

UPGRADED HEALTH

20 Mediterranean Crockpot Dinners

More dinners planned. Less time at the stove.

Chicken, turkey, lentils, beans and vegetables turn into practical dinners with a short preparation session and a slow cooker.

Inside this bonus

20 complete recipes

Four servings per recipe

Gluten-free notes and leftover ideas

A two-dinner grocery list and prep routine

A companion to The 30-Day Mediterranean Meal Plan System.

By Upgraded Health

Before you switch it on

Cook four; serve two; save two

Each recipe makes four adult servings. If your main program serves two, eat half and refrigerate or freeze the other half. Four people can use the whole batch. Keep the full batch size unless your cooker manual supports a smaller amount; halving a recipe changes fill level and cooking behavior.

Equipment and timing

These recipes are written for a 4-quart slow cooker. Check your model's fill guidance and never overfill. If the ingredients exceed its maximum line, use a larger cooker. Times are estimates, not kitchen-tested guarantees. Start checking at the early end; temperature and tenderness determine doneness. "Prep" includes chopping and any required skillet work; optional side dishes are additional.

Start safely

Use thawed meat and poultry. Keep ingredients refrigerated until you assemble and immediately start the cooker; do not use a delayed-start timer. Keep the lid on except for brief checks or additions. Use LOW or HIGH for cooking, not WARM. Brown ground turkey where directed and transfer it straight into the cooker. These recipes use canned beans; do not substitute dry beans directly. [1, 2]

Finish safely

Chicken and turkey must reach 165°F in the thickest part; check meatball centers too. Use a food thermometer rather than appearance. Reheat leftovers on the stove or in a microwave to 165°F before holding hot in the cooker. Refrigerate promptly after serving; storage guidance is on the last page. [1-3]

Keep the meal flexible

The recipes do not prescribe calories or promise health outcomes. Add sides and adjust portions for your appetite. Gluten-free notes assume you also check every packaged ingredient and prevent cross-contact. General food information does not replace individual advice for a prescribed diet.

Choose tonight's dinner

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Chicken, Fennel & White Bean Braise

RECIPE 01 / SERVES 4 / PREP 15 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
1 fennel bulb, trimmed and thinly sliced
1 small onion, sliced
2 cans cannellini beans (15 oz each), drained and rinsed
1 cup low-sodium chicken broth
3 garlic cloves, minced
1 tsp dried thyme
1 tbsp olive oil
2 tbsp lemon juice
1/4 tsp black pepper

Make it

Start. Place fennel and onion in a 4-quart slow cooker. Add beans, broth, garlic, thyme, oil and pepper.

Cook. Lay chicken over the vegetables. Cover and cook on LOW for 5-6 hours, until chicken reaches 165°F and fennel is tender.

Finish. Transfer chicken to a plate and cut into bite-size pieces. Return to the cooker and stir in lemon juice. Divide into four portions.

Serving & leftovers

Save two servings for lunch. The beans make this a complete bowl; extra bread is optional.

Gluten-free note

Choose gluten-free broth; check every packaged ingredient.

Orange-Olive Chicken with Carrots

RECIPE 02 / SERVES 4 / PREP 15 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
1 lb carrots, cut into 1/2-inch pieces
1 onion, sliced
1/2 cup low-sodium chicken broth
1/2 cup orange juice
1/2 cup pitted green olives
3 garlic cloves, minced
1 tsp dried oregano
1 tbsp olive oil
1/4 tsp black pepper

Make it

Start. Put carrots and onion in a 4-quart slow cooker. Stir in broth, orange juice, garlic, oregano, oil and pepper.

Cook. Add chicken, cover and cook on LOW for 5-6 hours, until chicken is 165°F and carrots are tender.

Finish. Stir in olives for the final 10 minutes. Serve chicken with the carrots and cooking juices.

Serving & leftovers

For a grain side, serve with separately cooked brown rice. Rice is not included in the recipe timing.

Gluten-free note

Use gluten-free broth and check olives for flavored additives.

Chicken, Artichoke & Potato Supper

RECIPE 03 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
1 lb baby potatoes, cut into 1-inch pieces
1 can artichoke hearts (14 oz), drained and quartered
1 onion, diced
3/4 cup low-sodium chicken broth
3 garlic cloves, minced
1 tsp dried rosemary
1 tbsp olive oil
2 tbsp lemon juice
1/4 tsp black pepper

Make it

Start. Place potatoes and onion in a 4-quart slow cooker. Add broth, garlic, rosemary, oil and pepper, then chicken.

Cook. Cover and cook on LOW for 5-6 hours, until chicken is 165°F and potatoes are tender.

Finish. Add artichokes for the final 20 minutes. Stir in lemon juice before serving.

Serving & leftovers

Cut potatoes evenly and put them at the bottom so they cook through.

Gluten-free note

Choose gluten-free broth; plain artichokes simplify label checks.

Apricot-Cumin Chicken & Chickpeas

RECIPE 04 / SERVES 4 / PREP 15 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
1 can chickpeas (15 oz), drained and rinsed
1 can diced tomatoes (14.5 oz), with juice
1 onion, diced
1/2 cup chopped dried apricots
1/2 cup low-sodium chicken broth
1 tsp ground cumin
1/2 tsp ground cinnamon
1 tbsp olive oil
2 tbsp lemon juice

Make it

Start. Combine chickpeas, tomatoes, onion, apricots, broth, cumin, cinnamon and oil in a 4-quart slow cooker.

Cook. Add chicken. Cover and cook on LOW for 5-6 hours, until chicken reaches 165°F and is tender.

Finish. Cut chicken into pieces, stir back into the sauce and add lemon juice. Divide into four bowls.

Serving & leftovers

The apricots soften into the sauce. Chop them small for a more even sweetness.

Gluten-free note

Check broth and dried fruit labels; serve without couscous or use quinoa separately.

Chicken, Leek & Mushroom Stew

RECIPE 05 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
2 leeks, white and light green parts sliced and rinsed
8 oz mushrooms, sliced
2 cans cannellini beans (15 oz each), drained and rinsed
1 1/2 cups low-sodium chicken broth
3 garlic cloves, minced
1 tsp dried thyme
1 tbsp olive oil
2 tbsp lemon juice
1/4 cup chopped parsley

Make it

Start. Rinse sliced leeks thoroughly to remove grit. Add leeks, mushrooms, beans, broth, garlic, thyme and oil to a 4-quart slow cooker.

Cook. Add chicken, cover and cook on LOW for 5-6 hours, until chicken reaches 165°F.

Finish. Shred chicken with two forks. Stir in lemon juice and parsley and portion into four bowls.

Serving & leftovers

Mash a few white beans against the side of the pot if you prefer a thicker stew.

Gluten-free note

Use gluten-free broth and plain canned beans.

Smoky Chicken, Pepper & Sweet Potato Bowls

RECIPE 06 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
1 lb sweet potatoes, peeled and cut into 1/2-inch cubes
2 red bell peppers, diced
1 can diced tomatoes (14.5 oz), with juice
1/2 cup low-sodium chicken broth
2 garlic cloves, minced
1 tsp smoked paprika
1 tsp dried oregano
1 tbsp olive oil
2 tbsp lemon juice

Make it

Start. Put sweet potatoes at the bottom of a 4-quart slow cooker. Add peppers, tomatoes, broth, garlic, paprika, oregano and oil.

Cook. Lay chicken on top. Cover and cook on LOW for 5-6 hours, until chicken is 165°F and sweet potatoes are tender.

Finish. Cut or shred chicken. Fold gently into vegetables and finish with lemon juice.

Serving & leftovers

Serve as a bowl without another starch. Avoid stirring repeatedly, which can break up the sweet potatoes.

Gluten-free note

Use gluten-free broth and check blended seasonings if replacing the single spices.

Chicken with Eggplant & Basil

RECIPE 07 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 1/2 lb boneless skinless chicken thighs, thawed
1 small eggplant (about 1 lb), cut into 1-inch cubes
1 can crushed tomatoes (28 oz)
1 onion, diced
3 garlic cloves, minced
1 tsp dried oregano
1 tbsp olive oil
1/4 tsp black pepper
1/4 cup chopped fresh basil
2 tbsp balsamic vinegar

Make it

Start. Place eggplant, tomatoes, onion, garlic, oregano, oil and pepper in a 4-quart slow cooker.

Cook. Add chicken, cover and cook on LOW for 5-6 hours, until chicken reaches 165°F and eggplant is soft.

Finish. Cut chicken into chunks. Stir in basil and balsamic vinegar just before serving.

Serving & leftovers

Serve with separately cooked whole-grain pasta or a slice of bread if desired. Side dishes add time.

Gluten-free note

Serve with labeled gluten-free pasta or cooked rice; verify vinegar and tomato labels.

Turkey, Zucchini & White Bean Chili

RECIPE 08 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 4-5 hours • 4-quart cooker

Ingredients

1 lb lean ground turkey, thawed
1 tbsp olive oil
1 onion, diced
2 cans cannellini beans (15 oz each), drained and rinsed
1 can diced tomatoes (14.5 oz), with juice
1 cup low-sodium chicken broth
2 medium zucchini, cut into 1-inch pieces
2 tsp ground cumin
1 tsp dried oregano
2 tbsp lemon juice

Make it

Start. Heat oil in a skillet over medium heat. Cook turkey and onion, breaking turkey into crumbles, until turkey reaches 165°F, about 8-10 minutes.

Cook. Transfer to a 4-quart slow cooker. Add beans, tomatoes, broth, cumin and oregano; cook covered on LOW for 4-5 hours.

Finish. Add zucchini for the final 45-60 minutes and cook until tender. Finish with lemon juice.

Serving & leftovers

Browning is included in active preparation time. Do not partially cook the turkey and refrigerate it for later.

Gluten-free note

Choose gluten-free broth and plain beans.

Turkey Meatballs with Spinach & White Beans

RECIPE 09 / SERVES 4 / PREP 25 MIN

Slow cooker: LOW 4-5 hours • 4-quart cooker

Ingredients

1 lb lean ground turkey, thawed
1 large egg
1/3 cup rolled oats
1 tsp dried oregano
2 garlic cloves, minced
1 can crushed tomatoes (28 oz)
1 can cannellini beans (15 oz), drained and rinsed
1/2 cup water
4 cups baby spinach
1/4 cup grated Parmesan

Make it

Start. Mix turkey, egg, oats, oregano and garlic. Shape into 16 small meatballs.

Cook. Spread tomatoes, beans and water in a 4-quart slow cooker. Nestle meatballs into the sauce; cover and cook on LOW for 4-5 hours, until the centers reach 165°F.

Finish. Gently fold in spinach for the final 10 minutes. Sprinkle with Parmesan. Serve four meatballs per person with beans and sauce.

Serving & leftovers

Use a thermometer in the center of a meatball; color alone does not confirm safe cooking.

Gluten-free note

Use gluten-free-labeled oats if appropriate for you; otherwise use labeled gluten-free breadcrumbs.

Turkey & Cabbage Tomato Pot

RECIPE 10 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 lb lean ground turkey, thawed
1 tbsp olive oil
1 onion, diced
4 cups chopped green cabbage
1 can diced tomatoes (28 oz), with juice
1 can chickpeas (15 oz), drained and rinsed
1/2 cup low-sodium chicken broth
1 tsp smoked paprika
1 tsp dried oregano
2 tbsp lemon juice

Make it

Start. Heat oil in a skillet. Cook turkey and onion for 8-10 minutes, breaking turkey into crumbles, until it reaches 165°F.

Cook. Transfer to a 4-quart slow cooker with cabbage, tomatoes, chickpeas, broth, paprika and oregano.

Finish. Cover and cook on LOW for 5-6 hours, until cabbage is tender. Stir in lemon juice and divide into four servings.

Serving & leftovers

This has the flavors of a stuffed-cabbage dinner without rolling individual leaves.

Gluten-free note

Use gluten-free broth and check canned ingredient labels.

Turkey, Mushroom & Lentil Ragù

RECIPE 11 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 lb lean ground turkey, thawed
1 tbsp olive oil
8 oz mushrooms, finely chopped
1 onion, diced
1 can crushed tomatoes (28 oz)
1 can lentils (15 oz), drained and rinsed
3 garlic cloves, minced
1 tsp dried oregano
1/2 cup water
1/4 cup chopped parsley

Make it

Start. Heat oil in a skillet. Cook turkey, onion and mushrooms, breaking up the turkey, until turkey reaches 165°F, about 10 minutes.

Cook. Transfer to a 4-quart slow cooker. Add tomatoes, lentils, garlic, oregano and water; cover and cook on LOW for 5-6 hours.

Finish. Stir in parsley. Serve in bowls or over separately cooked pasta.

Serving & leftovers

This is a thick sauce. Add hot water a tablespoon at a time if it becomes too thick for your chosen serving style.

Gluten-free note

Serve over labeled gluten-free pasta, cooked polenta or a baked potato; sides are separate.

Lentil, Carrot & Rosemary Soup

RECIPE 12 / SERVES 4 / PREP 15 MIN

Slow cooker: LOW 7-8 hours • 4-quart cooker

Ingredients

1 cup dry brown or green lentils, sorted and rinsed
3 carrots, cut into 1/2-inch pieces
2 celery stalks, sliced
1 onion, diced
5 cups low-sodium vegetable broth
3 garlic cloves, minced
1 tsp dried rosemary
1 tbsp olive oil
2 tbsp lemon juice
1/4 cup chopped parsley

Make it

Start. Add lentils, carrots, celery, onion, broth, garlic, rosemary and oil to a 4-quart slow cooker.

Cook. Cover and cook on LOW for 7-8 hours, until lentils and carrots are tender. Add a little hot water if needed.

Finish. Stir in lemon juice and parsley after lentils soften. Divide into four large bowls.

Serving & leftovers

Use brown or green lentils; red lentils break down more and change the texture.

Gluten-free note

Choose gluten-free broth. Inspect dry lentils for stray grains and rinse them; use a gluten-free-labeled source when needed.

Chickpea & Butternut Squash Stew

RECIPE 13 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 6-7 hours • 4-quart cooker

Ingredients

2 cans chickpeas (15 oz each), drained and rinsed
4 cups peeled butternut squash, cut into 1-inch cubes
1 can diced tomatoes (14.5 oz), with juice
1 onion, diced
1 1/2 cups low-sodium vegetable broth
2 garlic cloves, minced
1 tsp ground cumin
1/2 tsp ground cinnamon
1 tbsp olive oil
2 tbsp lemon juice

Make it

Start. Place squash, chickpeas, tomatoes, onion, broth, garlic, cumin, cinnamon and oil in a 4-quart slow cooker.

Cook. Cover and cook on LOW for 6-7 hours, until squash is tender when pierced with a fork.

Finish. Stir gently and add lemon juice. Divide into four bowls.

Serving & leftovers

Pre-cut fresh squash reduces prep time. Avoid over-stirring near the end so cubes hold their shape.

Gluten-free note

Use gluten-free broth and plain canned chickpeas.

White Bean, Kale & Potato Soup

RECIPE 14 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 6-7 hours • 4-quart cooker

Ingredients

2 cans cannellini beans (15 oz each), drained and rinsed
1 lb potatoes, cut into 1/2-inch cubes
1 onion, diced
2 carrots, sliced
4 cups low-sodium vegetable broth
3 garlic cloves, minced
1 tsp dried thyme
1 tbsp olive oil
3 cups chopped kale, tough stems removed
2 tbsp lemon juice

Make it

Start. Add beans, potatoes, onion, carrots, broth, garlic, thyme and oil to a 4-quart slow cooker.

Cook. Cover and cook on LOW for 6-7 hours, until potatoes are tender.

Finish. Stir in kale for the final 20-30 minutes. Mash a few beans and potatoes to thicken; finish with lemon juice.

Serving & leftovers

Chop kale into small pieces for easier spoonfuls. Add it late to keep some texture.

Gluten-free note

Check broth; no flour thickener is needed.

Smoky Eggplant & Chickpea Stew

RECIPE 15 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

1 eggplant (about 1 lb), cut into 1-inch cubes
2 cans chickpeas (15 oz each), drained and rinsed
1 can crushed tomatoes (28 oz)
1 red bell pepper, diced
1 onion, diced
3 garlic cloves, minced
1 tsp smoked paprika
1 tsp ground cumin
2 tbsp olive oil
2 tbsp lemon juice

Make it

Start. Combine eggplant, chickpeas, tomatoes, pepper, onion, garlic, paprika, cumin and oil in a 4-quart slow cooker.

Cook. Cover and cook on LOW for 5-6 hours, until eggplant is very tender. Stir once near the end if needed.

Finish. Finish with lemon juice and divide into four portions.

Serving & leftovers

Serve as a thick stew. If your tomatoes are unusually thick, stir in 1/4 cup hot water before serving.

Gluten-free note

Check canned ingredients and spices; pair with rice instead of couscous if adding a side.

Red Lentil, Tomato & Spinach Dal-Style Soup

RECIPE 16 / SERVES 4 / PREP 15 MIN

Slow cooker: LOW 4-5 hours • 4-quart cooker

Ingredients

1 1/2 cups dry red lentils, sorted and rinsed
1 onion, finely diced
1 can diced tomatoes (14.5 oz), with juice
5 cups low-sodium vegetable broth
3 garlic cloves, minced
1 tsp ground cumin
1/2 tsp ground turmeric
1 tbsp olive oil
4 cups baby spinach
2 tbsp lemon juice

Make it

Start. Add lentils, onion, tomatoes, broth, garlic, cumin, turmeric and oil to a 4-quart slow cooker.

Cook. Cover and cook on LOW for 4-5 hours, until lentils have softened and begun to break down. Stir well; thin with hot water if needed.

Finish. Add spinach for the final 10 minutes and finish with lemon juice. Divide into four large bowls.

Serving & leftovers

A Mediterranean-style pantry meal with South Asian seasoning. Red lentils naturally create a thick soup.

Gluten-free note

Choose gluten-free broth and lentils; check spice blends if substituting.

Ratatouille with Butter Beans

RECIPE 17 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 5-6 hours • 4-quart cooker

Ingredients

- 1 small eggplant (about 12 oz), cubed
- 2 zucchini, cut into 1-inch pieces
- 1 red bell pepper, diced
- 1 onion, sliced
- 2 cans butter beans (15 oz each), drained and rinsed
- 1 can crushed tomatoes (14.5 oz)
- 3 garlic cloves, minced
- 1 tsp dried thyme
- 2 tbsp olive oil
- 1/4 cup chopped basil

Make it

Start. Place eggplant, zucchini, pepper, onion, beans, tomatoes, garlic, thyme and oil in a 4-quart slow cooker.

Cook. Cover and cook on LOW for 5-6 hours, until vegetables are soft.

Finish. Fold in basil and divide into four bowls, keeping some bean and vegetable pieces intact.

Serving & leftovers

The vegetables are intentionally soft. Cut zucchini larger if you prefer firmer pieces.

Gluten-free note

Check canned beans and tomatoes; choose gluten-free bread if serving bread alongside.

Greek-Style Green Beans & Chickpeas

RECIPE 18 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 6-7 hours • 4-quart cooker

Ingredients

1 lb fresh green beans, trimmed and halved
2 cans chickpeas (15 oz each), drained and rinsed
12 oz potatoes, cut into 1/2-inch cubes
1 can diced tomatoes (14.5 oz), with juice
1 onion, sliced
1 cup low-sodium vegetable broth
3 garlic cloves, minced
2 tbsp olive oil
1 tsp dried oregano
2 tbsp lemon juice

Make it

Start. Place potatoes and onion at the bottom of a 4-quart slow cooker. Add green beans, chickpeas, tomatoes, broth, garlic, oil and oregano.

Cook. Cover and cook on LOW for 6-7 hours, until potatoes and green beans are fully tender.

Finish. Stir in lemon juice. Divide among four bowls with some of the cooking liquid.

Serving & leftovers

This is a soft, braised green-bean dish rather than a crisp vegetable side.

Gluten-free note

Use gluten-free broth and check canned ingredients.

Lentil, Mushroom & Walnut Bolognese

RECIPE 19 / SERVES 4 / PREP 20 MIN

Slow cooker: LOW 7-8 hours • 4-quart cooker

Ingredients

1 cup dry brown lentils, sorted and rinsed
8 oz mushrooms, finely chopped
1 onion, finely diced
2 carrots, grated
3 cups low-sodium vegetable broth
1 can crushed tomatoes (14.5 oz)
3 garlic cloves, minced
1 tsp dried oregano
1/2 cup chopped walnuts
1 tbsp olive oil

Make it

Start. Combine lentils, mushrooms, onion, carrots, broth, garlic, oregano and oil in a 4-quart slow cooker. Keep tomatoes and walnuts aside.

Cook. Cover and cook on LOW for 6-7 hours, until lentils are tender. Stir in tomatoes and walnuts; cook on HIGH for 30-60 minutes until hot.

Finish. Serve as a thick lentil bowl or over separately cooked pasta. Total slow-cooker time is approximately 7-8 hours.

Serving & leftovers

Tomatoes go in after lentils soften. This makes a substantial sauce with a little crunch from walnuts.

Gluten-free note

Use gluten-free broth and lentils; choose gluten-free pasta separately. Contains walnuts.

White Bean, Pepper & Olive Braise

RECIPE 20 / SERVES 4 / PREP 15 MIN

Slow cooker: LOW 4-5 hours • 4-quart cooker

Ingredients

3 cans cannellini beans (15 oz each), drained and rinsed
2 red bell peppers, sliced
1 onion, sliced
1 can diced tomatoes (14.5 oz), with juice
1/2 cup low-sodium vegetable broth
3 garlic cloves, minced
1 tsp dried oregano
1 tbsp olive oil
1/2 cup pitted olives
2 tbsp lemon juice

Make it

Start. Put beans, peppers, onion, tomatoes, broth, garlic, oregano and oil in a 4-quart slow cooker.

Cook. Cover and cook on LOW for 4-5 hours, until peppers and onion are tender.

Finish. Stir in olives for the final 10 minutes, then add lemon juice. Divide into four portions.

Serving & leftovers

Choose a mix of green and black olives if you like. Taste before adding any optional salt.

Gluten-free note

Use gluten-free broth and check flavored olive labels.

A two-dinner starter plan

Start with Recipe 1, Chicken, Fennel & White Bean Braise, and Recipe 13, Chickpea & Butternut Squash Stew. Together they make eight adult servings: four dinners for a household of two. Freeze the portions you will not eat within the storage window.

Combined grocery list

Section	Buy or measure
Protein	1 1/2 lb thawed boneless skinless chicken thighs
Produce	1 fennel bulb; 2 small onions; 4 cups peeled, cubed butternut squash; 5 garlic cloves; lemons to yield 1/4 cup juice
Canned & cartons	2 cans cannellini beans (15 oz each); 2 cans chickpeas (15 oz each); 1 can diced tomatoes (14.5 oz); 1 cup chicken broth; 1 1/2 cups vegetable broth
Pantry	2 tbsp olive oil; 1 tsp thyme; 1 tsp cumin; 1/2 tsp cinnamon; 1/4 tsp black pepper

Prepare once, cook on separate days

Wash and cut the vegetables, measure spices and label two ingredient groups. Keep raw chicken sealed on a lower refrigerator shelf, separate from produce. Prepare only the next day's chicken ingredients ahead; leave later meals' ingredients unopened or freeze the chicken until it can be thawed safely. Use the full recipe instructions when cooking.

Portion before putting it away

Serve two portions and transfer the other two to shallow containers promptly. Label with the recipe name and cooking date. Freeze an extra meal if you will not eat it within 3-4 days. There is no need to keep the cooker running until bedtime. [3]

Save the extra servings

After dinner

Keep the refrigerator at 40°F or below. Put leftovers into shallow containers and refrigerate within 2 hours, or 1 hour above 90°F. Use refrigerated leftovers within 3-4 days, or sooner if an ingredient's label requires it. Freeze extra portions for later; best texture is generally within 2-3 months. [3]

On the day you eat them

Thaw frozen portions in the refrigerator, then reheat on the stove or in the microwave to 165°F. Stir soups and stews during heating. Do not use a slow cooker to reheat cold leftovers. Add a small splash of water to thick bean and lentil dishes if needed. [1-3]

Your repeat-dinner list

My favorite chicken dinner: _____

My favorite bean or lentil dinner: _____

What I have frozen: _____

Cooking date / planned serving date: _____

Sources

[1] USDA FSIS: Slow Cookers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/slow-cookers-and-food-safety>

[2] FoodSafety.gov: Safe Minimum Internal Temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

[3] USDA FSIS: Leftovers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>