

The Skinny Slow Cooker Recipe Delicious Recipes Under 300 400 And 500 Calories Volume 1 Cooknation

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21 HEALTHY SLOW COOKER RECIPES 1. SLOW ROASTED ...

In a slow cooker, combine the first nine ingredients Cook, covered, on low 6-8 hours or until meat is tender Stir in cilantro Freeze option: Freeze cooled chili in freezer containers To use, partially thaw ...

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Slow-Cooker Pot Roast Recipe - Hungry-Girl

Slow-Cooker Pot Roast 1/12th of recipe (about 2 1/2 oz cooked meat with 2/3 cup broth and veggies): 206 calories, 7g total fat (3g sat fat), 447mg sodium, 11g carbs, 2g fiber, 45g sugars, 255g protein ...

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