



# A Simple Guide to Slow Cooking

Affordable - Simple - Tasty Meals  
One pot at a time



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# Why use a Slow Cooker

Slow cookers are great for:

- **Saving money**
  - They use very little electricity
- **Saving time**
  - It doesn't take long to prepare a meal
    - ideal if you have a busy life or have children
- **Easy cooking**
  - Just pop the ingredients in and leave it to cook all day
  - Results in a healthy, tasty, slow cooked meal
- **Cooking in batches**
  - Make more and save for later
  - Using a slow cooker allows you to make larger amounts, which means any left overs can be cooled down and put in the fridge or freezer for another day

# Top tips for using a Slow Cooker

When using a slow cooker:

- **Don't overfill**
  - Two-thirds is ideal, you don't want it overflowing
- **Layer smartly**
  - Root vegetables like potato and carrots at the bottom
- **Brown meat first**
  - This is optional but will add more flavour
- **Thicken sauces later**
  - Use a cornflour paste (cornflour and water) at the end of cooking, if needed, to thicken the sauce
- **Avoid peeking**
  - Keep the lid on to keep the heat in



# Hygiene in the Kitchen



Tie hair back and avoid touching your face



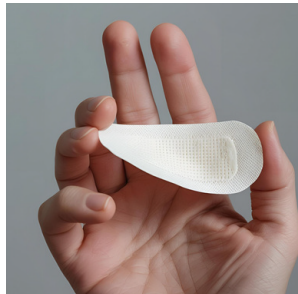
Wash hands before and after handling food



Clean surfaces before and after cooking



Don't sneeze or cough over food



Cover cuts with plasters



Never lick a spoon and put it back in the food



Wash fruit and vegetables before use



Use separate chopping boards for raw meat and vegetables

# Equipment List



Chopping boards



Sharp knife



Frying pan



Slow cooker



Wooden spoon



Sieve



Cutlery



Cup



Bowl

# Equipment List



Kettle



Scales



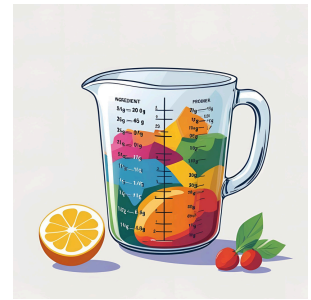
Can opener



Whisk



Potato masher



Measuring jug



Peeler



Colander



Table spoon (tbsp)  
Tea spoon (tsp)

# Soups





# Hearty Vegetable Soup

This vegetable soup is so simple and nutritious.

**Serves: 6**

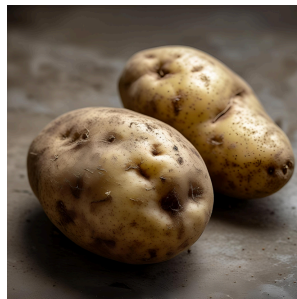
## Equipment:

- Slow cooker
- Chopping board
- Spoon
- Sharp knife
- Measuring jug
- Peeler

## Ingredients:



2 carrots



2 potatoes



1 onion



1 can of tomatoes



2 stock cubes



1 tsp mixed herbs



1 litre of boiling water

# Hearty Vegetable Soup

**Preparation time : 10-15 minutes**

**Time in slow cooker: 6 hours on LOW  
or 4 hours on HIGH**

## **Method:**

1. Wash, peel and chop the vegetables into small pieces
2. Add everything to the slow cooker
3. Dissolve the stock cube in the boiling water and pour over the ingredients
4. Place the lid on the slow cooker and leave to cook
5. When finished, check for seasoning and add any flavourings that you like
6. Once cooked, you can blend for a smooth soup or just leave chunky



adding a couple of handfuls of lentils or even a can of pulses of your choice

# Leek and Potato Soup

Simple, easy and delicious.

**Serves: 6**

## Equipment:

- Slow cooker
- Chopping board
- Spoon
- Sharp knife
- Measuring jug
- Peeler

## Ingredients:



2 medium leeks



4 medium potatoes



1 large onion



180ml of milk



2 stock cubes



1 litre of boiling water

# Leek and Potato Soup

**Preparation time : 10-15 minutes**

**Time in slow cooker: 6 hours on LOW  
or 4 hours on HIGH**

## **Method:**

1. Wash, peel and chop the vegetables into small pieces
2. Add everything to the slow cooker
3. Dissolve the stock cube in the boiling water and pour over the ingredients
4. Place the lid on the slow cooker and leave to cook
5. When finished, check for seasoning and add any flavourings that you like
6. When the vegetables are cooked, add the milk and any additional flavourings
7. If you have a blender, use it to create a smooth soup - if not leave it chunky



serving with a bread of your choice



# Mains



# Sausage and Bean Casserole

Simple, easy and delicious.

**Serves: 6**

## Equipment:

- Slow cooker
- Chopping board
- Spoon
- Sharp knife
- Frying pan

## Ingredients:



8 sausages



1 can of baked beans



1 large onion



1 can of tomatoes



1 tbsp Worcestershire  
sauce



1 tsp dried herbs

# Sausage and Bean Casserole

**Preparation time : 10-15 minutes**

**Time in slow cooker: 6 hours on LOW  
or 4 hours on HIGH**

## **Method:**

1. Peel and chop the onion into small pieces (browning them in a pan with a drop of oil first will add extra flavour)
2. Brown the sausages in a frying pan if you have time
3. Add everything to the slow cooker and stir well
4. Place the lid on the slow cooker and leave to cook
5. When finished, check for seasoning and add any additional flavourings that you like



serving with a bread of your choice or creamy mash potato

# Chicken Curry

Easy and delicious.

**Serves: 6**

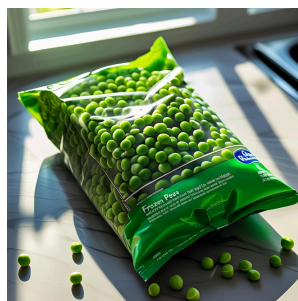
## Equipment:

- Slow cooker
- Chopping board
- Spoon
- Sharp knife
- Measuring jug
- Frying pan

## Ingredients:



6 boneless chicken thighs



1 cup of frozen peas



1 large onion



1 can of tomatoes



1 stock cube



2 tbsp curry powder



3 cloves of garlic



100 ml of boiling water

# Chicken Curry

**Preparation time : 10-15 minutes**

**Time in slow cooker: 6 hours on LOW  
or 4 hours on HIGH**

## **Method:**

1. Peel and chop the onion and garlic into small pieces
2. Brown the thighs in a frying pan if you have time
3. Add everything to the slow cooker and stir well
4. Place the lid on the slow cooker and leave to cook
5. When finished, check for seasoning and add any additional flavourings that you like



serving with a naan bread and rice



# Vegetable Stew

This vegetable soup is so simple and nutritious.

**Serves: 6**

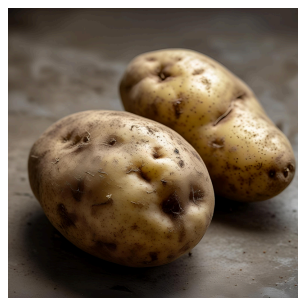
## Equipment:

- Slow cooker
- Chopping board
- Measuring jug
- Sharp knife
- Spoon
- Peeler

## Ingredients:



4 carrots



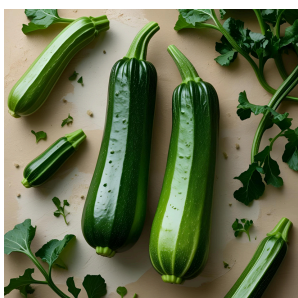
3 potatoes



1 onion



1 can of tomatoes



2 courgettes



1 can of chickpeas or pulse of your choice



2 stock cubes



1 tbsp mixed herbs



1 litre of boiling water

# Vegetable Stew

**Preparation time : 10-15 minutes**

**Time in slow cooker: 6 hours on LOW  
or 4 hours on HIGH**

## **Method:**

1. Wash, peel and chop the vegetables into small pieces
2. Add everything to the slow cooker
3. Dissolve the stock cube in the boiling water and pour over the ingredients
4. Place the lid on the slow cooker and leave to cook
5. When finished, check for seasoning and add any flavourings that you like



serving with crusty bread

# Cooking with Cans



# Pasta Bake

Simple and delicious.

**Serves: 6**

## Equipment:

- Slow cooker
- Chopping board
- Can opener
- Sharp knife
- Frying pan
- Spoon

## Ingredients:



1 seasoning packet



1 can of carrots



500g bag of pasta



3 cans of water



1 can of tomatoes



1 can of mince beef and onion



1 can of mushrooms (optional)



1 can of onions (optional)



1 tsp dried herbs or spice of your choice



# Pasta Bake

**Preparation time : 10-15 minutes**

**Time in slow cooker: 4 hours on HIGH**

## **Method:**

1. Open all the cans
2. Empty all of the cans into the slow cooker
3. Use one of the cans and fill with water, tipping into the slow cooker - repeat twice more (3 cans of water)
4. Stir everything together making sure the pasta is covered in water
5. Place the lid on the slow cooker and leave to cook
6. Check and stir after an hour if you are around - add more water if needed
7. When finished, check for seasoning and add any flavourings that you like



sprinkling cheese on top



# Lentil Bolognese

Simple and delicious.

**Serves: 6**

## Equipment:

- Slow cooker
- Chopping board
- Spoon
- Sharp knife
- Frying pan
- Can opener

## Ingredients:



200g dried lentils  
(or 1 can drained)



1 can of carrots



1 can of onions  
(optional you could  
use 1 fresh onion)



1 can tomatoes



1 seasoning packet



1 can of mushrooms  
(optional)



600-700ml water  
(2 cans)



1 tsp dried herbs or  
spice of your choice

# Lentil Bolognese

**Preparation time : 10-15 minutes**

**Time in slow cooker: 6 hours on LOW  
or 4 hours on HIGH**

## **Method:**

1. Open all the cans
2. Empty all of the cans into the slow cooker
3. Stir everything together
4. Place the lid on the slow cooker and leave to cook
5. Check and stir after an hour if you are around - add more water if needed
6. When finished, check for seasoning and add any flavourings that you like



serving with bread

# Desserts



# Rice Pudding

Simply easy and delicious.

**Serves: 6**

## Equipment:

- Slow cooker
- Measuring jug
- Spoon
- Scales

## Ingredients:



100g pudding rice



1 litre of milk



50g sugar



1 knob of butter



dash of cinnamon  
(optional)

# Rice Pudding

**Preparation time : 10 minutes**

**Time in slow cooker: 3-4 hours on LOW**

## **Method:**

1. Grease the slow cooker lightly with butter or margarine to stop the pudding sticking
2. Add everything in the slow cooker and stir well
3. Leave to cook, stirring every hour or so if you can
4. The rice will swell and the mixture will thicken over time
5. If it becomes too thick, stir in a splash more milk near the end of cooking
6. Once the rice is soft and creamy, it's ready to serve



serving it with a blob of jam



# Peach Cobbler

Simple and delicious.

**Serves: 6**

## Equipment:

- Slow cooker
- Measuring jug
- Spoon
- Scales

## Ingredients:



1 can of peaches



150g self raising flour



75g sugar



75g margarine

# Peach Cobbler

**Preparation time : 10 minutes**

**Time in slow cooker: 4 hours on LOW  
or 2 hours on HIGH**

## **Method:**

1. Drain most of the liquid from the peaches, keeping about 2–3 tbsp
2. Pour the peaches into the bottom of the slow cooker
3. In a bowl, rub the margarine into the flour and sugar until crumbly
4. Sprinkle the crumble mixture evenly over the peaches
5. Cover and cook until the top is firm and golden at the edges
6. Serve warm - lovely with custard or on its own!



apples or pears instead of peaches



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