# Cooking on a Budget

12 Slow Cooker Budget Dinner Recipes







**ALLFREESLOWCOOKERRECIPES** 



#### Cooking on a Budget: 12 Slow Cooker Budget Dinner Recipes

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KAREN FROM 365 DAYS OF SLOW COOKING

SARAH FROM THE MAGICAL SLOW COOKER

PARRISH FROM LIFE WITH THE CRUST CUT OFF



Letter from the Editor

**Dear Slow Cooking Enthusiast:** 

No matter the season, cheap recipes and dinner ideas are fabulous for those cooking on a budget. On AllFreeSlowCookerRecipes.com, we have a winning combination of sensational slow cooking recipes that also happen to budget-friendly and easy to make. There's no wrong time to bake a cake, especially when the cake is easy to make. What a recipe for success! You'll find a variety of budget slow cooker recipes on our site. However, the editors at AllFreeSlowCookerRecipes have hand-picked some of our favorite slow cooker budget dinner recipes into one handy, printable collection in our latest free eCookbook, *Cooking on a Budget: 12 Slow Cooker Budget Dinner Recipes*.

This eCookbook is full of frugal slow cooker recipes that also happen to taste great, appetizers, main dishes and desserts. Inside, you'll find some of our best budget appetizer recipes (p. 7). You'll also find main dish budget dinner recipes (p. 11), as well as sweet, budget dessert recipes (p. 19). Some of the slow cooker dessert recipes we've included can also be enjoyed at breakfast or for a snack! This free eCookbook, *Cooking on a Budget: 12 Slow Cooker Budget Dinner Recipes*, is the ultimate guide to low-cost slow cooker recipes!

For more excellent slow cooker recipes, be sure to visit <u>AllFreeSlowCookerRecipes.com</u>. While you're there, subscribe to AllFreeSlowCookerRecipes' free <u>The Slow Cooker Chronicle</u> newsletter to get free recipes delivered to your inbox every week.

Slow and Steady Wins in Taste!

Sincerely,

Blair Chavis, Editor, AllFreeSlowCookerRecipes

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Read blog articles about our recipes at RecipeChatter.com



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#### BUDGET APPETIZER RECIPES

#### DOLLAR STORE KICKIN' CHILI

#### BY: KAREN FROM 365 DAYS OF SLOW COOKING



If you're looking for slow cooker chili recipes that can be made on a budget, try this recipe for Dollar Store Kickin' Chili. It's made with three ingredients-all of which can be found at a dollar store!

SERVES: 6

**COOKING TIME: 6 HRS** 

#### **INGREDIENTS**

- 2 (13-ounce) cans chili with beans
- 2 (13-ounce) cans diced tomatoes with green chiles
- 1 (14-ounce) can corn, drained

- 1. Combine all the ingredients in the slow cooker. Stir until combined.
- 2. Cover and cook on LOW for 4-6 hours until flavors are blended.
- 3. Serve with sour cream and cheese, if desired.



#### BUDGET APPETIZER RECIPES

#### PENNY WISE POTATO AND HAM SOUP

#### BY: KAREN FROM 365 DAYS OF SLOW COOKING



Penny-Wise Potato and Ham Soup is one of the tastiest cheap and easy slow cooker soup recipes that incorporates potatoes and ham into a hearty and warm meal that won't break the bank. Slow cooker potato recipes are a great way to save money on a large meal.

SERVES: 6

**COOKING TIME: 6 HRS** 

#### **INGREDIENTS**

- 1 pound red potatoes, cubed
- 1 pound fully cooked ham, cubed
- 6 to 8 ounces mushrooms, sliced
- ½ cup pearl barley (not quick cooking)
- 2 teaspoons minced garlic
- 1 small onion, minced
- 5 cups water
- 1 bay leaf
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- 2 teaspoons beef bouillon granules or 1 teaspoon Shirley J beef bouillon
- salt and pepper, to taste

- 1. Combine potatoes, ham, mushrooms, barley, garlic, onion, water, bay leaf, thyme, basil and bouillon in a medium to large slow cooker.
- 2. Cover and cook on LOW for 4 to 6 hours, until potatoes are tender and barley is cooked through.
- 3. Remove bay leaf. Salt and pepper to taste and add additional seasonings, if needed.



#### BUDGET APPETIZER RECIPES

#### POOR MAN'S CHILI SLOW COOKER RECIPE

BY: <u>STEPHANIE O'DEA</u> (AUTHOR OF THE MAKE IT FAST, COOK IT SLOW COOKBOOKS AND TOTALLY TOGETHER: SHORTCUTS TO AN ORGANIZED LIFE)



This Poor Man's Chili Slow Cooker Recipe is an easy and flavorful slow cooker vegetarian chili recipe, that's perfect for those cooking on a budget. Made with a variety of beans, corn, tomatoes and more, it's packed with taste and inexpensive.

SERVES: 6

COOKING TIME: 8 HRS ON LOW

#### **BISCUIT INGREDIENTS**

- 1 (15-ounce) can black beans, drained
- 1 (15-ounce) can garbanzo beans, drained
- 1 (15-ounce) can kidney beans, drained
- 1 (15-ounce) can corn, drained
- 1 (24-ounce) jar prepared pasta sauce
- 1 cup baby tomatoes (optional, they pop after slow cooking!)
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric (not really a "poor" spice, it's a substitute for saffron, but author had it readily available. If you don't have any, you can try a mixture of curry and cardamom, or just omit it all together)
- 1 cinnamon stick



- 1. I used a 6-quart slow cooker.
- 2. Drain the beans and corn, and put the can contents into your crock.
- 3. Top with tomatoes, if using, and the pasta sauce.
- 4. Stir in spices, and add cinnamon stick.
- 5. Cover and cook on LOW for 7 to 8 hours or on HIGH for about 4.
- 6. If the tomatoes haven't popped on their own, gently poke them with a wooden spoon to pop before serving.



#### **BUDGET DINNER RECIPES**

#### 3 INGREDIENT SLOW COOKER FIESTA CHICKEN

#### BY: DAWN FROM JUST MARRIED WITH COUPONS



Cake mix slow cooker recipes like this one for Chocolate Covered Strawberry Dump Cake are super easy and deliciously decadent. This recipe just requires three simple ingredients!

COOKING TIME: 4 HRS ON HIGH; 8 HRS ON LOW

#### **INGREDIENTS**

- 1 (16-ounce) jar salsa
- 1 can Campbell's Cheddar Cheese Soup
- 2 ½ pounds boneless chicken

- 1. Add all three ingredients into your slow cooker.
- 2. Stir periodically.
- 3. Cook in your slow cooker for about 4 hours on HIGH or 6 to 8 hours on LOW.



## **BUDGET DINNER RECIPES**

#### THRIFTY CHICKEN STROGANOFF

#### BY: KAREN FROM 365 DAYS OF SLOW COOKING



Free slow cooker chicken recipes like Thrifty Chicken Stroganoff are a great way to incorporate new flavors into everyday cooking. Keep your meals healthy, balanced and cheap with slow cooker chicken recipes like this delicious spin on a Russian classic.

SERVES: 4

**COOKING TIME: 6 HRS** 

#### **INGREDIENTS**

- 1 Flavorseal Homestyle Gravy Liner
- 1½ pounds boneless, skinless chicken thighs, frozen
- 1 small onion, diced
- 1 tablespoon tomato paste
- 1 tablespoon water
- 2 cups water
- 8 ounces sliced mushrooms
- ½ cup sour cream
- 1 tablespoon flour



- 1. Unfold liner and place into slow cooker.
- 2. In a microwave-safe bowl combine the onion, tomato paste and 1 tablespoon water. Microwave for 5 minutes, stirring every couple of minutes.
- 3. Place chicken in bottom of liner. Top with onion mixture and mushrooms. Pour water into liner making sure to wet all sides of the seasoned liner. Swish the water around and really get all sides of the liner moistened.
- 4. Tie up the bag with some string
- 5. Cover and cook on LOW for 4 to 6 hours.
- 6. Carefully untie the bag. Remove chicken and shred it. Add back into the slow cooker.
- 7. Mix the flour into the sour cream and then stir it into the slow cooker. Cook on HIGH with the lid off for another 30 minutes or so.
- 8. Serve chicken and sauce over egg noodles.



#### BUDGET DINNER RECIPES

#### ALL-DAY SLOW COOKER CABBAGE ROLLS

#### BY: PARRISH FROM LIFE WITH THE CRUST CUT OFF



All-Day Slow Cooker Cabbage Rolls is an easy ground beef and rice stuffed cabbage rolls recipe that's easy to make--especially because you can leave it to cook all day in your slow cooker. These savory cabbage rolls are stuffed with ground beef, rice, seasoning, and more. The sauce for these rolls is made from ingredients you likely already have in your pantry, including ketchup, brown sugar, and Worcestershire sauce. Your whole family will adore these tasty stuffed rolls.

COOKING TIME: 5 HRS ON HIGH; 8 HRS ON LOW

#### **INGREDIENTS**

• 12 cabbage leaves

#### **INGREDIENTS - FILLING**

- 2 pounds lean ground beef
- 1 cup uncooked white rice
- 1 lightly beaten egg
- ½ cup milk
- ½ an onion, grated
- 1 teaspoon salt
- 1 teaspoon garlic salt
- 1 teaspoon pepper



#### **INGREDIENTS - SAUCE**

- 15- to 16-ounce bottle of ketchup
- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce

- 1. Peel off the leaves of the cabbage and put them a pot of a water and bring up to boil (you just want to soften the leaves)
- 2. Dunk the leaves in cold water to cool them off so you can handle them.
- 3. Mix the filling ingredients.
- 4. Evenly distribute the filling among the leaves.
- 5. Roll the leaves once over the filling, then tuck in the sides and roll again.
- 6. Mix the sauce and put a little in the bottom of the slow cooker.
- 7. Place a layer of cabbage rolls in.
- 8. Cover each one with a little sauce.
- 9. Place remaining rolls in slow cooker and cover with rest of sauce.
- 10. Cook 7 to 8 hours on LOW or 4 to 5 on HIGH
- 11. Serve over noodles, rice or mashed potatoes.



#### BUDGET DINNER RECIPES

#### DUMP AND GO CHEESY CHICKEN

#### **BY: MOMS WITH CROCK POTS**



Dump and Go Cheesy Chicken is a slow cooker chicken breast recipe that requires very little preparation. Made with cream of Cheddar soup, milk, and seasoning, you can prep it and run out the door! It cooks for six hours, so you can go about your day, and come home to a delicious meal that is ready to serve.

SERVES: 6

PREPARATION TIME: 5 MIN

**COOKING TIME: 6 HRS** 

#### **INGREDIENTS**

- 6 skinless, boneless chicken breast halves
- 2 (11-ounce) cans condensed cream of Cheddar cheese soup
- ½ cup milk
- salt and pepper, to taste
- 1 teaspoon garlic powder

- 1. Spray slow cooker with cooking spray.
- 2. Place chicken breasts inside.
- 3. In a medium bowl mix together soup and milk, and pour mixture over chicken.
- 4. Season with salt and pepper to taste and garlic powder.
- 5. Cook on HIGH for about 6 hours. Do not lift lid while cooking!
- 6. Add a 16-ounce package of frozen broccoli the last 30 minutes for a quick veggie addition.



#### BUDGET DINNER RECIPES

#### SLOW COOKER PEPPERONI PIZZA CASSEROLE

**BY: STOCKPILING MOMS** 



Slow Cooker Pepperoni Pizza Casserole is one of those easy slow cooker casserole recipes you can whip up any time for a weeknight meal, and the whole family will love it. Like many ground beef slow cooker recipes, this slow cooker casserole is budget-friendly, but it doesn't skimp on taste. It takes all the flavors of your favorite pizza, and comes in casserole form!

SERVES: 6

PREPARATION TIME: 15 MIN

COOKING TIME: 6 HRS ON LOW

#### **INGREDIENTS**

- 1 (16-ounce) box spiral pasta (uncooked, but rinsed)
- 1 pound lean ground beef, turkey or chicken
- 1 onion, chopped
- 1 clove garlic, minced
- 1 green bell pepper, chopped
- 1 cup sliced pepperoni
- 32 ounces pasta sauce
- 1 cup water
- 1 cup shredded Mozzarella cheese



- 1. Spray a large slow cooker (6-quart or larger) with non-stick spray.
- 2. In a medium skillet over medium-high heat, brown the ground beef (or chicken or turkey) with the onion, garlic, pepperoni, and green bell peppers. Drain any excess fat.
- 3. Rinse pasta and place in the slow cooker with drained ground meat mix. Stir.
- 4. Pour pasta sauce and 1 cup water over noodle mix.
- 5. Top with shredded Mozzarella.
- 6. Cover and cook on LOW for 5 to 6 hours (do not lift the lid).



#### BUDGET DESSERT RECIPES

#### SLOW COOKER APPLE DUMPLING RECIPE

BY: <u>STEPHANIE O'DEA</u> (AUTHOR OF THE MAKE IT FAST, COOK IT SLOW COOKBOOKS AND TOTALLY TOGETHER: SHORTCUTS TO AN ORGANIZED LIFE)



You can make easy apple dumplings using your slow cooker with this Slow Cooker Apple Dumpling Recipe. This gooey-sweet, comforting dish includes granny smith apples, butter, sugar, Mountain Dew soda and more. This crescent roll dessert is easy to prepare and is sure to be a hit.

**COOKING TIME: 5 HRS** 

#### **INGREDIENTS**

- 2 cans refrigerated crescent rolls
- 2 Granny Smith apples
- 1 stick of butter
- 1 cup white sugar
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 cup Mountain Dew

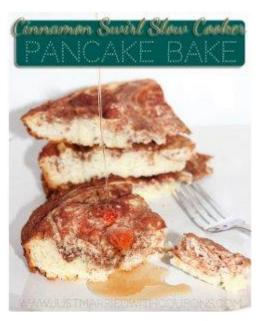
- 1. Spray your crock insert with cooking spray.
- 2. Roll out the little triangle crescent rolls and fill each one with an apple slice or two and roll it up.
- 3. Pile the slow cooker high with all of your little dumplings.
- 4. Melt the stick of butter in the microwave, and stir in the cup of sugar, cinnamon, and vanilla. Pour over the dumplings, making sure to get down in the nooks and crannies.
- 5. Add 1 cup of Mountain Dew, the same way—pour it over the top.
- 6. Prop lid open with a wooden spoon or chopstick and cook on HIGH for 4 to 5 hours, or until the dough is brown and cooked through.



#### BUDGET DESSERT RECIPES

#### CINNAMON SWIRL SLOW COOKER PANCAKE BAKE

#### BY: DAWN FROM JUST MARRIED WITH COUPONS



Among slow cooker breakfast recipes, this recipe for a Cinnamon Swirl Slow Cooker Pancake Bake is among the most unique breakfast casserole recipes you'll find! This pancake casserole can also double as a delicious dessert bake. It is made with Bisquick, cinnamon, sugar, and a few other simple ingredients. It won't take long to cook in your slow cooker, and it's sure to be a sticky-sweet treat.

COOKING TIME: 1 HR 15 MIN

#### **INGREDIENTS**

- 1 cup Bisquick
- ½ cup milk (skim works)
- 1 egg
- 1/3 cup granulated sugar
- 1 tablespoon cinnamon
- non-stick spray



- 1. Blend Bisquick, milk and egg until there are no lumps.
- 2. In a separate bowl evenly blend the sugar and cinnamon.
- 3. Spray the bottom portion of your slow cooker generously with non-stick spray. Set on HIGH.
- 4. Pour your mixture into the bottom of the slow cooker.
- 5. Then, sprinkle the cinnamon and sugar mixture evenly over the top of the batter.
- 6. Take the end of a spoon and swirl the cinnamon and sugar down into the batter.
- 7. Cook for approximately 1 hour to 1 hour and 15 minutes.
- 8. Check the center to with a fork, when none of the batter sticks, your dish is ready.



#### BUDGET DESSERT RECIPES

#### SLOW COOKER BANANA TOFFEE PIE

#### BY: SARAH FROM THE MAGICAL SLOW COOKER



Slow Cooker Banana Toffee Pie is a creative banana toffee pie recipe! The secret to this banana toffee pie: condensed milk! This slow cooker dessert recipe is a delicious treat, and it's perfect for a party or potluck. Friends and family will be amazed that you made this sweet pie using your slow cooker.

SERVES: 6

PREPARATION TIME: 20 MIN

COOKING TIME: 8 HRS 12 MIN

#### **INGREDIENTS - CRUST**

- 12 whole graham crackers (about 6 ounces)
- 6 tablespoons butter, melted
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ¼ cup sugar



#### **INGREDIENTS - FILLING**

- 1 (14-ounce) can sweetened condensed milk
- 1 pint whipping cream
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- pinch of salt
- 3 bananas

- 1. Put a dish towel on the bottom of your slow cooker, if you don't do this, you will have rust rings on the bottom of your slow cooker, even if your slow cooker is black.
- 2. Put sweetened condensed milk can, unopened on dish towel.
- 3. Fill Slow Cooker with water to cover can(s). (You can cook more than one at a time, and actually store any extra you make in the pantry!)
- 4. Cook on LOW for 8 hours.
- 5. Cool sweetened condensed can, overnight if possible.
- 6. Preheat oven to 375 degrees F.
- 7. Make crust: Crush graham crackers in a large Ziploc bag, add melted butter, cinnamon, salt, and sugar. Press into a 9-inch pie plate.
- 8. Bake pie crust for 8 to 12 minutes, until lightly browned.
- 9. Let crust cool.
- 10. Whip your whipping cream with sugar, vanilla and salt to stiff peaks. About 3 minutes, don't over whip.
- 11. Slice bananas into crust; add entire can of cooked sweetened condensed milk on top of bananas, pipe or spread on whipped cream.



Check out these other great recipe collections from the AllFreeSlowCookerRecipes family...

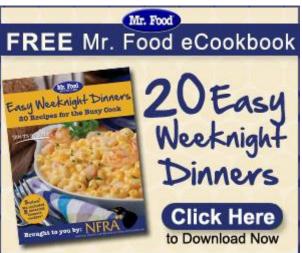




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#### BUDGET DESSERT RECIPES

#### SIMPLE RICE KRISPIES TREATS

BY: <u>STEPHANIE O'DEA</u> (AUTHOR OF THE MAKE IT FAST, COOK IT SLOW COOKBOOKS AND TOTALLY TOGETHER: SHORTCUTS TO AN ORGANIZED LIFE)



These Simple Rice Krispies Treats are slow cooker dessert recipes that will have everyone raving. Because they are also inexpensive slow cooker recipes, you can make several batches and decorate them for holidays and events any time!

PREPARATION TIME: 5 MIN

COOKING TIME: 2 HRS 30 MIN

#### **INGREDIENTS**

- 1 box Rice Krispies
- 1 bag mini marshmallows
- butter

- 1. Butter your crock.
- 2. Cover the bottom of the crock with marshmallows
- 3. Cover with cereal.
- 4. Cook on HIGH for 1 hour, stir all ingredients well.
- 5. If it doesn't look done, cook for another 20 to 30 minutes.
- 6. Spread into a prepared 9 x 11 pan or Pyrex.
- 7. Use plastic wrap to press down so the marshmallows don't stick to your fingers or to a spatula.
- 8. Cut into squares when fully cooled. Or, eat hot right out of the pan.



#### THANK YOU

#### THE FOLLOWING BLOGGERS & COMPANIES MADE THIS ECOOKBOOK POSSIBLE:



Karen from 365 Days of Slow Cooking



Stephanie from <u>A Year of Slow Cooking</u>



**Moms with Crock Pots** 

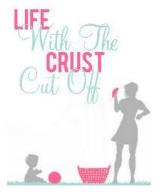




**Dawn from <u>Just Married with Coupons</u>** 



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