

Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track

November 30, 2009

At the end of a long day you might not want to cook a healthy meal and eating out, or eating a frozen entrée might look very appealing...

A great way to combat this is to use a slow cooker!



Tips:

- If using beef brown the meat before you put it in.** This adds body to the dish. If you have even more time, coat the meat in flour before you brown it!
- Use LESS liquid.** Slow cookers generate steam which can not escape, so in the end you will have more liquid than you started with. If you're adapting a recipe to use in a slow cooker, reduce the liquid it calls for by up to half
- Understand the settings.** Use the high setting to cook tender cuts of meat for a short period of time. Use the low setting to cook tough cuts for a long time
- Don't peek!** You need the steam being generated in the slow cooker. Peeking both decreases the liquid and **INCREASES** the cooking time!

Ingredients

- 4 skinned, bone in chicken breasts
- 2 tsp dried basil
- 1 cup diced yellow peppers
- 14.5 oz can diced tomatoes undrained
- 16 oz can cannellini beans, rinsed and drained
- 1/8 tsp salt
- 1/8 tsp black pepper

Stewed Chicken

Directions

- Place chicken in slow cooker.
Sprinkle with spices
Add bell pepper, beans, tomatoes
Cover, cook on low for 8 hours