbs
1.04 mg sodium
239 mg phosphorus
550 mg potassium

Ella Beth’s Sunday Pot Roast & Veggies (Diabetes Control Program patient)

SERVINGS: 10

INGREDIENTS

1 Tablespoon cornstarch
8 medium carrots, cut into thirds
2 medium onions, each cut into 8 wedges
ground pepper
1 (3 pound) beef chuck roast, trimmed of excess fat
2 Tablespoons Worcestershire sauce

DIRECTIONS

In slow cooker, stir together cornstarch and 2 Tablespoons cold water until smooth.

Add in carrots and onions and pepper.

Sprinkle roast with ½ teaspoon pepper; place on top of vegetables, and drizzle with Worcestershire.

Cover and cook on LOW for 10 hours.

Transfer roast to a cutting board; thinly slice against the grain.

Place vegetables in a serving dish; pour pan juices through a fine-mesh sieve, if desired.

Serve roast with vegetables and pan juice.

NUTRITION PER SERVING

372 calories
27 grams fat
24 grams protein
8 grams carbs
161 mg sodium
584 mg potassium
246 mg phosphorus
Michelle D’s Beef Fajitas (DCI)

SERVINGS: 12

INGREDIENTS
- 2 ½ pounds beef flank steak
- 1 cup chopped onion
- 1 green bell pepper cut into ½ in. pieces
- 1 Tablespoon cilantro
- 3/4 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 12 flour 8” tortillas

DIRECTIONS
Cut flank steak into 6 portions.

In the slow cooker, combine steak, onion, bell pepper, cilantro, garlic, chili powder, cumin, and coriander.

Cover and cook on LOW for 8-10 hours.

Remove meat from slow cooker and shred with a fork. Return meat back to slow cooker and stir.

To serve fajitas, spread meat mixture into tortillas.

May top with sour cream, shredded lettuce, and green chili salsa if desired.

NUTRITION PER SERVING
- 265 calories
- 12 grams fat
- 25 grams carbs
- 330 mg sodium
- 248 mg potassium
- 14 grams protein
- 124 mg phosphorus

Lucia’s Sweet Chili (DCI)

SERVINGS: 12

INGREDIENTS
- 3 pounds ground beef brown and drain
- 1 small red pepper, chopped
- 1 small green, 1 small orange, chopped
- 2 large onions, chopped
- 2 medium carrots, grated
- 2 medium celery stalks, chopped
- 1 Tablespoon garlic, finely chopped
- 1 Tablespoon dried oregano
- 2 teaspoons black pepper
- 3 bell peppers: 1 small red pepper, 1 small green, 1 small orange, chopped
- 1 Tablespoon no salt added tomato paste
- 2 ½ cups unsalted fat free beef broth

DIRECTIONS
Brown beef in a skillet.

Drain beef and place on the bottom of a slow cooker.

Add in all other ingredients on top of the beef besides tomato paste and broth.

Mix tomato paste and beef broth separately until lumps are out, add into slow cooker.

Cook on LOW for 6-8 hours.

Serve over rice or with bread.

NUTRITION PER SERVING
- 365 calories
- 6 grams carbs
- 29 grams fat
- 111 mg sodium
- 20 grams protein
- 510 mg phosphorus
- 201 mg potassium
Janice D’s Beef Stew (DCI)
SERVINGS: 6

INGREDIENTS
1 pound beef stew, cut into cubes
3 Tablespoon flour
black pepper
1 small onion
1 cup sliced carrots
1 cup peas
1 cup corn
½ cup canned, no salt, diced tomatoes
½ Tablespoon vegetable oil
1 cup low sodium chicken broth

DIRECTIONS
Place flour, pepper, and stew beef in a large plastic bag. Shake until beef is coated.
In a small skillet brown the stew meat. Place meat in slow cooker.
Add remaining ingredients to slow cooker.
Cook on LOW for 6-8 hours.
Serve over cooked rice.

NUTRITION PER SERVING
175 calories
5 grams fat
20 grams protein
14 grams carbs
113 mg sodium
491 mg potassium
114 mg phosphorus

Brenda F’s Steak Soup (DCI)
SERVINGS: 12 serving size: 1 cup

INGREDIENTS
2 pounds top round steak
½ cup all purpose flour
2 small onions, chopped
1 celery rib chopped
4 cups water
1 (14.5 ounce) can diced tomatoes
6 cups no sodium beef or chicken broth
3 carrots sliced

DIRECTIONS
Toss together steak and flour.
Brown steak in oil in a large skillet over medium-high heat for 5-6 minutes.
Stir together steak, 4 cups water, and remaining ingredients in slow cooker.
Cook covered on LOW for 8 hours or until vegetables are tender.

NUTRITION PER SERVING
153 calories
4 grams fat
20 grams protein
10 grams carbs
102 mg sodium
581 mg potassium
224 mg phosphorus
Robyn M’s Chipotle Shredded Beef

SERVINGS: 10

INGREDIENTS
1 (3 pound) chuck roast  2 cups reduced sodium broth of choice
2 to 3 whole chipotle peppers from a can in adobo sauce  2 bay leaves
1 (14.5 ounce) can diced tomatoes no sodium  10 (6 inch) flour tortillas

DIRECTIONS
Put tomatoes and peppers in a blender briefly to puree.
Put roast in slow cooker, cover with tomato mixture and broth.
Cover slow cooker and cook on LOW for 8 to 10 hours.
Remove meat and strain liquid. Shred beef with two forks (cut off fat) and place back in strained liquid to keep moist/warm.
Serve in tortillas.

NUTRITION PER SERVING
431 calories  15 grams carbs  506 mg potassium
29 grams fat  381 mg sodium  258 mg phosphorus
“THE CROCK IS A TEXAS THING”
Creamy Turkey Meatballs

**SERVINGS: 10**  serving size: 2 meatballs

**INGREDIENTS**
- 2 pounds ground turkey, 93% lean
- ½ cup grated Parmesan cheese
- 1 large egg
- ½ cup rolled oats
- 2 Tablespoons Italian seasonings
- ½ teaspoon pepper
- 1 teaspoon minced garlic
- 2 cups low sodium chicken broth
- 1 cup sour cream
- ½ cup flour
- (optional) fresh, chopped parsley

**DIRECTIONS**
Mix everything together in a bowl, besides broth, sour cream, flour, and parsley.
Form 20 meatballs and set aside.
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Add meatballs to slow cooker and cook on LOW for 7-8 hours until meatballs are cooked through.
Add flour to the reserved broth mixture in a saucepan over medium heat until the sauce thickens.
Pour sauce over the meatballs and cook an additional ½-1 hour.
Sprinkle with some fresh parsley.
May serve over pasta.

**NUTRITION PER SERVING**
- 301 calories
- 15 grams fat
- 24 grams protein
- 19 grams carbs
- 180 mg sodium
- 284 mg phosphorus
- 302 mg potassium

**Thanksgiving in a Slow Cooker

**SERVINGS: 6**

**INGREDIENTS**
- 18 ounces turkey breast or thigh
- 1 teaspoon of no salt poultry seasoning
- ½ teaspoon chicken bouillon powder
- 1 cup canned cranberry sauce
- ½ cup chopped celery
- 2 cups chopped carrots
- ½ cup chopped onion

**DIRECTIONS**
Place turkey breast in slow cooker and sprinkle with poultry seasoning and bouillon granules.
Add cranberry sauce on top with the vegetables.
Cover with lid; turn on high and slow cook for 4 hours.
Serve with Rolls and Salad.

**NUTRITION PER SERVING**
- 193 calories
- 2 grams fat
- 21 grams protein
- 24 grams carbs
- 183 mg sodium
- 198 mg phosphorus
- 450 mg potassium
- 183 mg sodium
- 198 mg phosphorus
- 450 mg potassium
- 183 mg sodium
- 198 mg phosphorus
- 450 mg potassium
Nettie M’s Turkey Meatloaf (DCI)

SERVINGS: 6

INGREDIENTS
1 ½ pounds ground turkey, 93% lean
1 Tablespoon vegetable oil
1 medium egg, beaten
½ cup oats
½ cup diced onion
1 garlic clove, chopped fine or 1 teaspoon minced garlic
⅛ teaspoon black pepper
1 Tablespoon balsamic vinegar
1 teaspoon prepared mustard
1 teaspoon brown sugar

DIRECTIONS
Mix all ingredients (except vinegar, sugar, and mustard) and form into a loaf shape.

Cross two strips of parchment paper along bottom and sides of slow cooker (making an X) to form a “sling” for the meatloaf.

Place the meatloaf onto the parchment.

Mix the vinegar, sugar and mustard together and spread onto top of meatloaf.

Cook on low for 8 hours.

Once cooked through, remove from slow cooker by lifting the four strips of parchment.

Slice into pieces and serve.

NUTRITION PER SERVING
295 calories
13 grams fat
25 grams protein
20 grams carbs
1.02 mg sodium
307 mg phosphorus

Savory Turkey Breasts

SERVINGS: 12

INGREDIENTS
4 pound bone in turkey breast
3 medium celery stalks, diced
1 medium onion, diced
¼ cup low sodium chicken broth
2 cloves garlic, minced
1 teaspoon each oregano, sage, thyme, paprika
2 teaspoons salt free seasoning blend

DIRECTIONS
Rinse the turkey breasts and pat dry. Cut off any excess skin, but leave the skin covering the breasts.

Combine the dried spices in a small bowl and rub the mixture all over outside of the turkey and under the skin.

Layer the celery, onion, and garlic in the bottom of the slow cooker.

Place the seasoned turkey breast in the bottom of the slow cooker.

Pour the broth over the turkey.

Cover and cook on LOW for 7 hours.

NUTRITION PER SERVING
235 calories
10 grams fat
32 grams protein
1 gram carbs
91 mg sodium
277 mg phosphorus
430 mg potassium
345 mg phosphorus
Turkey Legs a la Slow Cooker

SERVINGS: 6

INGREDIENTS
1 teaspoon dried thyme
2 whole turkey legs (about 1 ½ pounds), cut at joints into drumsticks and thighs, skin removed
1 Tablespoon olive oil
2 teaspoon salt free seasoning blend
2 medium onions, coarsely chopped
2 medium carrots, peeled, chopped
2 celery stalks, chopped
6 garlic cloves, minced
1 cup no salt diced tomatoes in juice
1 ½ cup dry red wine
1 ¼ cup chopped fresh Italian parsley
1 teaspoon grated lemon peel

DIRECTIONS
Rub thyme over turkey; sprinkle with salt free seasoning blend.
Transfer to 6-quart slow cooker.
Heat oil in large nonstick skillet over medium-high heat. Add onions, carrots, and celery, sauté 8 minutes. Stir in 4 minced garlic cloves.
Transfer vegetables to slow cooker.
Add wine to skillet; boil until reduced by ⅓, about 1 minute.
Pour wine and tomatoes with juice over turkey.
Cover and cook on LOW until turkey is very tender and falls off the bone, around 7 to 8 hours.
Mix parsley and remaining garlic in a separate bowl.
Remove turkey from pot. Pull meat from bones and divide meat among 6 bowls.
Serve with sauce and sprinkle with the garlic parsley mixture.

NUTRITION PER SERVING
191 calories
5 grams fat
24 grams protein
9 grams carbs
109 mg sodium
544 mg potassium
226 mg phosphorus
Lentil Barley Soup
SERVINGS: 6

INGREDIENTS
½ cup lentils
3 stalks celery, chopped
1 cup pearled barley
¼ teaspoon oregano
6 cups vegetable stock, low sodium
2 cups water
½ teaspoon ground cumin
½ onion, chopped
¼ teaspoon black pepper
2-3 garlic cloves, minced
⅛ teaspoon red pepper flakes
2 carrots, diced

DIRECTIONS
Place all ingredients in slow cooker.
Cook on LOW for 8 to 10 hours until lentils, barley and vegetables are tender.

NUTRITION PER SERVING
223 calories 41 grams carbs 570 mg potassium
2 grams fat 106 mg sodium 230 mg phosphorus
13 grams protein

Ratatouille
SERVINGS: 4

INGREDIENTS
3 cups cubed eggplant (peeled if desired)
1 cup chopped yellow summer squash or zucchini
1 cup no salt tomato sauce
¼ cup chopped red or green sweet pepper
½ cup finely chopped onion
¼ teaspoon ground black pepper
2 clove garlic, minced
1 teaspoon olive oil
1 Tablespoon basil
8 1/2-inch-thick) slices baguette-style French bread
3 Tablespoons finely shredded Parmesan cheese

DIRECTIONS
In a slow cooker, combine eggplant, squash, tomato sauce, sweet pepper, onion, black pepper, and garlic.
Cover and cook on LOW for 5 hours.
Serve on top of toasted French bread. Sprinkle with Parmesan.

NUTRITION PER SERVING
271 calories 49 grams carbs 603 mg potassium
4 grams fat 487 mg sodium 159 mg phosphorus
11 grams protein
Shrimp and Rice Casserole
SERVINGS: 8

INGREDIENTS
1 pound frozen shrimp, deveined, pre-cooked, peeled, & tail off
2 cups uncooked white rice
3 cups low sodium chicken broth
1 cup low sodium tomatoes
4 ounce can green chili peppers, no salt added if available
1 yellow onion, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 teaspoon pepper
1 Tablespoon garlic powder
1 teaspoon dried parsley

DIRECTIONS
Put everything in the slow cooker and stir to combine.
Cook on LOW for 6-8 hours.
Serve hot.

NUTRITION PER SERVING
240 calories
2 grams fat
13 grams protein
42 grams carbs
409 mg sodium
313 mg potassium
233 mg phosphorus

Jimmy’s Deer Chili (DCi)
SERVINGS: 10

INGREDIENTS
3 medium onions, chopped
4 garlic cloves, minced
2 pounds deer meat (ground venison)
1 large green bell pepper
1 ½ Tablespoons ground cumin
1 cup cooked, no salt, diced tomatoes
1 cup cooked, no salt kidney beans
1 cup cooked, no salt black beans
1 ½ Tablespoons chili powder

DIRECTIONS
Sauté onions and garlic in a saucepan for a few minutes.
Then add deer meat until it’s brown.
Add the rest of the ingredients, besides the beans, to the slow cooker
Cook on LOW for 6 hours
15 minutes before serving, add the beans to the slow cooker and stir.

NUTRITION PER SERVING
175 calories
3 grams fat
25 grams protein
13 grams carbs
60 mg sodium
543 mg potassium
249 mg phosphorus
Dinner Rolls
SERVINGS: 8   serving size: 1 roll

INGREDIENTS
1½ cups warm water  3¼ cups flour
¾ Tablespoons yeast  2 Tablespoons unsalted butter
1 teaspoon sea salt

DIRECTIONS
In a mixing bowl stir together water, yeast and salt.
Add flour and mix to combine. The dough will be pretty sticky.
Cover dough and let rise until doubled in size.
Punch dough down and use immediately or re-cover and refrigerate until use.
When ready to bake, line a large slow cooker with greased parchment paper.
Divide dough into 8 equal sections.
Form dough into balls and place in slow cooker.
Cover slow cooker and bake on high for 1 - 1 ½ hours, or until rolls are set, soft, and no longer sticky.
If you desire browned rolls, brush tops of rolls with unsalted butter or oil and broil in the oven until crust is crispy and brown.

NUTRITION PER SERVING
228 calories  42 grams carbs  70 mg potassium
4 grams fat  293 mg sodium  67 mg phosphorus
6 grams protein
Breakfast Casserole

SERVINGS: 3

**INGREDIENTS**
- ½ diced onion
- ½ bell pepper (diced)
- ¼ cup shredded cheddar cheese
- 6 eggs
- ½ cup milk
- ½ teaspoon pepper

**DIRECTIONS**
Lay down onions, bell pepper and cheese in the slow cooker.
Repeat the layering process two more times, ending with a layer of cheese.
Beat the eggs, milk, and pepper together.
Pour over the slow cooker mixture.
Cover and cook on LOW for 8-10 hours.
Serve with toast.

**NUTRITION PER SERVING**
- 143 calories
- 10 grams fat
- 9 grams protein
- 6 grams carbs
- 211 mg sodium
- 132 mg potassium
- 100 mg phosphorus

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Robin D’s Overnight Oatmeal (DCI)

SERVINGS: 6  
serving size: 1 and ¼ cup cooked oatmeal

**INGREDIENTS**
- 8 cups water
- 2 cups steel-cut oats
- ½ cup dried cranberries
- 1 teaspoon cinnamon

**DIRECTIONS**
Spray inside of slow cooker with cooking oil spray.
Combine water, oats, and dried cranberries in a 5-quart slow cooker.
Cover and cook on LOW for 7 -8 hours, until the oats are tender and the porridge is creamy.

**NUTRITION PER SERVING**
- 203 calories
- 4 grams fat
- 9 grams protein
- 35 grams carbs
- 60 mg sodium
- 223 mg potassium
- 272 mg phosphorus
Mendy S’s Apple Pie Breakfast (DCI)

SERVINGS: 4

INGREDIENTS
1 cup of steel cut oats
3 apples,
1 cup apple juice
3 cups water
½ teaspoon cinnamon (optional)

DIRECTIONS
Combine all ingredients in slow cooker.
Cover and cook on LOW for 4-6 hours, until it reaches the consistency that you like.
Give pot a stir every hour if available.
Option: to cook without stirring, add an extra cup of water and cook on LOW for 7-8 hours.

NUTRITION PER SERVING
251 calories
3 grams fat
7 grams protein
52 grams carbs
5 mg sodium
376 mg potassium
208 mg phosphorus
Peach Cobbler
SERVINGS: 8

INGREDIENTS
32 ounces fresh or canned peaches, sliced and drained
⅔ cup oats
⅔ cup all-purpose flour
⅔ cup brown sugar
⅔ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup softened butter or margarine

DIRECTIONS
Place peaches in slow cooker.
In a separate bowl, combine oats, flour, sugar, and spices. Add butter and stir until crumbly.
Pour mixture over peaches.
Cover and cook on LOW 3 hours.

NUTRITION PER SERVING
303 calories
12 grams fat
3 grams protein
48 grams carbs
15 mg sodium
138 mg potassium
27 mg phosphorus

Red Hot Applesauce Pie
SERVINGS: 8

INGREDIENTS
ground cinnamon
1 refrigerated baked pie crust
10-15 medium granny smith apples
1 cup red hot candies
½ cup water

DIRECTIONS
Peel, core, and slice the apples and place in the slow cooker.
Pour red hot candies, water, and sugar on top.
Cover and cook on LOW for 5-7 hours, stirring occasionally if available.
When Apples have completely cooked down, mash into a slightly chunky applesauce.
Spoon mixture on top of pie crust. Sprinkle cinnamon on top.

NUTRITION PER SERVING
380 calories
8 grams fat
2 grams protein
80 grams carbs
130 mg sodium
316 mg potassium
14 mg phosphorus
Andrea G’s Cranberry Applesauce

SERVINGS: 5  serving size: ½ cup

INGREDIENTS
5 apples, cored, peeled and sliced   1 cinnamon stick or 1 teaspoon ground cinnamon
1 cup fresh cranberries, washed
1 cup water

DIRECTIONS
Combine water, apples, cranberries and cinnamon in slow cooker.
Cook on HIGH for 4-5 hours until apples are soft.
Discard cinnamon stick.
Place the mixture into a food processor and process until smooth.
Chill before serving.

NUTRITION PER SERVING
87 calories   23 grams carbs   164 mg potassium
0 grams fat   0 mg sodium   21 mg phosphorus