

SLOW COOKER GUIDE



E P I C U R E [™]

SET IT & FORGET IT

FOR THE SET IT & FORGET IT 5-PACK

SET IT & FORGET IT

DIGITAL RECIPE GUIDE with **BONUS RECIPES**



Your slow cooker was born to take its time, but you don't have to.

This collection is based off of a “set it and forget it” model. It's perfect for multitasking in a busy household. Got chores? Great! Do you need to help the kids with their homework? Perfect! These dinners give you that time away from the kitchen so that you can freely go about your evening.

Enjoy recipes throughout this guide like Pulled Pork, Home-Style Chicken Stew, Chicken & Corn Chowder, and more! Remember to balance your plate with the recommendations provided.

Feel free to explore the **Set It & Forget It Programmable Pressure Cooker Digital Recipe Guide** if you have both kitchen tools.

GROCERY LIST

PRODUCE

- 2 lbs (900 g) baby carrots** (Hearty Beef Stew)
- 1½ lbs (675 g) mini potatoes** (Hearty Beef Stew)
- 3 celery stalks** (Home-Style Chicken Stew)
- 2 medium carrots** (Home-Style Chicken Stew)
- 2 medium potatoes** (Home-Style Chicken Stew)
- 1½ cups frozen mixed vegetables**, your choice (Hearty Minestrone)
- 1 cup frozen peas** (Home-Style Chicken Stew)

PANTRY STAPLES

- 1 can (28 oz/796 ml) diced tomatoes** (Hearty Minestrone)
- 2 cups ketchup:**
 - 1 cup (Pulled Chicken)
 - 1 cup (Pulled Pork)
- 1 cup vinegar:**
 - ½ cup (Pulled Chicken)
 - ½ cup (Pulled Pork)
- ¾ cup brown sugar:**
 - ½ cup (Pulled Pork)
 - ¼ cup (Pulled Chicken)
- ½ cup uncooked small shell pasta** (Hearty Minestrone)
- 3 tbsp tomato paste** (Hearty Beef Stew)
- 2 tbsp oil:**
 - 1 tbsp (Hearty Beef Stew)
 - 1 tbsp (Home-Style Chicken Stew)

PROTEIN

- 5 lbs (2.5 kg) boneless pork shoulder or butt roast** (Pulled Pork)
- 3 lbs (1.5 kg) boneless, skinless chicken** (Pulled Chicken)
- 1½ lbs (675 g) cubed stewing beef** (Hearty Beef Stew)
- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts** (Home-Style Chicken Stew)
Swap: chicken thighs
- 1 can (19 oz/540 ml) lentils** (Hearty Minestrone)
Swap: white beans or ground meat

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-grain rolls and buns, tortillas, mixed veggies, coleslaw (to serve with **Pulled Pork**, if desired), and avocados (to make **Guacamole**).



PULLED PORK



TOTAL TIME: 3 hrs & 5 min
(3 hrs slow cook time)



20 SERVINGS



\$1 CA/\$0.85 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small bun or 1 tortilla and 2 cups mixed veggies.

INGREDIENTS

1 pkg **Pulled Pork Seasoning**
1 cup ketchup
½ cup vinegar
½ cup brown sugar
¼ cup water
5 lbs (2.5 kg) boneless pork shoulder
or butt roast

NUTRITIONAL INFO

Per serving (½ cup): Calories 180, Fat 5 g
(Saturated 1.5 g, Trans 0.1 g), Cholesterol 80 mg,
Sodium 260 mg, Carbohydrate 8 g
(Fibre 0 g, Sugars 6 g), Protein 26 g.

INSTRUCTIONS

1. In a 6-quart slow cooker, combine seasoning, ketchup, vinegar, brown sugar, and water.
2. Add pork and turn to coat with sauce.
3. Cover and cook for 6 hrs on low or for 3 hrs on high.
4. With two forks, pull pork into shreds. Stir into the sauce.
5. Serve on crusty rolls, nachos, baked potatoes, or pizza.

PULLED CHICKEN



TOTAL TIME: 3 hrs & 5 min
(3 hrs slow cook time)



16 SERVINGS



\$1.29 CA/\$1.02 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 small tortillas, 3 tbsp prepared **Guacamole** or dip, and 1 cup veggies.

INGREDIENTS

- 1 pkg **Pulled Chicken Seasoning**
- 1 cup ketchup
- ½ cup vinegar
- ¼ cup brown sugar
- 3 lbs (1.5 kg) boneless, skinless chicken

NUTRITIONAL INFO

Per serving (½ cup): Calories 130, Fat 2 g (Saturated 0.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 240 mg, Carbohydrate 9 g (Fibre 0 g, Sugars 8 g), Protein 17 g.

INSTRUCTIONS

1. In a 6-quart slow cooker, combine seasoning, ketchup, vinegar, and brown sugar. Add chicken and turn to coat. Cover and cook 6 hrs on low or 3 hrs on high.
2. With two forks, pull chicken into shreds. Stir into sauce.

HEARTY BEEF STEW

TIP: To thicken stew, whisk together $\frac{1}{4}$ cup corn starch with 3 tbsp cold water. Turn off the heat; stir into cooked stew, until thickened, about 2 min.

TIP: Upgrade your stew to a “daube”—a fancy French word for stew—by swapping 2 cups water for 2 cups dry red wine.



 **TOTAL TIME: 8 hrs & 20 min**  **6 SERVINGS**  **\$2.64 CA/\$2.24 US PER SERVING**
(8 hrs slow cook time)

Prep in 20 min, then set it and forget it! Works with a slow cooker or programmable pressure cooker (see pressure cooker guide).

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp favourite Epicure Salad Dressing.

INGREDIENTS

1 tbsp oil
1½ lbs (675 g) cubed stewing beef
4 cups water
3 tbsp tomato paste
1 pkg **Hearty Beef Stew Seasoning**
2 lbs (900 g) baby carrots
1½ lbs (675 g) mini potatoes

NUTRITIONAL INFO

Per serving (about 2 cups): Calories 360, Fat 9 g (Saturated 3 g, Trans 0 g), Cholesterol 50 mg, Sodium 570 mg, Carbohydrate 44 g (Fibre 9 g, Sugars 10 g), Protein 26 g.

INSTRUCTIONS

1. In a large pan, heat oil over medium-high heat. Add beef; cook until browned on all sides.
2. Transfer to a 6-quart slow cooker. Stir in water, tomato paste, and seasoning. Fold in carrots and potatoes.
3. Cover and cook 8 hours on low.

HOME-STYLE CHICKEN STEW



 **TOTAL TIME: 3 hrs & 20 min**  **4 SERVINGS**  **\$2.65 CA/\$2.25 US PER SERVING**
(3 hrs slow cook time)

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1½ cups veggies.

INGREDIENTS

1 tbsp oil
1 lb (450 g) boneless, skinless chicken breasts or thighs
3 celery stalks
2 medium carrots
2 medium potatoes
2½ cups water
1 pkg **Home-Style Chicken Stew Seasoning**
1 cup frozen peas

NUTRITIONAL INFO

Per serving (about 1¾ cups): Calories 320, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 70 mg, Sodium 500 mg, Carbohydrate 31 g (Fibre 6 g, Sugars 6 g), Protein 30 g.

INSTRUCTIONS

1. In a large pan, heat oil over medium-high heat. Meanwhile, cut chicken into bite-sized pieces. Add to pan. Stir-fry until golden on some sides. Transfer to a 6-quart slow cooker.
2. Dice celery and carrots. You should have about 1 cup each. Cube potatoes. You should have about 2 cups. Add celery, carrots, potatoes, water, and seasoning to slow cooker.
3. Cover and cook on high 3 hours. Veggies should be tender, and chicken cooked through.
4. Stir in frozen peas. Cover to let peas warm through, about 1 min.

HEARTY MINESTRONE



TIP: Replace lentils with white beans or ground meat.



TOTAL TIME: 3 hrs & 10 min
(3 hrs slow cook time)



4 SERVINGS



\$2.08 CA/\$1.64 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 whole-grain roll.

INGREDIENTS

1 can (19 oz/540 ml) lentils
1 can (28 oz/796 ml) diced tomatoes
3 cups hot water or broth
1 pkg **Hearty Minestrone Seasoning**
1½ cups frozen mixed vegetables,
your choice
½ cup uncooked small shell pasta
Toppings (optional): **Pesto** or chopped
fresh basil

NUTRITIONAL INFO

Per serving (about 2¼ cups): Calories 270, Fat 1 g
(Saturated 0.1 g, Trans 0 g), Cholesterol 0 mg,
Sodium 440 mg, Carbohydrate 49 g (Fibre 17 g,
Sugars 8 g), Protein 17 g.

INSTRUCTIONS

1. Drain and rinse lentils. Add lentils, tomatoes, water, and seasoning to a 6-quart slow cooker. Stir to combine.
2. Cover; cook on high 3 hours. The liquid should be bubbling.
3. With about 20 min of cook time to go, add frozen vegetables and pasta. Stir to combine. Cover; cook remaining 20 min or until pasta is tender.
4. Serve with pesto, if desired.

SMOKY & SPICY CHICKEN



TIP: If you have time, broil cooked chicken pieces in the oven on high, 5 min, for crispier skin and stickier sauce.

 **TOTAL TIME:** 7 hrs & 15 min
 (7 hrs slow cook time)
  **6 SERVINGS**
 **\$2.62 CA/\$2.23 US PER SERVING**

A BBQ-themed dinner, without the grill!

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup coleslaw.

INGREDIENTS

¾ cup water
 ¾ cup applesauce
 ¾ cup ketchup
 ¼ cup vinegar
 1 pkg **Pulled Pork Seasoning**
 1½ lbs (675 g) mini potatoes
 2 lbs (900 g) bone-in, skin on chicken, such as thighs or breasts

NUTRITIONAL INFO

Per serving: Calories 360, Fat 13 g (Saturated 3.5 g, Trans 0.1 g), Cholesterol 115 mg, Sodium 480 mg, Carbohydrate 37 g (Fibre 3 g, Sugars 11 g), Protein 24 g.

INSTRUCTIONS

1. In a 6-quart slow cooker, combine water, applesauce, ketchup, vinegar, and seasoning.
2. Slice potatoes in half. Add potatoes and chicken to slow cooker; stir to coat.
3. Cover and cook 5 hrs on low. Potatoes should be tender, and chicken cooked through.
4. Partially cover slow cooker with lid. Cook 2 hrs on high. This will reduce the liquid and thicken the sauce.

EASY BLACK BEAN SOUP

TIP: This recipe is loaded with fibre, so if you're enjoying this as an entrée, make sure to drink lots of water during the day.



⌚ **TOTAL TIME: 4-5 hrs & 15 min** (4-5 hrs slow cook time)
 🍴 **8 SERVINGS**
💰 **\$1.96 CA/\$1.67 US PER SERVING**

An easy, filling, and satisfying fibre-filled soup made with pantry staples.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{4}$ sliced avocado, $\frac{1}{2}$ cup tortilla chips (try crushing them over your soup!), and $\frac{1}{2}$ cup sliced veggies.

INGREDIENTS

4 cans (19 oz/540 ml each) low-sodium black beans
 2 bell peppers
 1 yellow onion
 1 can (28 oz/796 ml) no salt added diced tomatoes
 4 cups water
 1 pkg **Pulled Chicken Seasoning**
Sea Salt, to taste
Toppings (optional): diced red onion, 2% plain Greek yogurt, sliced avocado, hot sauce

NUTRITIONAL INFO

Per serving (about 2 cups): Calories 300, Fat 1 g (Saturated 0.3 g, Trans 0 g), Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 55 g (Fibre 21 g, Sugars 6 g), Protein 18 g.

INSTRUCTIONS

1. Drain and rinse black beans; add to a 6-quart slow cooker.
2. Dice peppers and onion. Add peppers, onion, diced tomatoes, water, and seasoning to slow cooker. Stir to combine.
3. Cover; cook on high 4-5 hours. The liquid should be bubbling and the onions soft.
4. Using an immersion blender, purée most of the soup, leaving some chunky bits. Taste and season with salt as desired.
5. Serve with additional toppings, if desired.

HEARTY BEEF & BARLEY SOUP



⌚ **TOTAL TIME: 4-5 hrs & 12 min**
🍴 **6 SERVINGS**
💰 **\$2.19 CA/\$1.86 US PER SERVING**
 (4-5 hrs slow cook time)

This classic soup is loaded with rich beef flavour but doesn't skimp on the veggies. The perfect meal to come home to on a chilly day.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 slice whole-grain bread, 2 cups leafy greens, and 1 tbsp [Epicure Salad Dressing](#), your choice.

INGREDIENTS

1 tbsp oil
 1½ lbs (675 g) cubed stewing beef
 3 carrots
 2 celery stalks
 2 cups sliced mushrooms
 ¾ cup uncooked pot barley
 2 tbsp tomato paste
 6 cups water
 1 pkg **Hearty Beef Stew Seasoning**

NUTRITIONAL INFO

Per serving (about 2 cups): Calories 300, Fat 9 g
 (Saturated 3 g, Trans 0 g), Cholesterol 50 mg,
 Sodium 480 mg, Carbohydrate 27 g (Fibre 7 g,
 Sugars 3 g), Protein 26 g.

INSTRUCTIONS

1. In a large pan, heat oil over medium-high heat. Brown beef. Transfer to a 6-quart slow cooker.
2. Slice carrots into half moons. Dice celery. Add carrots, celery, mushrooms, barley, tomato paste, water, and seasoning to slow cooker.
3. Cover and cook on high 4-5 hours. The liquid should be bubbling, and the beef and veggies should be tender.

CHICKEN & CORN CHOWDER



⌚ **TOTAL TIME: 3 hrs & 30 min** (3 hrs slow cook time)
 🍴 **4 SERVINGS**
💰 **\$4.25 CA/\$3.61 US PER SERVING**

A delicious chowder that can be made in a programmable pressure cooker (see pressure cooker guide) or slow cooker. The slow cooker version is less thick, perfect if you prefer a thinner soup!

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and 1 tbsp **Epicure Salad Dressing**, your choice.

INGREDIENTS

2 medium carrots
 2 small potatoes
 1 bell pepper
 1 small onion
 1 lb (450 g) boneless, skinless breasts or thighs
 2 cups corn kernels
 4 cups water or broth, divided
 1 pkg **Home-Style Chicken Stew Seasoning**
Sea Salt and **Black Pepper**, to taste
Toppings (optional): Better Than Bacon
Topper, Smoked Spanish Paprika

NUTRITIONAL INFO

Per serving (about 2½ cups): Calories 330, Fat 5 g
 (Saturated 2 g, Trans 0.1 g), Cholesterol 70 mg,
 Sodium 480 mg, Carbohydrate 41 g (Fibre 6 g,
 Sugars 7 g), Protein 30 g.

INSTRUCTIONS

1. Dice carrots, potatoes, pepper, and onion. Cube chicken.
2. Place in 6-quart slow cooker. Add corn and stir in 3½ cups water.
3. Cover; cook on high 3 hours. Chicken should be cooked through, and veggies should be tender.
4. With about 15–20 min to go, in a bowl, combine remaining ½ cup water and seasoning and stir until dissolved. Pour into slow cooker; stir to combine. Cover; cook remaining 15–20 min, or until slightly thickened.
5. Taste, then season with salt and pepper as desired.
6. Serve with additional toppings, if desired.

BEEF & BEAN MINESTRONE



TIP: Swap zucchini for 2 cups frozen or fresh mixed vegetables of your choice.

 **TOTAL TIME: 3 hrs & 10 min** (3 hrs slow cook time)
  **4 SERVINGS**
 **\$3.27 CA/\$2.78 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 whole-grain roll.

INGREDIENTS

2 tsp oil
 ½ lb (225 g) lean ground beef
 1 can (14 oz/398 ml) red or white kidney beans
 1 zucchini
 1 can (28 oz/796 ml) unsalted diced tomatoes
 3 cups water or broth
 1 pkg **Hearty Minestrone Seasoning**
 ½ cup small pasta such as ditalini, macaroni, or shells
 2 cups baby spinach
Toppings (optional): grated parmesan and drizzle of olive oil

NUTRITIONAL INFO

Per serving (about 2¼ cups): Calories 360, Fat 9 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 30 mg, Sodium 380 mg, Carbohydrate 45 g (Fibre 11 g, Sugars 11 g), Protein 24 g

INSTRUCTIONS

1. In sauté pan, heat oil over medium-high heat. Brown beef, breaking up chunks as needed. Transfer to a 6-quart slow cooker.
2. Drain and rinse beans. Dice zucchini. Add beans, zucchini, tomatoes, water, and seasoning to slow cooker. Cover; cook on high 3 hours. The liquid should be bubbling.
3. With about 20 min cook time to go, add pasta. Stir to combine. Cover; cook remaining 20 min or until pasta is tender.
4. Just before serving, stir in spinach. Add additional toppings, if desired.