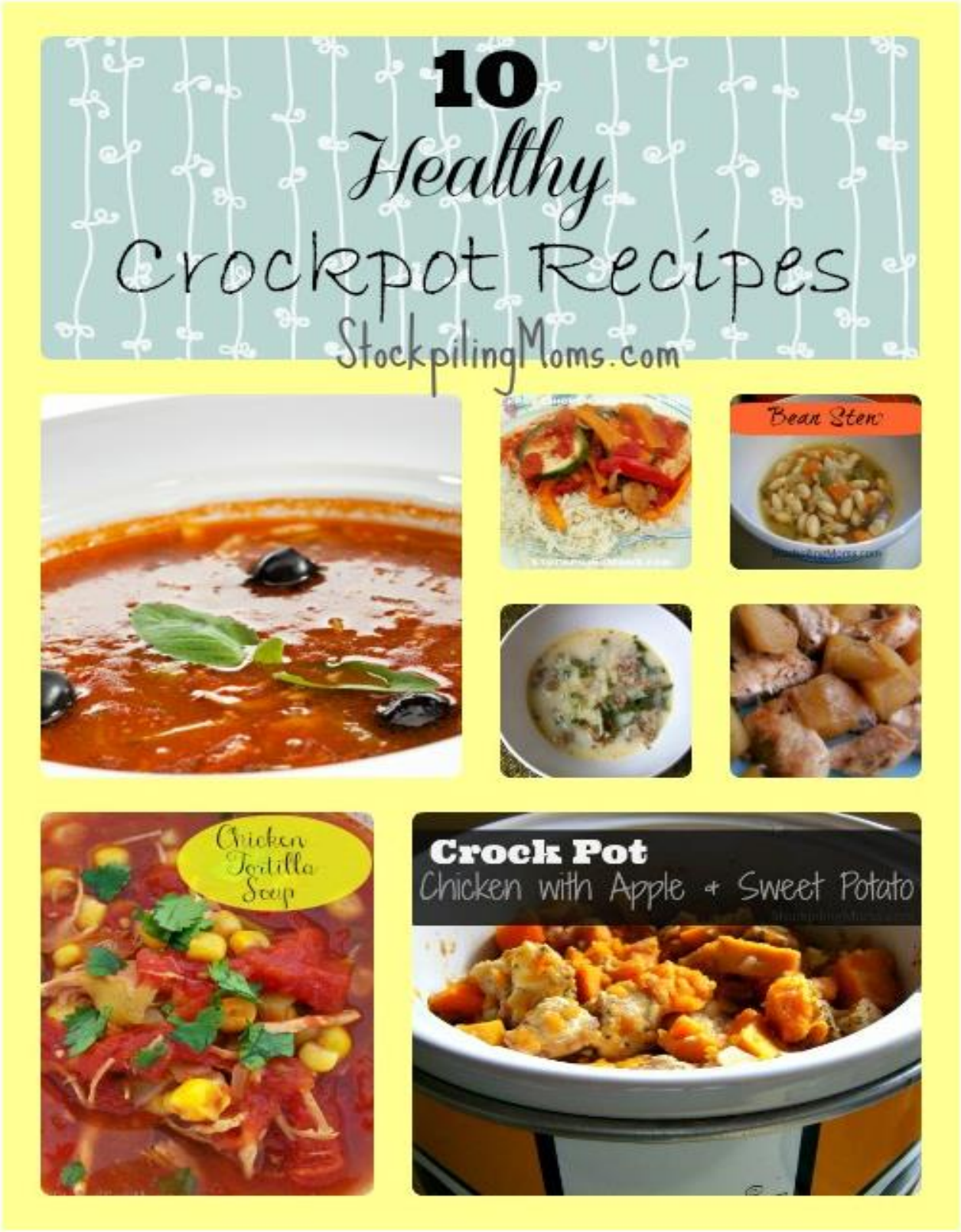

Here are 10 Healthy Crockpot Recipes to start your new year off eating well!

Crockpot Chicken Tortilla soup is a great soup for fall and cooler weather. This amazing soup has great flavor and hits your taste buds with a kick. The nice thing about this recipe is you can adjust the heat. If you want something with more heat then you add more chili powder and use hot enchilada sauce. If you want something milder you add less chili powder and use mild or regular enchilada sauce.

Crockpot Chicken Tortilla Soup

Prep time	Cook time	Total time
15 mins	8 hours	8 hours 15 mins

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Source: Allrecipes.com
Recipe type: Soups and Salads
Serves: 8

Ingredients

- 1 pound shredded, cooked chicken
- 1 (15 ounce) can whole peeled tomatoes, mashed
- 1 (10 ounce) can enchilada sauce
- 1 medium onion, chopped
- 1 (4 ounce) can chopped green chile peppers
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 ounce) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 (10 ounce) package frozen corn
- 1 tablespoon chopped cilantro
- tortilla chips
- sour cream (optional)
- shredded cheese (optional)
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Instructions

1. Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker.
2. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf.
3. Stir in corn and cilantro.
4. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.
5. Serve with tortilla chips. sour cream and shredded cheese if desired.

Crockpot Chicken with Apple and Sweet Potato is the perfect dinner meal for autumn. This delicious clean eating meal has such a great savory taste with a little bit of sweetness. The spices used in this recipe really bring the dish to life and will make your taste buds explode with delight! You will be pleasantly surprised by the amazing taste and how hearty this meal is. Enjoy.

Crockpot Chicken with Apple and Sweet Potato

5.0 from 4 reviews

Prep time	Cook time	Total time
10 mins	6 hours	6 hours 10 mins

Source: Adapted from Clean Eating Magazine, June 2013
Recipe type: Clean Eating
Serves: 4

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Ingredients

- 2 sweet potatoes, peeled and cut into 1-inch chunks
- 1 pound boneless, skinless chicken breasts
- Sea salt + cracked black pepper
- 2 cloves garlic, finely minced
- ½ cup chopped red onion
- 1 cup unsweetened apple sauce
- 2 teaspoons apple cider vinegar
- 1 tablespoon curry powder (you can also use cumin if you don't have curry)
- ½ teaspoon ground ginger

Instructions

1. Layer the sweet potato chunks and chicken breasts in the bottom of a slow cooker.
2. Season with salt and pepper.
3. In a small bowl, stir together the garlic, red onion, apple sauce, cider vinegar, curry powder, and ginger.
4. Pour the mixture over the chicken and sweet potato chunks.
5. Cover and cook on low for 6-8 hours, until the chicken and sweet potatoes are tender.
6. Serve alone or over rice.

Crockpot Apples and Porkchops is one of the easiest recipes to make. This crockpot recipe is perfect if you are in a rush in the morning and need something quick to throw in the crockpot and go.

Crockpot Apples and Porkchops

5.0 from 2 reviews

Prep time	Cook time	Total time
10 mins	6 hours	6 hours 10 mins

Such a simple meal full of big and bold taste!

Source: Stephanie Ertel
Recipe type: Crockpot
Serves: 4-6

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Ingredients

- 5-6 Granny Smith Apples, peeled and cubed
- 4-6 boneless porkchops
- 2 Tbsp butter
- ¼ cup brown sugar, packed
- 2 tsp cinnamon
- 1 tsp nutmeg

Instructions

1. Heat skillet over medium high heat.
2. Add butter and once melted add porkchops.
3. Cook each side 5-6 minutes until golden brown.
4. While cooking porkchops, peel apples and cube them.
5. Put the apples in a large bowl and toss with brown sugar, cinnamon and nutmeg.
6. Pour coated apples into crockpot.
7. Place pork chops on top.
8. Put lid on crockpot and cook on low 6-7 hours.
9. Serve and enjoy.

Crockpot Bean Stew is a wonderful stew that is perfect for the cool Fall weather. You can make this recipe ahead of time and freeze until ready to use. Just add all ingredients except chicken broth into ziploc bag. When ready to make, just thaw overnight in fridge. Then in morning add to crockpot with chicken broth.

Crockpot Bean Stew

5.0 from 1 reviews

Cook time	Total time
6 hours	6 hours

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Ingredients

- 6 cups chicken broth or vegetable broth
- 1 cup dry beans, picked over and rinsed
- 2 medium carrots, peeled and finely diced
- 1 small onion, finely chopped
- 2 celery stalks, finely diced
- 3 tablespoons uncooked white rice
- 2 tablespoons minced garlic
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ⅛ teaspoon ground white or black pepper

Instructions

1. Add all ingredients to crockpot and cook on low for 6-8 hours.

Crockpot Taco Soup is super easy to make and put in the Crockpot for the day. It is also low in fat and high in fiber so not only does it taste good it is good for you too! It is only 4 Weight Watchers Points.

Taco Soup

5.0 from 1 reviews

Prep time	Cook time	Total time
10 mins	8 hours	8 hours 10 mins

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Ingredients

- 1 lb Ground Beef, cooked and drained
- 1 can corn
- 1 can Great Northern Beans(white)
- 1 can Black Beans
- 1 can Red Beans
- 1 can Diced Tomatos
- 1 Hidden Valley Ranch packet
- 1 Taco seasoning packet
- 2 cups water
- Tortilla Chips
- Sour Cream
- Shredded Cheese

Instructions

1. Combine all ingredients in Crockpot except Tortilla Chips, Shredded Cheese and Sour Cream.
2. **Do not drain any of the cans.
3. Stir and cover with lid.
4. Cook on low 6-8 hours.
5. Serve with tortilla chips, cheese and sour cream.

Crockpot Butternut Squash Chili is a great fall vegetarian recipe! Great for those who have lots of butternut squash in their garden. It is a healthy chili too!

Butternut Squash Chili

Ingredients

- 1½ pounds Butternut Squash, peeled and cubed
- 2 (15 ounce) cans black beans, drained and rinsed
- 4 ounces canned green chilies
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 28 ounces canned diced tomatoes
- 1 cup water
- 3 T chili powder
- 1 T cilantro

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Instructions

1. Combine all ingredients in Crockpot and cook on low 6 – 8 hours or on high for 4 hours.

Crockpot Chicken and Veggie Delight is perfect for the summer – so easy and doesn't heat up your kitchen! Plus if you garden you will have fresh veggies to choose from! You can substitute with any veggie, and, if you want to make this vegetarian, use tofu or potatoes instead of chicken. Serve over rice or quinnoa. Enjoy!

Crockpot Chicken and Veggie Delight

5.0 from 1 reviews

Prep time	Cook time	Total time
15 mins	4 hours	4 hours 15 mins

Source: Melissa Jennings
Serves: 4

Ingredients

- 1 32 oz Can of Die Fratelli Tomato Sauce
- 4 chicken breasts
- Variety of Veggies, Cut up – Peppers, Zucchini, Onion, Mushroom (whatever your family likes and you have on hand)

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Instructions

1. Place chicken in crockpot
2. Add veggies
3. Add tomato sauce
4. Add Basil and Oregano (I like fresh)
5. Add water if necessary to cover.
6. Cook on high heat for 1 hour and turn down to low for 3 hours
7. Enjoy over a bed of rice

Crockpot Chicken Enchilada Soup is an easy way to shake up your traditional menu plan for Mexican night. Serve it with corn tortillas and guacamole on the side.

Crockpot Chicken Enchilada Soup

Prep time	Cook time	Total time
15 mins	6 hours	6 hours 15 mins

Recipe type: Crockpot
Serves: 6

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Ingredients

- 3 boneless skinless chicken thighs
- ½ onion, chopped
- 1 green pepper, chopped
- 1 can medium enchilada sauce
- 1 can diced tomatoes
- 1 can black beans, drained
- ¼ cup frozen corn
- 1 can diced green chilies, drained
- ½ cup chicken stock
- ⅓ cup cheddar cheese, grated
- ⅓ cup pepper jack cheese, grated
- 1 tsp salt
- 1 tsp black pepper
- ½ tsp cumin
- corn tortillas, cut into strips – garnish
- chopped cilantro – garnish
- sour cream – garnish

Instructions

1. Add all ingredients besides cheese and garnish to the crockpot.
2. Set crockpot to low and cook for 6 hours.
3. Remove chicken and shred.
4. Return chicken to crockpot and cook on low for an additional 2 hours.
5. Stir in the cheese and serve.
6. Top with corn tortillas, cilantro and sour cream.

Notes

This is a great recipe when you need to serve a crowd.

Easy Overnight Oatmeal made in the Crockpot is a healthy and tasty breakfast. You can add other fruits too!

Easy Overnight Oatmeal

Prep time	Cook time	Total time
10 mins	8 hours	8 hours 10 mins

Recipe type: Breakfast, Crockpot
Serves: 6

Save Print

Ingredients

- 4 cups of milk
- ½ cup brown sugar
- 2 Tbsp. melted Butter
- ½ tsp. salt
- 1 tsp cinnamon
- 2 cups old-fashioned or steel cut oats
- 2 cups apple, chopped
- 1 cup raisins
- 1 cup walnuts, chopped

Instructions

1. Coat the inside of a 3-4 quart slow cooker with non-stick cooking spray. Combine all ingredients in the slow cooker and mix well. Cover and cook on warm or low setting overnight, or 7-8 hours. In the morning, check immediately for overcooking. Refrigerate leftovers.

Notes

Additional Toppings: Butter, brown sugar, honey, cinnamon, chopped walnuts, raisins, chocolate chips, syrup, fruit, cinnamon

If you love Olive Garden's **Zuppa Tuscana**, you are going to love this Copycat version that you make in the crockpot. This crockpot soup recipe is beyond amazing and only requires a few ingredients! That's a win for you. It is perfect on an Autumn day.

Crockpot Zuppa Toscana ~ Copycat Olive Garden

5.0 from 4 reviews

Prep time	Cook time	Total time
5 mins	6 mins	11 mins

Save Print

Source: Melissa Jennings
Recipe type: Crockpot
Serves: 6-8

Ingredients

- ½ a bag of Southern Hashbrowns
- 1 lb of browned Italian Sausage
- 5½ cups of chicken broth
- 2 c of chopped kale
- ½ tsp. of red pepper flakes (more if you like it spicy)
- ½ – 1 c of frozen diced onions
- 2 Tablespoon of minced garlic
- ½ c of evaporated milk or cream

Instructions

1. Combine the Southern Hashbrowns, browned Italian Sausage, chicken broth, chopped kale, red pepper flakes, frozen diced onions and minced garlic in the crockpot.
2. Stir well and place lid on.
3. Cook on high for 3 hours or low for 6-8
4. In the last 30 minutes add evaporated milk or cream, stir and put lid back on.
5. Serve and enjoy!