



things you never knew your Slow Cooker could do

Capable of so much more than just simple stews and soups, this versatile appliance is easy to underuse. We pushed the slow cooker to live up to its full potential so that you can benefit from the unexpectedly wide range of tasty results.

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Slow Cooker
Cheese Grits
and Greens
with an Egg




**Cheese Tortellini
 in Vegetable-
 Marinara Sauce**




**Korean
 Brisket
 Tacos**

slow cooker cheese grits and greens with an egg

PREP 15 MIN // COOK 8 HR 30 MIN // SERVES 6

We topped each serving with a sunny-side up egg—a poached egg would also be delicious.

- Nonstick spray
- 6 c water
- 1½ c uncooked corn grits
- 1 tsp coarse kosher salt, or to taste
- 6 oz baby kale (4 c firmly packed)
- 1 c reduced-fat shredded sharp Cheddar cheese
- ¼ tsp black pepper, or to taste
- 1 c grape tomatoes, halved
- 6 Tbsp real bacon bits, for garnish
- 6 large eggs, cooked sunny-side up

1. Coat inside of a 6-quart slow cooker with nonstick spray.
 2. Add water; whisk in grits and salt to combine (make sure there are no lumps in grits). Cover slow cooker; cook on low until grits are tender and creamy, about 8 hours.
 3. Uncover slow cooker; stir in kale and cheese. Cook on low (or warm setting) until kale has wilted, about 30 minutes. Taste and adjust for seasoning with salt and pepper; serve sprinkled with tomatoes and bacon bits, and topped with a sunny-side up egg.
- PER SERVING (1 cup grits plus 1 egg):** 249 cal, 9 g total fat, 3 g sat fat, 730 mg sod, 35 g total carb, 2 g sugar, 3 g fib, 18 g prot. **SmartPoints value:** 8

Korean brisket tacos

PREP 25 MIN // MARINATE 8 HR // COOK 8 HR // SERVES 8

To streamline prep, shortcut the slaw by using a packaged slaw mix. Toss with sesame seeds and seasoned rice wine vinegar.

- ½ c reduced-sodium soy sauce or tamari
- 1 Tbsp honey
- 1 tsp toasted sesame oil
- 4 medium garlic cloves, finely chopped
- 1 Tbsp finely grated peeled fresh ginger
- 3½ lb flat-cut brisket
- ¼ head small cabbage, cored and thinly sliced (about 5 oz)

- 2 medium carrots, grated
- 2 medium scallions, thinly sliced
- 1 small sweet onion, very thinly sliced
- 2 Tbsp black sesame seeds
- 2 Tbsp seasoned rice vinegar
- 24 large Bibb lettuce leaves
- 1 c fresh cilantro leaves
- 1 Tbsp hot sauce (optional)
- 1 large lime, cut into wedges

1. Combine soy sauce, honey, oil, garlic, and ginger in a sealable container; add brisket and turn to coat. Refrigerate 8 hours or overnight, occasionally turning meat in marinade.
2. Transfer brisket and marinade to the insert of a 6-quart slow cooker; cover and cook on low, turning occasionally, until beef is very tender and falling apart, 7–8 hours. Shred meat with two forks and transfer to a serving bowl; spoon drippings into a small bowl.
3. Combine cabbage, carrots, scallions, onion, sesame seeds, and seasoned rice vinegar in a bowl.
4. When ready to serve, spoon ¼ cup brisket onto a lettuce leaf and drizzle with some beef drippings; top with ¼ c slaw and ½ Tbsp cilantro. Repeat with remaining ingredients; serve immediately.

PER SERVING (3 lettuce tacos): 326 cal, 10 g total fat, 3 g sat fat, 838 mg sod, 11 g total carb, 6 g sugar, 2 g fib, 46 g prot. **SmartPoints value:** 6

cheese tortellini in vegetable–marinara sauce

PREP 15 MIN // COOK 5 HR 10 MIN // SERVES 8

Frozen stuffed pasta cooks beautifully in slow cookers. This recipe comes out more like a pasta bake than a saucy dish.

- 2 tsp olive oil
- 6 small zucchini, trimmed, diced
- 1 medium onion, thickly sliced
- 2 garlic cloves, finely chopped
- 1½ c store-bought marinara sauce
- 8 c packed baby spinach
- ½ tsp kosher salt, or to taste
- ¼ tsp black pepper, or to taste
- ½ tsp red pepper flakes
- 6 c frozen cheese tortellini
- ½ c shredded part-skim mozzarella cheese

1. To make veggie sauce, heat oil in a large nonstick skillet over medium-high. Add zucchini and onion; cook, stirring frequently, until lightly browned, about 5 minutes. Add garlic; cook, stirring, until fragrant, 45–60 seconds. Add marinara sauce, spinach, salt, pepper, and red pepper flakes; stir to combine (add spinach in batches, if necessary, and add more as it wilts). Cover and reduce heat to medium; simmer until spinach wilts, about 3 minutes. Season to taste, if desired.
2. Spoon 2 cups sauce into a 6-quart slow cooker and top with half of the frozen tortellini; repeat with 2 cups sauce and tortellini. Spoon remaining sauce over top; sprinkle with cheese. Cover and cook on low heat until tortellini is tender, about 5 hours.

PER SERVING (1½ cup): 282 cal, 9 g total fat, 4 g sat fat, 644 mg sod, 44 g total carb, 6 g sugar, 4 g fib, 15 g prot. **SmartPoints value:** 8

slow cooker carrot cake

PREP 30 MIN // COOK 3 HR 30 MIN // COOL 1 HR // SERVES 12

Look for slow cooker liners in your supermarket near the foil and plastic wrap. Or order them online.

- Nonstick spray
- 1½ c white whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ¼ tsp sea salt + pinch
- Pinch ground cloves
- ¾ c firmly packed light brown sugar
- 2 large eggs
- 1 (15-oz) can pumpkin puree
- 2 medium carrots, grated (about 2 c)
- 4 Tbsp (2 oz) cream cheese (Neufchâtel), at room temperature
- ½ tsp pure vanilla extract
- 1 Tbsp plain low-fat (2%) Greek yogurt
- ¾ c confectioners' sugar
- ¼ c chopped pecans

1. Tear off two sheets of aluminum foil long enough for the sides to stick out of the slow cooker on each side by about 4 inches. Working with one sheet at a time, fold foil in half lengthwise; place

it across bottom and up sides of slow cooker insert (with excess hanging over sides). Fold other piece of foil in half lengthwise; place it perpendicular to first piece of foil so it forms a cross on bottom of slow cooker insert. (This will make it easier to remove the cake after it cooks.)

2. Line a 6-quart slow cooker with a plastic slow cooker liner; coat with nonstick spray.
3. In a medium mixing bowl, whisk together flour, baking powder, baking soda, cinnamon, ¼ tsp salt, and cloves.
4. In a large mixing bowl, whisk together brown sugar and eggs until smooth; whisk in pumpkin puree.
5. Stir flour mixture into egg mixture; gently fold in carrots.
6. Pour batter into prepared bag; cover and cook on high until a toothpick inserted in center comes out clean, 2½–3½ hours.
7. Use foil “handles” to transfer bag with cake to a cooling rack; let cake cool completely in bag, about 1 hour.
8. Meanwhile, make the frosting: Place softened cream cheese, vanilla extract, pinch salt, and yogurt in a mixing bowl; beat with an electric mixer on medium-high until smooth, 2–4 minutes. Reduce speed to medium-low and slowly add confectioners' sugar; beat until smooth, 4–6 minutes. Increase speed to medium-high and beat until the frosting is light and fluffy, 2–4 minutes.
9. Once cake has cooled completely, remove it from bag; place cake on a serving platter with smoother side up. Using a small spatula, evenly cover top of cake with frosting; garnish with pecans. Use a serrated knife to slice into 12 pieces. Serve immediately, or store in an airtight container in the refrigerator up to 5 days.

PER SERVING (1 piece): 192 cal, 4 g total fat, 1 g sat fat, 258 mg sod, 36 g total carb, 24 g sugar, 2 g fib, 4 g prot. **SmartPoints value:** 8

Slow Cooker
Carrot Cake