EWSNetwork Slow Cooker Recipe EC Blurbs

Week 1: Welcome to the first of six weekly emails where we are going to share some delicious & healthy slow cooker recipes with you! A common complaint when it comes to eating healthy is how busy people are – people feel like they just don’t have the time to prepare nutritious meals for their family.

With the use of a simple & affordable slow-cooker, you can turn it on and come home to a home-cooked meal with a minimum amount of preparation time. Why not give this week’s recipe a try on a busy weeknight and see how simple it can be to eat healthy?

Week 2: This week’s recipe is great for using up leftovers. A great tip for quick & easy meals throughout the week is to cook something on Sunday that you can use for another one or two meals during the week. For this recipe, you can cook up a ham on Sunday and then use up the leftovers in this quick & delicious Ham & Lentil Soup! Lentils are jam-packed with fiber and also act as a great thickener which makes this soup just as hearty as it is healthy! Enjoy!

Week 3: Yes, we know that it can be hard to get your family to eat the vegetables that you know they should be eating. Here is a great recipe to help your family meet their daily requirements – Vegetable & Chickpea Curry. Served over couscous, this is a tasty stew like meal chock full of fiber & vitamins. Give it a shot!

Week 4: Who doesn’t love Chinese food? Instead of picking up that phone for take-out, whip these ingredients up the night before, set the slow-cooker in the morning and come home to delicious Sweet & Sour Chicken! You can even substitute pork tenderloin for the chicken, if you prefer. We bet even the kids will love this one!

Week 5: Think a slow cooker is only good for soups & stews? Think again! You can whip up a restaurant quality dish suitable for company just as easily – try this week’s recipe: Pesto Lasagna with Spinach & Mushrooms – a great meal to prepare when you want something a little fancier. Most of us think entertaining can only be done on the weekend – with this quick & easy recipe, you may find yourself tempted to invite company over on a Wednesday night! Enjoy!

Week 6: We hope you have enjoyed the recipes we provided during this email campaign. We saved a great one for last – why not try this Tuscan Chicken Soup? A simple but delicious recipe that does not require any strange ingredients but rather relies on common staples you may already have at home to make a delicious & filling meal. Full of protein, this is also a great dish to whip up on the weekend and you can freeze individual portions and take to lunch to heat up in the microwave.