

# **Taste Of Home Skinny Slow Cooker - The Ultimate Guide to Healthy and Delicious Slow Cooker Meals**

Are you looking for a way to enjoy flavorful and healthy meals without spending hours in the kitchen? Look no further than Taste Of Home Skinny Slow Cooker! With our collection of delicious slow cooker recipes, you can have a nutritious and satisfying meal on the table with minimal effort.

BEEF & RICE STUFFED  
CABBAGE ROLLS

6 | TASTE OF HOME.COM

**BEEF & RICE STUFFED  
CABBAGE ROLLS**

My family is quick to come to the table when I serve my cabbage rolls. They are quick to put together and really satisfies without being too fattening.

—LYNN BOWEN, GERALDINE, AL

**PREP:** 20 MIN. • **COOK:** 6 HOURS  
**MAKES:** 6 SERVINGS

- 12 cabbage leaves
- 1 cup cooked brown rice
- ½ cup finely chopped onion
- 1 egg, lightly beaten
- ½ cup fat-free milk
- ½ tsp. salt
- ¼ tsp. pepper
- 1 ½ lbs. lean ground beef (90% lean)
- 1 can (15 oz.) tomato sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. lemon juice
- 1 tsp. Worcestershire sauce

**1.** In batches, cook cabbage in boiling water until leaves are crisp-tender, 10 to 15 minutes. Trim the stems from the bottom of each cabbage leaf, making a V-shaped cut.

**2.** In a large bowl, combine rice, onion, egg, milk, salt and pepper. Add beef; mix lightly but thoroughly. Place about ¼ cup beef mixture on each cabbage leaf. Pull together cut edges of leaf to overlap; fold lengthwise. Fold in sides and roll up.

**3.** Place six rolls in a 4- or 5-qt. slow cooker, seam side down. In a bowl, mix sauce ingredients; pour half of the sauce over cabbage rolls. Top with remaining rolls and sauce. Cook, covered, on low 6 to 8 hours or until a thermometer inserted in beef reads 160° and cabbage is tender.

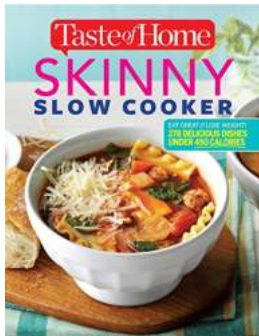
**PER SERVING:** 204 cal., 7 g fat (3 g sat. fat), 83 mg chol., 446 mg sodium, 16 g carb., 2 g fiber, 18 g pro.  
**Diabetic Exchanges:** 2 lean meat, 1 starch.

BEEFY ENTREES | 5

## Why Slow Cooking is the Perfect Solution

Slow cooking has become increasingly popular in recent years, and for good reason. It allows you to create mouthwatering dishes with little to no effort. The low and slow cooking process helps retain nutrients in the food, and the flavors are enhanced as they have time to meld together. It's the perfect solution for busy

individuals who want to enjoy wholesome and tasty meals without the hassle of traditional cooking methods.



## Taste of Home Skinny Slow Cooker: 350+Delicious Family Recipes by Editors at Taste of Home (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English  
File size : 63084 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 256 pages



### The Benefits of Taste Of Home Skinny Slow Cooker

At Taste Of Home, we understand the importance of enjoying delicious food while also maintaining a healthy lifestyle. That's why we developed Taste Of Home Skinny Slow Cooker. Our recipes are carefully curated to provide you with nutritious meals that are low in calories and fat, without compromising on taste. With our collection of mouthwatering recipes, you can indulge in your favorite comfort foods guilt-free!

### Delicious Recipes for Every Occasion

Whether you're craving a comforting soup, a flavorful stew, or a tender protein dish, Taste Of Home Skinny Slow Cooker has a recipe for every occasion. Our extensive collection includes dishes such as:

- Healthy Chicken Noodle Soup

- Skinny Beef Chili
- Savory Mushroom Risotto
- Slow Cooked Lemon Garlic Salmon
- Vegetarian Quinoa Curry

These are just a few examples of the many mouthwatering recipes you can find in our collection. Each recipe is carefully crafted to ensure it's not only healthy but also bursting with flavor.

## **How to Make the Most of Your Slow Cooker**

Using a slow cooker is incredibly easy, but there are a few tips and tricks that can help you make the most out of your cooking experience:

- Prep your ingredients ahead of time to save time on busy days.
- Choose lean cuts of meat to keep your meals healthy.
- Use herbs and spices to add flavor without adding excess calories.
- Experiment with different recipes and ingredient combinations to keep things interesting.

By following these simple guidelines, you can create a wide variety of delicious and nutritious meals using your Taste Of Home Skinny Slow Cooker.

## **Say Goodbye to Unhealthy Takeouts**

With Taste Of Home Skinny Slow Cooker, you'll no longer have to rely on greasy and unhealthy takeout meals. Our recipes are designed to be both satisfying and good for you. You can enjoy the convenience of a slow cooker while knowing that you're nourishing your body with wholesome ingredients.

## **Experience the Taste Of Home Difference**

At Taste Of Home, we believe that healthy eating should never mean sacrificing taste. That's why our Skinny Slow Cooker recipes are packed with flavor, while still being low in calories and fat. We want to empower you to enjoy delicious meals that support your health and well-being.

So, why wait? Discover the world of Taste Of Home Skinny Slow Cooker and revolutionize your cooking experience. With our easy-to-follow recipes and tips, you'll be able to create memorable and healthy meals for yourself and your loved ones.

### AUTUMN SLOW-COOKED BEEF STEW

Autumn slow-cooked beef stew is like a holiday, with the comfort of beef, pears, walnuts and sweet potatoes. We've incorporated a blue plaid and rolls to

complete the look.

—KARLY GODSON, *Author*

1 1/2 lbs. chuck roast

2 Tbsp. olive oil

2 cups dry red wine or reduced-sodium beef broth

1 cup reduced-sodium beef broth

4 garlic cloves, minced

1 tsp. rubbed sage

1 tsp. dried thyme

3/4 tsp. salt

2 1/2 lbs. small red potatoes (about 20)

4 medium carrots, cut into 1-in. pieces

1 large onion, halved

2 medium pears, quartered

1 cup walnut halves

1 cup dried apricots

2 Tbsp. cornstarch

3 Tbsp. cold water

1. Sprinkle beef with garlic salt and pepper. In a large skillet, heat oil

over medium-high heat. Brown beef in batches. Remove with a

### BEEF AND RICE STUFFED CABBAGE ROLLS

My family loves cabbage rolls, but I've never made them before. They're so easy to make and

my son loves them. I'll be making them again soon.

—LYNN BOWEN, *Author*

1 1/2 lbs. lean ground beef (90% lean)

1/2 cup cooked brown rice

1/2 cup finely chopped onion

PER SERVING: 23g fat (5g sat), 29g carb, 294 mg sodium, 51g protein, 8g fiber, 29g

1/2 tsp. salt

1/2 tsp. pepper

1/2 cup finely chopped onion

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AUTUMN SLOW-COOKED BEEF STEW

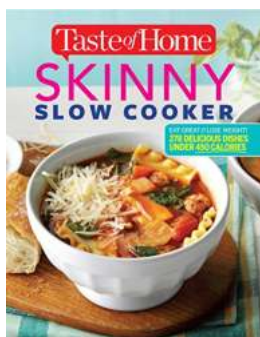


In

Taste Of Home Skinny Slow Cooker is the ultimate guide for anyone looking to enjoy healthy and delicious slow cooker meals. With our collection of carefully curated recipes, you can create flavorful dishes that are low in calories and fat, without compromising on taste. Say goodbye to unhealthy takeout meals and



enjoy the convenience and satisfaction of cooking with Taste Of Home Skinny Slow Cooker. Start your journey to a healthier and tastier lifestyle today!



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Now it's easier than ever to cook smart and eat smart thanks to the new title from Taste of Home—Skinny Slow Cooker! Today's home cooks care about serving healthy meals but struggle to find time to prepare foods that satisfy yet pare down calories, fat and sodium. With the 350+ recipes in Skinny Slow Cooker, however, setting a heart-smart meal on the table is a snap! With a little planning, a few everyday ingredients and a slow cooker, family cooks can easily create meals so hearty, no one will realize they are eating light!

Based on the tremendous success Taste of Home Books experienced with best-selling titles "Slow Cooker," "Slow Cooker Throughout the Year," Casseroles, Slow Cooker & Soups," "Comfort Food Diet" and "Comfort Food Makeovers," it seemed like a natural fit to offer today's family cooks a collection of slow-cooked dishes that make healthy eating a priority. Inside this collection, readers will find common ingredients, Nutrition Facts with every recipe, Diabetic Exchanges

where applicable and, most important, mouthwatering meals that come together in a slow cooker and satisfy the entire family!

A special icon notes dishes that call for five ingredients or fewer and prep and cook timelines make meal planning simple. Two “Bonus Chapters” help family cooks round out menus with garden-fresh salads and light desserts that skim back on calories, sugar and fat.

Best of all, these recipes come from real home cooks who know how to serve healthy family meals and save time in the kitchen. These are the dishes they rely on most...and the foods that received thumbs-up approval at the dinner table. Cooking smart, eating smart, losing weight and feeling great has never been more delicious than with Taste of Home Skinny Slow Cooker!

## CHAPTERS

Lighten Up (Intro)

Soups & Sandwiches

Beefy Entrees

Chicken & Turkey

Pork, Ham & More

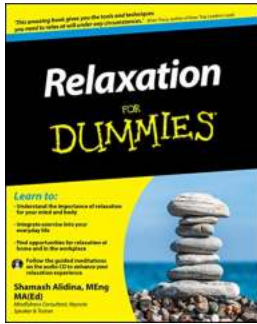
Seafood & Meatless Classics

Slow-Cooked Sides

Bonus: Salads

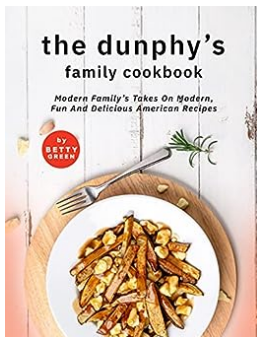
Bonus: Low-Fat Desserts





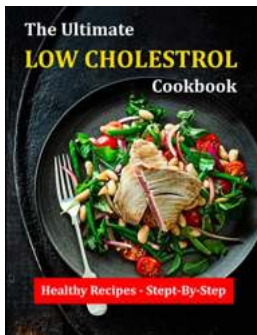
## The Ultimate Guide to Relaxation For Dummies Shamash Alidina: Unwind and Rejuvenate Your Mind and Body

Are you feeling stressed, overwhelmed, or constantly on the go? In our fast-paced and demanding world, finding moments of relaxation can be challenging. But fear not, because...



## Modern Family Takes On Modern Fun And Delicious American Recipes

In today's fast-paced world, families often struggle to find time to bond and enjoy each other's company. However, the modern family has found a way to combine their love...



## Delicious and Nutritious: Healthy Recipes Step by Step

Welcome to your ultimate guide for healthy recipes step by step! If you're looking to cultivate a healthier lifestyle without compromising on taste, you've come to the right...



## The Gingerbread Man Ben Povlow - A Magical Tale of Delicious Adventure

Once upon a time in the cozy town of Sugarton, there lived a young baker named Ben Povlow. Ben was known throughout the town for his incredible baking skills and his ability...



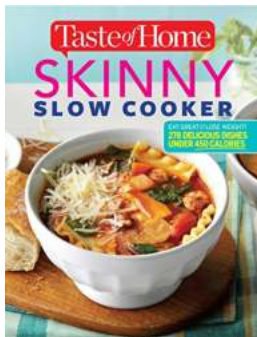
## 5 Easy-To-Cook Recipes for Beginners: Step By Step Guide

Cooking is a wonderful skill to have. Not only does it allow you to prepare delicious meals, but it also gives you a sense of accomplishment and independence....



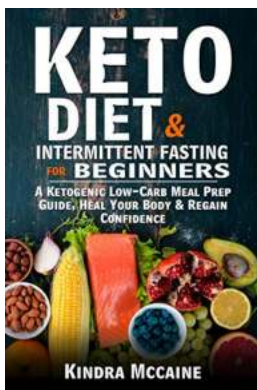
## Over 40 Pretty Cakes For Perfect Celebrations

Who doesn't love a celebration? Whether it's a birthday, wedding, anniversary, or any special milestone, there's one thing that always makes these occasions even more...



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## Ketogenic Low Carb Meal Prep Guide: Heal Your Body, Regain Confidence

The Ketogenic Low Carb Meal Prep Guide: A Path to Healthier Living Are you tired of yo-yo dieting and feeling constantly sluggish? Do...

taste of home skinny tortilla soup

taste of home skinny turkey vegetable soup

taste of home skinny slow cooker

taste of home thin crust pizza dough

taste of home thin pork chops