

Slow Cooker Recipes

from Nadine



Registered Charity Number: 1187423

Rural Coffee Caravan friend and supporter, Nadine, is a trained chef with many years of experience. She loves to feed people and to see the joy food can bring.

Although Nadine hasn't lived in Suffolk for over 20 years she still has strong friendship ties to the county and is delighted to help the people of Suffolk during these financially testing times. By offering some great foodie ideas for using the slow cooker, Nadine hopes to inspire our readers to use their own, to cook tasty, wholesome and energy efficient meals.

More slow cooker recipes, and other useful links to support services and cost of living advice, can be found on the ***Rural Coffee Caravan Winter Warmth*** resource page on our website at **www.ruralcoffeecaravan.org.uk/winter-warmth**

If you are able, please consider donating to our ***Cooking With Kindness 2022/2023*** winter appeal, to help us provide slow cookers and other items for households across Suffolk needing support to keep warm this winter.

www.localgiving.org/appeal/CookingwithKindness2022-23

Chicken Fajitas

Ingredients

- 8 boneless and skinless chicken thighs
- 3 peppers (red, yellow, green) sliced
- 2 cloves of garlic, chopped
- 1 large onion (sliced)
- 1 tsp dried oregano
- 2 tins of chopped tomatoes
- 2 packets of fajita seasoning
- 1 veg stock cube, crumbled
 - 200ml water
 - Salt and pepper

Method

Add all ingredients to the slow cooker and mix well.

Set to cook on low for 6-7 hrs or on high for 3 hours.

Take the chicken out of the slow cooker and using 2 forks shred the chicken then add it back to the pot.

Stir well and your fajitas are ready.

Serve with warm tortilla wraps or rice.



Mac and Cheese

Ingredients

- 300g macaroni pasta
- 100g butter
- 330g medium cheddar cheese (grated)
- 750ml full cream milk
- 1 packet of cheese slices (unwrapped and cut up)
- 25g parmesan or parmesan substitute grated
- Salt and pepper to taste
- 8 rashers of streaky bacon cooked crisp & chopped up (optional)
 - 4 large spring onions, chopped (optional)

Method

Add all ingredients except the bacon if using to the slow cooker and stir well and cook on low for 3 hours stirring occasionally.

After the mac and cheese is cooked it may still look a little runny but let it stand for 5 mins and the sauce will naturally thicken up.

If using the crispy bacon and spring onions add to the top of the mac and cheese before serving.



Salisbury Steak

Ingredients

- 4 thick beef burgers
- 250g mushrooms (sliced)
- 1 large onion (sliced)
- 500ml water
- 2 beef stock cubes
- 2 tbsp Worcestershire sauce (optional)
- 2 tbsp cornflower
- Salt and pepper to taste

Method

Brown the burgers on a high heat in a frying pan, you don't want to cook them just to put some colour on them.

Add them to the slow cooker.

Fry the onions and mushrooms with some salt and fry for 2-3 mins.

Add the Worcestershire sauce to the onions and mushrooms then add them to the burgers.

Dissolve the beef stock cubes in boiling water and pour over the burgers, add some pepper and cook on high for 3 hours or on low for 7-8 hours.

Remove the burgers from the sauce, mix cornflower with a little cold water and add to the mushroom mix and stir well until sauce is thickened, add the burgers back to the sauce and coat well with the sauce.

Serve with mashed potato.



Rice Pudding

Ingredients

- 150g pudding rice
- 1 tsp vanilla essence
- 60g butter
- 1 large tin evaporated milk
- 750ml full cream milk
- 70g castor sugar

Method

Lightly butter the dish of the slow cooker to half way up the pot.

Add all the ingredients to the pot and stir well.

Cook on low for 3 hours stirring occasionally. Once cooked serve straight away.

Got any left over? Looks like its gone too thick? Add a little fresh milk and reheat, it is normal for rice pudding to become too thick once cold, don't panic a little fresh milk will bring it back to the right consistency.

Serve with strawberry jam or cinnamon.



Chocolate Chip Banana Bread

Ingredients

- 3 medium bananas very ripe (mashed)
- 2 eggs
- 1 tsp baking powder
- ½ tsp bicarb of soda
- 55g brown sugar
- 150g castor sugar
- 250g chocolate chips (30g reserved for the top)
- ½ tsp cinnamon
- 250g plain flour
- ½ tsp salt
- 1 tsp vanilla essence
- 110g melted butter or margarine

Method

Mash the bananas, stir in sugars to melted butter then add the mashed banana, mix well.

In a different bowl add flour, baking powder, bicarb, cinnamon and salt.

Add the wet to the dry and mix well.

Add 220g of the chocolate chips and stir well.

Line the slow cooker with baking paper and pour in your banana bread mix, spread out to even the top then place your reserved chocolate chips on top to look pretty.

Cook on low for 3.5- 4 hrs until the top isn't wet but sticky to the touch.

Serve warm or cold.

