



## *Slow Cook Chicken*

- 1 can (10 oz) cream of mushroom soup (or cream of celery or chicken)\*
- 1 soup can of milk (low-fat or fat-free)
- 2 (6 oz) boneless chicken breasts (or 2 chicken breasts with the bone)

### **Directions:**

Pour one can of cream of mushroom soup into a medium slow-cooker (Crock-pot<sup>(R)</sup>). Fill the empty soup can with milk and pour into crockpot. Stir well. Next, add the chicken breasts (or chicken breasts with the bone). Mix together. Cover and cook on low for 8 hours.

\* To lower the sodium, look for soup labeled reduced sodium.  
Makes 4 servings.



## *BBQ Beef (Slow-Cooker)*

- 2 pound beef brisket, fat trimmed
- 1 bottle (20 oz) BBQ sauce

### **Directions:**

Place beef brisket and BBQ sauce in slow-cooker (Crock-pot<sup>(R)</sup>). Cook on low for 8 hours.

\*A 2 lb beef brisket can be placed in the slow-cooker as a whole piece. If a larger size brisket is used, cut in half to ensure through cooking. The final internal temperature of brisket should reach 160°.

Makes 8 servings



## Nutrition Facts (includes low-fat milk)

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Servings Per Recipe: 4

Amount Per Serving:

Calories 185 28% of total calories from fat

Total Fat 6g Sodium 547mg

\*Vitamin A 4% \*Vitamin C 2%

\*Calcium 10% \*Iron 8%

\* Percentage Daily Values

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Kelly Bryant, MS, RD, LD, EFNEP Nutrition Specialist

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## Nutrition Facts

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Servings Per Recipe: 8

Amount Per Serving:

Calories 258 30% of total calories from fat

Total Fat 9g Sodium 979 mg

\*Vitamin A 5% \*Vitamin C 0%

\*Calcium 2% \*Iron 15%

\* Percentage Daily Values

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