



### Slow Cooker Vegetable Lentil Stew

- 2 tablespoons olive oil
- 2 bay leaves
- 2 teaspoons salt (optional)
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 cup carrot, chopped
- 2 cups kale, chopped
- 2 cups chard, chopped
- 2 cups dried lentils
- 8 cups vegetable broth (or stock)
- 1 can chopped tomatoes (16 ounces)

Sauté onion and garlic with olive oil. Combine sauté mix with the rest of the ingredients in a slow cooker. Cook on low for 8 hours or high for 4 hours. Spoon stew into bowls to serve and top with a dollop of fat-free or low-fat plain yogurt (optional). Serves 8



### Healthy Slow Cooker Enchilada Bowls

- 3 clove – garlic
- $\frac{1}{2}$  medium – onion
- 1 medium – bell pepper, red
- 14.5 ounce – diced tomatoes, canned
- 1 – cooking spray
- 2 pound – chicken breast
- 2 cup – enchilada sauce
- 1 teaspoon – cumin, ground
- 1 teaspoon – chili powder
- $\frac{1}{2}$  teaspoon – oregano, dried
- 1 teaspoon – salt
- 15 ounce – black beans, canned
- 1 cup – corn, frozen

#### Toppings:

- 8 medium – tortillas, corn
- 4 cup – brown rice, cooked
- 2 medium – avocado
- $\frac{1}{4}$  cup – cilantro
- $\frac{1}{2}$  cup – Mexican cheese blend,



Mince garlic, and dice onion and red bell pepper into small pieces. Partially drain diced tomatoes by pouring off excess liquid from the top of the can. Spray slow cooker with cooking spray. Drop in diced onion, then chicken breasts, then pour  $\frac{1}{2}$  cup of enchilada sauce so that it coats the chicken. Next, pour in diced tomatoes, spices, salt, garlic, black beans, red bell pepper, and corn. Finally, pour 1 cup of enchilada sauce over everything and give a quick stir to the top ingredients. Turn slow cooker on "low" for 7-8 hours. Once chicken is tender, mix everything well. Use the mixing spoon to help shred or break up chicken into pieces of desired size. Serve over corn tortillas and/or cooked brown rice. Top with avocado, cilantro, cheese, and remaining  $\frac{1}{2}$  cup enchilada sauce, as desired.

<https://www.superhealthykids.com/recipes/slow-cooker-chicken-enchilada-bowls-recipe/>