

# Crock Pot Benefits and Recipe

## Benefits of using the crock-pot:

- Healthy meals cook while you work!
- Very easy- just throw everything in and cook for about 8 hours!
- Makes lots of leftovers!
- Especially great for the cool winter months

## Chicken Tortilla Soup Recipe

### Ingredients:

- 5 Chicken Breasts
- 6 Cups chicken broth
- 2 cans black beans
- 2 Cups corn (frozen or canned)
- 2 cans diced tomatoes and green chilies
- 1 can condensed tomato soup
- 1 packet chicken taco seasoning
- ¼ C masa (corn flour) mixed with 1 C warm water
- Salt and pepper to taste

### Toppings:

- Tortilla strips
- Avocado slices

### Instructions:

Place chicken breasts, chicken broth, black beans, corn, diced tomatoes and green chilies, tomato soup, and taco seasoning in the crock pot and cook on low for 8 hours. About an hour before serving, take out the chicken and shred; place the shredded chicken back in the crock-pot. Mix ¼ C masa (corn flour) with 1 C warm water and mix into the crock-pot. Cook on low for one more hour. Scoop into a bowl and top with avocado slices and tortilla strips. Enjoy!



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### BENEFITS OF SLOW COOKING

#### NUTRITIOUS, DELICIOUS MEALS

Mostly fresh ingredients are used and nutrition-rich, natural juices from vegetables and meats are retained.

#### TIME-SAVER

Some initial prep is required, but the slow-cooker is doing the work while you are doing whatever else you want or need to be doing.

#### USEFUL YEAR-ROUND

Slow-cookers can be used any time of year. The perk of using one in the summer is that it eliminates the need to use the oven, eliminating the discomfort of making an already hot home hotter.

#### REDUCED ENERGY USAGE

Slow-cookers use substantially less energy than a conventional electric oven.

#### EASY CLEAN-UP

Except for a cutting board, cutting utensils, and maybe one pan for browning, you'll be cleaning up one pot, and with the advent of slow cooker bags, you can skip drying the pot and just throw away the bag when you're done.

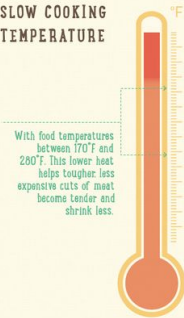
#### TRANSPORTABLE

A slow-cooked meal is easily transported. Just let it cool and keep covered.

#### COST

Slow cookers cost around \$30 to \$100 and can cut grocery bills significantly by allowing you to buy cheaper cuts of meat. Vegetarians can also cut their grocery bills by using a slow cooker to cook and cook dried beans - saving around 60% over buying canned beans.

### SLOW COOKING TEMPERATURE



With food temperatures between 170°F and 280°F, this lower heat helps tougher, less expensive cuts of meat become tender and shrink less.

The high setting is designed to be about 300°F.

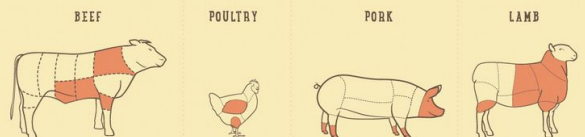
The low setting is designed to be about 200°F.



The direct heat from the pot, lengthy cooking, and steam created within the tightly covered container combine to destroy bacteria and make slow cooking a safe process for cooking foods.

### SLOW COOKING MEAT

Using cuts of meat that improve in texture and flavor when cooked for long periods of time at low temperatures is cost effective.



These tough cuts of meat contain large amounts of collagen, which require long cooking times to break down into a rich gelatin.

### SLOW COOKING VEGETABLES

#### ROOT VEGETABLES



Root vegetables are best—they are dense and fibrous and need time to break down.

Some vegetables are more nutritious when they are cooked. These include:



### SLOW COOKING GRAINS



Whole grains, such as kasha, brown rice, bulgur and whole oats work best.

Refined grains should be avoided.

Pasta can work, but should be added at the end, around the last 20 minutes of cooking.



Success  
<http://recipes.howstuffworks.com/balls-and-tackles/slow-cooker-questions.htm>  
<http://www.wcra2.com/greenliving/slow-cooking-low.html/2>  
<http://www.squawkfox.com/2008/05/14/8-reasons-to-use-a-slow-cooker-or-crock-pot/>  
<http://www.scienceofcooking.com/meat/slow-cooking1.htm>  
<http://www.scientificamerican.com/article/slow-vegetables-are-healthier/>  
<http://www.womensday.com/food-recipes/cooking-tips-shortcuts/slow-cooker-vegetables#slide-5>