Vision Support

Slow Cooker Recipe Book
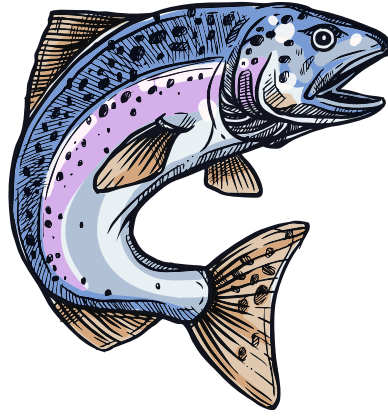
Cheshire West Voluntary Action
Championing the community sector

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Mediterranean Salmon

Serves 4

Ingredients

·Salmon Fillets (680g)

·Frylight cooking spray

·Tinned diced/chopped tomatoes (680g - equivalent to 1 full can and 2/3 of another can)

·Pre-sliced bell peppers - 165g (equivalent to 1 bell pepper)

·Pre-chopped onions (250g)

·Garlic (easy garlic or garlic from an garlic press) (1 tablespoon)

·Seasonings: Italian seasoning (1 table spoon), salt and pepper to taste.

Instructions

1. Spray the inside of the slow cooker with cooking spray.
2. Season the salmon with salt, pepper and the Italian seasoning.
3. Add the salmon to the slow cooker.
4. Add the onion, garlic, bell pepper, and tomatoes on top of the salmon.
5. Cook on high for 1-2 hours, or on low for 2-4 hours .
6. Test the salmon by inserting the thermometer into the thickest part of the fish and make sure it reads at least 63°C to ensure the food is cooked thoroughly.
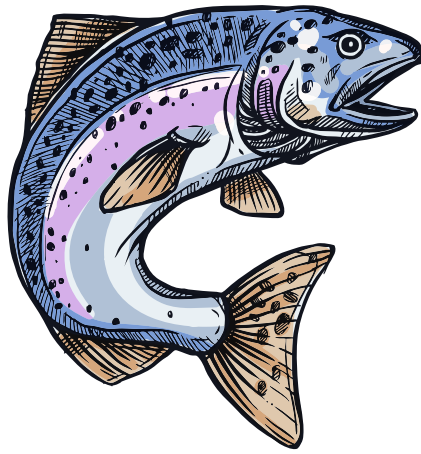
Health Benefits

Red Bell Peppers and Tomatoes- according to Sight research UK "With their exceptional combination of antioxidants, vitamins, and minerals, tomatoes can help protect against sight loss conditions such as macular degeneration and diabetic retinopathy"

Seafood contains Omega-3 fatty acids, zinc, and vitamin A- can help slow the process of ARMD and RP.

Garlic and onions: Help produce Glutathione, which contains important protein for the lens of the eye. Increased level can help with conditions such as Macular degeneration, Glaucoma and cataract.

Chicken Chilli

Serves 6

Ingredients

·Chicken breast or thigh (boneless, skinless) – 680g
·Passata/chopped tomatoes (tin or carton) - 1 can
·Kidney beans (tinned) – 2 cans drained and rinsed (can use chili, black, or pinto beans)
·Pre chopped onion - 250g
·Chunky salsa (tinned) - 1 can (divided)
·Cumin - 1 teaspoon
·Garlic (easy garlic or pressed) - 1 teaspoon
·Salt (to taste)

Instructions

1. Divide the jar of salsa in half.
2. Place the chicken, diced onion, beans, tomato (passata or chopped), half of the salsa, cumin, garlic and salt into the slow cooker and mix. Refrigerate the remaining half of the salsa to add at the end.
3. Cover with a lid and cook on high for 4-6 hours, or low setting for 6-8, or until the chicken is cooked. Do not uncover during this time.

Instructions Cont.

4. Uncover, remove the chicken to a cutting board and shred with two forks. Add back to the slow cooker.
5. Stir in the remaining salsa. Taste and add additional salt and hot sauce if desired.

Tips

- Ensure chicken breast is cooked to a minimum temperature of 74c using a thermometer at the thickest part of the chicken.
-Great to serve with nachos and cheese on top!

Health Benefits

Beans - low in fat and high in fibre, packed with zinc! Great for supporting eye health and can help protect the retina and lower your risk of developing cataracts.
Tomatoes - their red colour is due to Lycopene which is a powerful antioxidant great for supporting over all eye health.
Onions – contain antioxidants, such as quercetin and certain sulphurs which can help protect the eyes from oxidative stress and age-related eye conditions.
Lean meats - meats including chicken, pork and beef are a great source of zinc, which is very beneficial to both the cornea and retina in the eye.
Cumin - may counter some of the long term effects of diabetes.

Festive Orange and Cranberry Glazed Turkey Breasts
Serves 4-6

Ingredients

White onion (pre-diced) - 170g or 1 medium onion
Boneless, skinless turkey breast – 1000g
Cranberry sauce - 2 jars (200g each)
Orange marmalade – 1 medium jar (340g)
Salt - 1 teaspoon
Dried thyme - 1/2 teaspoon
Black pepper - 1/4 teaspoon
Microwave rice (to serve)

Instructions

1. Place the chicken and onion in the slow cooker.
2. Put the remaining ingredients in a mixing bowl and stir to combine.
3. Pour the sauce over the turkey.
4. Cook on low for 2.5 - 3 hours.
5. Check the turkey after 2 hours.
6. Use talking meat thermometer to ensure food is cooked thoroughly – it should read 74c (or 165 degrees).

Butternut Squash, Kale and Quinoa Stew

Serves 6

Ingredients

Pre-diced white onion – 1 large or 225g

Pre-cubed butternut squash – 750g

Garlic – 3 cloves or 1 tablespoon of easy garlic

Cumin - 1 tablespoon

Smoked paprika - 1/2 tablespoon

Salt – 1 teaspoon

Diced tomatoes - 1 can

Vegetable stock - 1 litre

Dry quinoa – 175g

Pre-sliced kale - 750g

White wine vinegar – 1 tablespoon

Optional: Fresh ground pepper, extra virgin olive oil, and parmesan for serving

Instructions

1. Add the onion, butternut squash, garlic, cumin, smoked paprika, salt, diced tomatoes, vegetable stock and quinoa into the slow cooker and gently stir.
2. Cover with lid and cook for 4 hours on high or 6 hours on low (or until the onions and butternut squash are very tender and cooked through).
3. Uncover and add in the kale and cover again. Cook on high 15-20 minutes (to wilt the kale).
4. Uncover and add the white wine vinegar, stirring to combine.
5. Taste and add salt if needed.
6. Serve, drizzled with extra virgin olive and freshly ground pepper and parmesan.

Health Benefits

Tomatoes - their red colour is due to lycopene which is a powerful antioxidant great for supporting over all eye health.
Butternut squash – contains antioxidants, lutein and Zeaxanthin, as well as Beta carotene and vitamin A which can help protect the eyes from UV rays.
Onions - contain antioxidants, such as quercetin, and certain sulphurs which can help protect the eyes from oxidative stress and age-related eye conditions.
Quinoa - contains vitamin E, niacin and zinc to support overall eye healthy. Grains can also help keep your glycaemic index low, protecting your eyes from macular degeneration.

Sweet Potato, Red Pepper and Chickpea Curry

Serves 8-10

Ingredients

·Olive oil - 1 tablespoon

·White onion (pre-diced) - 170g or 1 medium onion

·Dried chickpeas, rinsed - 450g

·Curry powder - 2 tablespoons

·Sweet potato (pre-chopped) - 180g

·Bell peppers (pre sliced) - 160g (or 1 large or 2 small peppers)

·Diced tomatoes – 1 can

·Coconut milk - 1 can

·Water- 300ml

·Garlic (minced) – 1 tablespoon or 3 garlic gloves

·Salt - 1 teaspoon

·Spinach to serve

·Lime or lemon wedges, to serve

·Cooked rice to serve, (optional)

Instructions

1. Drizzle olive oil in the bottom of the slow cooker and add the onions, stir and cover.
2. Add the chickpeas then sprinkle in the curry powder to ensure the beans are evenly covered.
3. Add the sweet potato, bell pepper, tomatoes, coconut milk, water, garlic and salt. Do not stir.
4. Cook on low for 6 to 8 hours.
5. Serve with rice or over spinach.
6. Garnish with a squeeze of lemon or lime.

Tips

If time allows, stir the curry after 4 hours. If the curry seems dry, add 125ml of water.

The total cooking time will depend on your slow cooker and your chickpeas. The curry can be served any time after the chickpeas are soft and tender.

It's also fine if the curry cooks a little longer, or if you leave it on the "warm" setting for a while. The recipe is very forgiving!

The curry will get thicker and creamier the longer it cooks. Leftovers will keep for about a week or can be frozen for up to three months.

Health Benefits

Onions - contain antioxidants, such as quercetin and certain sulphurs which can help protect the eyes from oxidative stress and age-related eye conditions.
Chickpeas - low in fat and high in fibre, packed with zinc! Great for supporting eye health and can help protect the retina and lower your risk of developing cataracts.
Bell peppers - contain zeaxanthin and lutein which are carotenoids that may help protect eye health. Bell peppers are also an excellent source of antioxidants, including flavonoids, which help to protect against oxidative damage in the body, and reduce the risk of cataracts.
Olive oil - contains antioxidants including carotenoids and polyphenols. They fight oxidative stress reduce the risks of age-related eye conditions like cataracts and macular degeneration.