



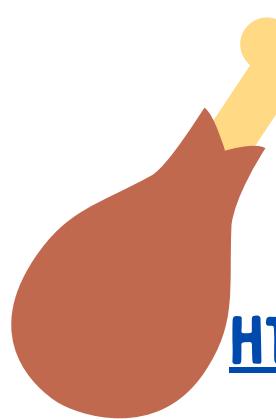
SEPTEMBER 2024

NOW WE'RE CROCKIN'

Your Budget Friendly Recipe of the Month



September is a busy month for everyone. Kids are back to school, afterschool activities and fall sports start up again, and the weather is slowly changing. With the hectic schedules in place, planning dinners are a hassle let alone planning school lunches for your children. By utilizing a crockpot, you can throw your meal all together in the morning and come home to a cooked meal that can be used as leftovers. You can utilize these budget friendly crockpot recipes to meal plan for the week, help lighten your crazy schedule, and overall save money on the grocery bill.



CROCK POT BBQ CHICKEN

[HTTPS://SUGARSPUNRUN.COM/PULLED-CHICKEN-CROCK-POT-BBQ-CHICKEN/](https://sugarspunrun.com/pulled-chicken-crock-pot-bbq-chicken/)

THIS EASY CROCKPOT DINNER LEAVES LOTS OF LEFTOVERS, SO THAT MEANS YOU DO NOT HAVE TO MAKE LUNCHES OR DINNER EVERY NIGHT! ADD ANY SIDES YOU LIKE AND YOU ARE SET!



Picture retrieved from: <https://sugarspunrun.com/pulled-chicken-crock-pot-bbq-chicken/>

INGREDIENTS:

3.5 LBS BONELESS SKINLESS CHICKEN BREAST
2 CUPS BBQ SAUCE
½ CUP LIGHT OR DARK BROWN SUGAR
2 TABLESPOONS APPLE CIDER VINEGAR OR REGULAR VINEGAR
1 TABLESPOON OLIVE OIL
1 TEASPOON GARLIC POWDER
½ TEASPOON ONION POWDER
½ TEASPOON SMOKED PAPRIKA
¼-½ TEASPOON CRUSHED RED PEPPER
PACK OF HAMBURGER BUNS
COLESLAW
COLESLAW DRESSING

HERE'S HOW TO MAKE IT:

1. COMBINE BBQ SAUCE, BROWN SUGAR, APPLE CIDER VINEGAR, OLIVE OIL, GARLIC POWDER, ONION POWDER, SMOKED PAPRIKA, AND CRUSHED RED PEPPER IN THE BASIN OF A SLOW COOKER
2. PLACE CHICKEN BREAST IN THE CROCKPOT AND USE A SPOON TO COVER THE CHICKEN WITH THE SAUCE.
3. COVER AND COOK ON LOW FOR 6-8 HOURS OR HIGH 3-4 HOURS. CHICKEN IS DONE WHEN IT IS EASILY SHREDDED WITH A PAIR OF FORKS.
4. SHRED CHICKEN AND STIR WELL TO COAT WITH BBQ SAUCE. SERVE.
5. ENJOY!

HEALTH CANADA RECOMMENDS USING LEFTOVERS WITHIN 2-4 DAYS. SO, REFRIGERATE WHAT YOU PLAN TO USE AND FREEZE THE REST! [HTTPS://WWW.CANADA.CA/EN/SERVICES/HEALTH/PUBLICATIONS/FOOD-NUTRITION/INFOGRAPHIC-LEFTOVERS.HTML](https://www.canada.ca/en/services/health/publications/food-nutrition/info-graphic-leftovers.html)



ARE YOU HUNGRY FOR MORE?



HERE IS A LIST OF A FEW MORE CROCKPOT RECIPES THAT CAN BE USED FOR MEAL PLANNING, FREEZING FOR A LATER DATE, OR SENT TO SCHOOL/WORK FOR LUNCH.

CROCKPOT LASAGNA SOUP: [HTTPS://WWW.THERECIPEREBEL.COM/CROCKPOT-LASAGNA-SOUP/](https://www.thereciperebel.com/crockpot-lasagna-soup/)

CROCKPOT CHILI: [HTTPS://WWW.TASTEOFHOME.COM/RECIPES/TURKEY-CHILI/](https://www.tasteofhome.com/recipes/turkey-chili/)

SLOW COOKER BAKED ZITI: [HTTPS://WWW.THERECIPEREBEL.COM/SLOW-COOKER-BAKED-ZITI/](https://www.thereciperebel.com/slow-cooker-baked-ziti/)

CROCKPOT SHREDDED CHICKEN: [HTTPS://WWW.THERECIPEREBEL.COM/CROCKPOT-SHREDDED-CHICKEN/](https://www.thereciperebel.com/crockpot-shredded-chicken/)

DID YOU KNOW...

- THE 'FIRST' ELECTRIC SLOW-COOKER WAS BASICALLY JUST A POT AND A BURNER
- IT WAS SEEN AS A TOOL TO MAINTAIN WORK-LIFE BALANCE
- PEEKING INSIDE THE POT CAN SLOW THINGS WAY DOWN-IT IS ESTIMATED THAT EVERY TIME YOU LIFT THE LID YOU ADD 30 MINUTES OF COOK TIME ON, **THEREFORE DO NOT PEEK**
- WHILE ALL CROCK-POTS ARE SLOW-COOKERS, NOT ALL SLOW-COOKERS ARE CROCK-POTS. CROCK-POT IS A BRAND NAME.

[HTTPS://WWW.THEDAILYMEAL.COM/COOK/9-THINGS-YOU-DIDN-T-KNOW-ABOUT-YOUR-SLOW-COOKER-SLIDE SHOW](https://www.thedailymeal.com/cook/9-things-you-didn-t-know-about-your-slow-cooker-slideshow)

MAKING

YOUR MONEY

S - T - R - E - T - C - H

- BY USING BUDGET-FRIENDLY CUTS OF MEAT THAT ARE TOUGHER OR HAVE A HIGHER FAT CONTENT, YOU DON'T RUN THE RISK OF THE MEAT DRYING OUT DURING COOKING.
- MEAL PREP FOR FUTURE MEALS, THEN SIMPLY PACKAGE THEM IN MEAL PREP CONTAINERS AND POP THEM IN THE FREEZER
- COMPARED TO AN OVEN, SLOW COOKERS ARE CELEBRATED FOR USING LESS ENERGY

[HTTPS://WWW.THEDAILYMEAL.COM/COOK/9-THINGS-YOU-DIDN-T-KNOW-ABOUT-YOUR-SLOW-COOKER-SLIDE SHOW](https://www.thedailymeal.com/cook/9-things-you-didn-t-know-about-your-slow-cooker-slideshow)

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