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a collection of easy slow cooker recipes and crockpot dinner ideas learn how to cook everything from chicken to beef pork and more in the slow cooker let the crock pot cook your sweet potatoes to perfection by skinnymys browse hundreds of healthy slow cooker recipes explore delicious healthy slow cooker meals including soups stews chili and so much more updated feb 14 2024 these lighter dinner recipes put your slow cooker to work chow down on delicious new favorites like fajita chowder lamb pitas and more 1 44 1 89 slow cooker turkey breast try this wonderfully flavored easy to fix and healthy slow cooker turkey when you re craving something delicious what s more it s a great keto slow cooker recipe too maria juco milwaukee wisconsin get recipe 2 89 taste of home slow cooker thai butternut squash peanut soup slow cooker skinny recipes are a collection of easy lighter crockpot dishes that can be made any time delicious simple and better for you food that everyone will love healthy is the new skinny nothing looks better than being healthy your crockpot is the key to making simple healthy slow cooked meals that your entire family will love 31 skinny dump and go recipes by emily racette parulski taste of home s editorial process updated apr 17 2024 cooking doesn t get any easier than dump and go just pour in the ingredients and let your slow cooker do the rest and the best part each recipe has a healthy twist 1 31 get this recipe 02 of 19 slow cooker taco salad view recipe jacob fox this skinny slow cooker recipe is so colorful and flavorful you won t even miss the greasy fried tortilla bowl start by spooning a slow cooked protein packed mixture of beans salsa and lean ground beef or turkey your choice over a bed of lettuce then customize your salad toppers combine chicken broth beans drained corn tomatoes cilantro scallions garlic powder onion powder cumin cayenne pepper and salt in the slow cooker season chicken breast with salt and lay on top cook on low for 8 10 hours or on high for 4 to 6 hours thirty minutes before serving remove chicken and shred carl hanson updated on may 31 2022 these 5 star slow cooker recipes are satisfying low cal and low in fat also because the type of fat is important we looked for recipes that are low in saturated fat choosing recipes that feature leaner cuts of meat like chicken breasts and that call for olive oil instead of butter for example place the chicken in the slow cooker and season with black pepper in a medium bowl combine soy sauce honey tomato paste vinegar garlic 1 tbsp water sesame oil onion powder and sriracha hot chili sauce pour over chicken and cook on low 3 4 hours skinny rich and creamy slow cooker potato soup with video crockpot potato soup jump to recipe print recipe this post may contain affiliate links please read our disclosure policy this crockpot potato soup is unbelievably creamy without any heavy cream mega flavorful and super easy add the broth beans carrots onion and kale to the insert of a 5 to 7 quart slow cooker drop the meatballs onto the kale cover and cook on low for 4 hours or until the meatballs float to the surface serve the soup garnished with grated parmesan cheese red pepper flakes and fresh parsley leaves 6 hours 15 minutes 83 comments jump to recipe pin by the chunky chef published 03 11 2018 this post may contain affiliate links please read my disclosure policy this loaded potato soup is made entirely in the slow cooker and tastes just like a loaded baked potato yet is lightened up so you can have a guilt free bowl skinny slow cooker superfood soup 4 28 from 11 votes by gale compton jump to recipe shares26k published february 28 2013 last updated december 1 2022 treat your body to this scrumptious low calorie soup prepare this simple and skinny slow cooker superfood soup in just two simple steps balsamic chicken crockpot recipe 4 69 from 137 votes by guest contributor jump to recipe shares140k published september 15 2023 the flavor of this slow cooker balsamic chicken is amazing we love italian cuisine at skinny ms but are not always in the mood for heavy pasta and sauces season chicken with salt and black pepper and place in the slow cooker pour tomatoes over the chicken top with onions and peppers add oregano bay leaf salt and pepper give it a quick stir and cover set crock pot to low 8 hours or high 4 hours skinny slow cooker kung pao chicken is a delicious chicken coated in a sweet and spicy sauce with tender vegetables and crunchy cashews skip the takeout this is so much healthier and better i love the light and tastiness of this skinny kung pao chicken recipe this skinny potato soup is made entirely in the slow cooker and tastes just like a loaded up baked potato yet is lightened up and just 303 calories per serving prep 15 mins instructions in a slow cooker add chicken breast beans green chiles corn spices and chicken broth cover and cook on low for 7 8 hours or high for 5 hours be sure not to add cream cheese or half and half in the

beginning remove chicken and shred stir back into the chili

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## crock pot santa fe chicken skinnytaste

Sep 15 2023

combine chicken broth beans drained corn tomatoes cilantro scallions garlic powder onion powder cumin cayenne pepper and salt in the slow cooker season chicken breast with salt and lay on top cook on low for 8 10 hours or on high for 4 to 6 hours thirty minutes before serving remove chicken and shred

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## crock pot honey sesame chicken recipe skinnytaste

Jul 13 2023

place the chicken in the slow cooker and season with black pepper in a medium bowl combine soy sauce honey tomato paste vinegar garlic 1 tbsp water sesame oil onion powder and sriracha hot chili sauce pour over chicken and cook on low 3 4 hours

## **skinny rich and creamy slow cooker potato soup with video**

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## **skinny slow cooker kale and turkey meatball soup**

May 11 2023

add the broth beans carrots onion and kale to the insert of a 5 to 7 quart slow cooker drop the meatballs onto the kale cover and cook on low for 4 hours or until the meatballs float to the surface serve the soup garnished with grated parmesan cheese red pepper flakes and fresh parsley leaves

## **skinny crockpot loaded potato soup the chunky chef**

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6 hours 15 minutes 83 comments jump to recipe pin by the chunky chef published 03 11 2018 this post may contain affiliate links please read my disclosure policy this loaded potato soup is made entirely in the slow cooker and tastes just like a loaded baked potato yet is lightened up so you can have a guilt free bowl

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## ***slow cooker chicken cacciatore skinnytaste***

Jan 07 2023

season chicken with salt and black pepper and place in the slow cooker pour tomatoes over the chicken top with onions and peppers add oregano bay leaf salt and pepper give it a quick stir and cover set crock pot to low 8 hours or high 4 hours

## **skinny slow cooker kung pao chicken the recipe critic**

Dec 06 2022

skinny slow cooker kung pao chicken is a delicious chicken coated in a sweet and spicy sauce with tender vegetables and crunchy cashews skip the takeout this is so much healthier and better i love the light and tastiness of this skinny kung pao chicken recipe

## **skinny slow cooker potato soup cafe delites**

Nov 05 2022

this skinny potato soup is made entirely in the slow cooker and tastes just like a loaded up baked potato yet is lightened up and just 303 calories per serving prep 15 mins

## **crockpot creamy white chicken chili the skinnyish dish**

Oct 04 2022

instructions in a slow cooker add chicken breast beans green chiles corn spices and chicken broth cover and cook on low for 7 8 hours or high for 5 hours be sure not to add cream cheese or half and half in the beginning remove chicken and shred stir back into the chili

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