



# Slow Cooker COOKBOOK

Simple affordable meals to enjoy



A slow cooker is one of the easiest ways to make hot, filling meals without spending much on energy. It uses only a small amount of electricity, about the same as a light bulb, and lets you cook tasty dishes while you get on with your day.

Because it cooks food gently over several hours, you can use cheaper cuts of meat, tinned ingredients or dried beans and still get tender, flavourful results. Stews, soups, curries and casseroles all work beautifully, and you can cook extra portions to freeze for later. Slow cookers are safe, simple and perfect for busy days. Just add your ingredients in the morning and come home to a warm meal ready to eat.

If you have never used one before, we can help you get started. The Centre for Warmth has several slow cookers to give away free of charge so you can give it a try at home. Each one comes with friendly advice to help you make the most of it.

# Hearty Vegetable Soup

Cost per portion: about £0.80

## Ingredients

- 1 onion, chopped
- 3 carrots, diced
- 2 potatoes, peeled and diced
- 2 tins chopped tomatoes (800 g total)
- 1 tin mixed beans or lentils (400 g)
- 1.2 litres vegetable stock (2 cubes)
- 1 tsp mixed herbs



## Cooking Steps

1. Add all ingredients to the slow cooker and stir well.
2. Cook on low for 6–8 hours or high for 3–4 hours.
3. Blend for a smooth soup or leave chunky.

### Top tip:

Add pasta or rice near the end to make it extra filling.

# Sausage and Bean Casserole

Cost per portion: about £1.20

## Ingredients

- 8 sausages (pork or vegetarian)
- 1 onion, chopped
- 2 tins baked beans (800 g total)
- 1 tin chopped tomatoes (400 g)
- 2 carrots, diced
- 1 tbsp tomato purée
- 1 tsp paprika (optional)



## Cooking Steps

1. Lightly brown the sausages (optional). Add all ingredients to the slow cooker.
2. Stir well, cover, and cook on low for 6–7 hours or high for 3–4 hours.

**Top tip:**

Serve with rice, mash or crusty bread.

# Chicken and Vegetable Stew

Cost per portion: about £1.40

## Ingredients

- 4 chicken thighs, skin removed
- 3 potatoes, chopped
- 3 carrots, sliced
- 1 onion, diced
- 500 ml chicken stock
- 1 tbsp plain flour
- 1 tsp mixed herbs



## Cooking Steps

1. Add the chicken, vegetables, flour and herbs to the slow cooker and stir to coat everything evenly.
2. Pour in the stock, then cover and cook on low for 6–8 hours.
3. Stir gently before serving.

### Top tip:

**Add a handful of frozen peas in the last half hour for extra colour.**

# Lentil and Potato Curry

Cost per portion: about £1.00

## Ingredients

- 1 cup red lentils (200 g)
- 3 potatoes, diced
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 tbsp curry powder or paste
- 1 tin chopped tomatoes (400 g)
- 400 ml water or vegetable stock



## Cooking Steps

- Rinse lentils. Add all ingredients to the slow cooker and stir.
- Cook on low for 6 hours or until lentils are soft.

### Top tip:

Serve with rice or naan and freeze leftovers for another meal.

# Mince Hotpot

Cost per portion: about £1.30

## Ingredients

- 500 g beef or turkey mince
- 1 onion, chopped
- 2 carrots, diced
- 3 potatoes, thinly sliced
- 2 tbsp gravy granules or stock cube
- 400 ml hot water



## Cooking Steps

- Brown the mince if you like, then layer mince, onion and carrots in the slow cooker.
- Pour over gravy, top with sliced potatoes.
- Cook on low for 6–7 hours or high for 3–4 hours.

### Top tip:

**Sprinkle cheese on top for the last 30 minutes if you have some.**

# Veggie Chilli

Cost per portion: about £1.00

## Ingredients

- 1 onion, diced
- 1 red pepper, chopped
- 2 tins chopped tomatoes (800 g)
- 1 tin kidney beans (400 g)
- 1 tin mixed beans (400 g)
- 1 tbsp chilli powder
- 1 tsp cumin



## Cooking Steps

- Add everything to the slow cooker and stir.
- Cook on low for 6 hours or high for 3 hours.

### Top tip:

Add a handful of lentils or rice to make it thicker and even more filling.

# Simple Chicken Curry

Cost per portion: about £1.50

## Ingredients

- 4 chicken thighs, diced
- 1 onion, chopped
- 1 tin chopped tomatoes (400 g)
- 1 tbsp curry powder or paste
- 200 ml coconut milk or water
- 1 garlic clove, crushed



## Cooking Steps

- Add all ingredients to the slow cooker and stir.
- Cook on low for 6–7 hours or high for 3–4 hours

### Top tip:

Add frozen vegetables or chickpeas to stretch it further.



# Easy Beef Stew

Cost per portion: about £1.50

## Ingredients

- 500 g stewing beef or diced beef
- 3 carrots, sliced
- 2 potatoes, chopped
- 1 onion, diced
- 2 tbsp gravy granules or 1 stock cube
- 400 ml boiling water



## Cooking Steps

- Add all ingredients to the slow cooker and stir.
- Cook on low for 7–8 hours or until tender.

### Top tip:

Add dumplings in the last 30 minutes if you like a thicker stew.

# Pasta Bolognese

Cost per portion: about £1.10

## Ingredients

- 500 g mince (beef, turkey or veggie)
- 1 onion, chopped
- 2 tins chopped tomatoes (800 g)
- 2 garlic cloves, crushed
- 1 tsp mixed herbs
- 200 g dried pasta (add near the end)



## Cooking Steps

- Add all ingredients except pasta. Cook on low for 6 hours.
- Add pasta and a splash of water 30 minutes before serving.

### Top tip:

**Great for batch cooking and freezing in portions.**

# Tinned Fruit Crumble

Cost per portion: about £0.90

## Ingredients

- 2 tins fruit (peaches, apples or pears), drained
- 100 g flour
- 50 g oats
- 75 g margarine or butter
- 50 g sugar



## Cooking Steps

- Place fruit in the slow cooker.
- Rub together flour, oats, margarine and sugar to make crumble topping.
- Sprinkle over fruit, cover and cook on low for 2–3 hours.

### Top tip:

Serve with custard or yoghurt for a warm dessert.