Healthier Slow Cooker Recipes

If you have a slow cooker, now is the perfect time to start using it more often. There are not only a lot of comfort foods you can make with it, but plenty of healthy variations on the favorites as well. Take a look at some of these excellent healthy slow cooker recipes.

**Turkey Quinoa Chili**

When your family is craving chili on a cold day, it is possible to make it in your slow cooker and make it a lot healthier than traditional chili recipes. Instead of ground beef, use ground turkey as an excellent lean protein option. You can then fill the slow cooker with lots of veggies to amp up the vitamins and nutrients in the chili. Some good veggies to add include tomatoes, onions, bell peppers, and sweet potatoes. You can also add in some beans of your choice, whether you go with chili beans or black beans. Season it how you would any other chili, such as with chili powder, cumin, salt, and pepper. Chicken stock should also be added when using a slow cooker.

**Chicken Fajitas**

Another excellent recipe that can satisfy those comfort food cravings and make a healthy meal at the same time is a batch of chicken fajitas. This is another recipe that is really simple to make in the slow cooker, saving you time and energy for a hot, delicious meal. You should start with cooked chicken strips if you can, otherwise you need to be very careful with adding them raw and cooking in the slow cooker. Add fajita veggies like different types of bell peppers and onions, plus some tomatoes as well. Ground coriander, cumin, paprika, garlic, and chili powder are great for seasoning them.

**Vegetable Lasagna**

This lasagna not only has veggies inside, but veggies are used in place of traditional lasagna noodles. This lowers the fat and calories, while also providing you with a healthy low-carb dinner. It is ideal when your favorite comfort food is Italian food and you want to use a slow cooker to prepare it. You will create the noodles with long strips of zucchini and eggplant, and add your cheese and other veggies in the different layers of the lasagna. You can use any type of pasta sauce or marinara sauce you like, or use a homemade version if you prefer.

These are good starter recipes, though there are many others you can find for healthy comfort foods made in the slow cooker.