Why Everyone Needs a Slow Cooker

A slow cooker is one of the top cooking appliances to have during the fall season. It is going to help you cook healthy meals with minimal effort, and can give you a home-cooked meal that is done by the time you return home from work. Here are some of the top reasons you should have a slow cooker in your kitchen.

**They Are Easy and Convenient to Use**

A lot of people that use slow cookers want them due to how convenient they are. If you are spending hours in the evening chopping up vegetables and standing over a hot stove, you can definitely make use of a slow cooker. With this type of appliance, you put all the ingredients inside in the morning, put it on low, then return several hours later to your dinner being done. There is no mixing or stirring that needs to be done once you turn it on. You can turn it on low if you want to cook your food for 6-8 hours, or on high for about 2-4 hours, such as when running errands during the day.

**There Are Uses Year-Round For Slow Cookers**

Another reason everyone should have a slow cooker in their kitchen is because it can be used year-round. In the fall and winter, your slow cooker can be used to make soup, chili, stuffed peppers, and mashed potatoes for your holiday dinner. It can be used for a full dinner, side dish, or even some desserts. In the summer, slow cookers are great because your kitchen doesn’t get hot by cooking in them, while they work perfectly any time you are attending a barbecue or potluck.

**You Can Make Healthy Meals**

Don’t forget that many meals you make in the slow cooker are automatically healthier. Since you are leaving the ingredients as-is, there is nothing sticking to the pan, so you don’t need to use any extra oil and add more fat and calories that way. Most dishes use water as the main liquid source, where the ingredients cook in water and seasonings until the dish is finished. This is also a good way to make healthy vegetable side dishes.

**They Don’t Heat Up Your Kitchen**

If you live somewhere that gets warm even in the fall, the last thing you want to do is make your kitchen hot from cooking. You can have a warm and filling meal with a slow cooker without making it hot in your kitchen, which often radiates throughout the rest of the house.