



10 Kid Approved

CROCKPOT Dinner Recipes

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CREATE KIDS CLUB



Hello!

I'm Jodi, the voice behind Create Kids Club. I'm the mom of 2 kiddos & a registered dietitian with a passion for cooking.

Do you struggle feeding your family healthy meals consistently?

Do you desire simple meals that are filled with nutritious ingredients that your kids will eat?

Yes?

Well then you are in the right place! I have been a dietitian for nearly 17 years, a mom for 11 years, and have been in the same boat as you time and again. While I don't have all the answers, I do have a lot of experience and knowledge to help your family start creating healthy habits one bite at a time.

This ebook is dedicated to crockpot cooking. Utilizing this one kitchen tool can be the difference between the drive thru and a warm, nutritious dinner meal that is ready when you are. These recipes are tried & true favorites, are easy to make, & will feed most families several meals. All recipes freeze well - consider stocking your freezer for busy nights ahead.

For more family friendly recipes head over to Create Kids Club!

www.createkidsclub.com





Chicken Thighs

Ingredients:

- 8 bone in chicken thighs
- 6 oz. beer, any brand

1 tsp. garlic powder
1 tsp. onion powder
1 tsp. paprika
1 tsp. salt
1/2 tsp. pepper

Instructions:

1. Place the chicken thighs into crock pot, pour the beer in, sprinkle spices on top.
2. Cook on high for 4 hours or low for 6-8 hrs.
3. For crispy skin, simply place the chicken thighs onto baking pan and broil for 2-3 minutes!

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Chicken Tortilla Soup

Ingredients:

- 2 cups rotisserie (or leftover) chicken
- 1 cup dry quinoa, rinsed
- 1 small onion, chopped
- 1 cup spinach
- 15.5 oz. can great northern beans, not drained such as S&W
- 15.25 oz. can corn nuggets, drained
- 14.5 oz. can diced tomatoes, not drained

4.5 oz. can diced green chilies
2 Tbsp. chili powder
2 Tbsp. chili powder
2 Tbsp. cumin
1 tsp. granulated garlic
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. crushed red pepper flakes
32 oz. chicken stock
2 pitas, sliced lengthwise

Instructions:

1. To crock pot add chicken, quinoa, spinach, onion, great northern beans, corn nuggets, diced tomatoes, spices, and chicken stock.
2. Cook on high for 2-4 hours or low 4-6 hours.
3. To Make Pita "Tortilla" Strips: Preheat oven to 375 degrees. Place strips of pitas on baking sheet. Bake for 3-5 min., or until pitas are crispy.

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Pork Tacos Gyro Style

Ingredients Pork:

3 lbs. pork top loin, or sirloin roast, thawed
1 tbsp. cumin
1 tbsp. chili powder
1 tbsp. onion powder
1 tbsp. granulated garlic
1 tbsp. paprika
salt & pepper to taste

Instructions:

1. Place pork in slow cooker. Top with spices.
2. Cook low 8-10 hours or high 6-8 hours.
3. Shred with two forks, removing any excess fat or bones.

Tzatziki Sauce: Blend all ingredients together.

Place pork on flatbread. Cover with toppings of choice and tzatziki sauce.

Ingredients

Tzatziki Sauce:

1/3 cup Greek yogurt
1 tsp. minced garlic
1 tsp. lemon juice
1/2 tsp. dried dill weed
1/4 tsp. salt
atbread or naan bread, warmed

For Further Instructions [CLICK HERE](#)



Pumpkin Chili

Ingredients:

- | | |
|---|----------------------------|
| 1 medium onion, diced | 1 tbsp. maple syrup |
| 1 medium pepper, diced | 1 tbsp. chili powder |
| 1 tbsp olive oil | 1 tbsp. cumin |
| 2 15 oz. cans pumpkin | 1 tsp. granulated garlic |
| 2 15 oz. cans diced tomatoes | 1 tsp. salt |
| 2 cups vegetable broth (or chicken broth) | 1/2 tsp. pumpkin pie spice |
| 15 oz. can Great Northern Beans | 1/2 tsp. pepper |
| | 4 oz. cream cheese |

Instructions:

1. Heat olive oil in medium sized sauté pan. Sauté onions & peppers until translucent, about 4 minutes.
2. Add sautéed onions & peppers to crockpot.
3. To crockpot add all ingredients, except cream cheese.
4. Cook 2-3 hours on high, or 7-8 hours on low.
5. Before serving, stir in cream cheese until melted.

For further instructions [CLICK HERE](#)



Chicken Pasta

Ingredients:

(2) 9.75 oz. cans chicken,
drained
24 oz. jar spaghetti sauce
24 oz. jar salsa
29 oz. can tomato sauce

1 tsp. minced garlic
3 cups dry pasta, such as bow
tie
1/4 cup shredded sharp
cheddar cheese
1/4 cup shredded Parmesan
cheese

Instructions:

1. To crock pot, add chicken, spaghetti sauce, salsa, tomato sauce, garlic, & dry pasta.
2. Cook on low for 2.5 hours.
3. Stir in shredded sharp cheddar and Parmesan cheese just before serving.

For further instructions [CLICK HERE](#)



Quinoa Chicken Casserole

Ingredients:

2 lbs. chicken breasts
1 medium onion, diced
12 oz. uncooked quinoa, rinsed
(about 1 1/2 cups)
1 1/2 cups water
10 oz. can enchilada sauce
1 cup frozen corn

1 can black beans, drained
28 oz. diced tomatoes
4 oz. green chilis
3 tbsp. chili powder
2 tbsp. cumin
2 tbsp. minced garlic
1 tsp. salt
1 cup shredded sharp cheddar
cheese

Instructions:

1. Add chopped onions & chicken breasts to crockpot.
2. Add the rest of the ingredients except cheese, stir.
3. Cook on low for 6- 8 hrs.
4. Once cooked, remove chicken breasts & shred with 2 forks. Put shredded chicken back into crockpot, add cheese & stir together.

For further instructions [CLICK HERE](#)



Coconut Chicken

Ingredients:

8 chicken thighs
1 can lite coconut milk
1 tsp. chicken stock base (such as Better than Bouillon)

8.5 oz. jar sun-dried tomatoes, julienne cut, drained & rinsed
1 tsp. granulated garlic
1/2 tsp. salt
1/4 tsp. pepper
3 tbsp. flour

Instructions:

1. Place chicken thighs in crockpot.
2. Add coconut milk, chicken stock base, sun dried tomatoes, garlic, salt & pepper.
3. Cook on low for 6-8 hours or high for 2-4 hours.
4. Remove chicken thighs, leaving behind sauce
5. Whisk flour, 1 TBSP at a time, into the sauce to thicken into a gravy.
6. Serve chicken thighs with gravy.

For further instructions [CLICK HERE](#)



Minestrone Soup

Ingredients:

8 cups chicken stock
4 cups variety dry beans
29 oz. diced tomatoes with onion
2 cups chopped carrots
2 stalks celery, chopped

- 2 tbsp. minced garlic
- 1 whole bay leaf
- 1 1/2 tsp. salt
- 1 tsp. onion powder
- 1/2 tsp. pepper

Instructions:

1. Rinse dry beans under water, discard any small stones or shriveled beans.
2. Place chicken stock, diced tomatoes, rinsed beans, vegetables, & spices in crock pot. Stir.
3. Cook on high for 6-8 hours, or until beans are soft.

Recipe Notes:

Alternative vegetable suggestions: diced potatoes, corn, peppers, mushrooms, diced sweet potatoes, diced squash, or add leafy green vegetables 1/2 hour before before serving.

For further instructions [CLICK HERE](#)



Potato Soup

Ingredients:

1.5 lbs red potatoes, washed & quartered
1 small onion, chopped
3 cups chicken broth

3 tbsp salted butter
3 tbsp flour
1 cup milk such as 2%
15 oz can kernel corn
1 tbsp soy sauce or salt to taste

Instructions:

1. Place potatoes, onion, & chicken broth in crock pot
2. Cook low 6-8 hours or high 2-4 hours
3. Once cooked, mash with potato masher or immersion blender.
4. To thicken, melt butter in medium sized sauté pan over medium heat. Whisk flour into melted butter.
5. Slowly pour 2 cups pureed soup into flour mixture, whisking constantly, a little at a time. Pour thickened soup mixture back into remaining soup in crockpot
6. Stir in corn & soy sauce.

For further instructions [CLICK HERE](#)



Lasagna

Ingredients:

1 lb. ground round beef, divided
1 medium onion, diced
1 tbsp. olive oil
1 can Rotel Tomatoes, drained
1 tbsp. minced garlic
1 tbsp. dried oregano

15 whole lasagna noodles, divided (Don't use the no cook noodles)
28 oz. can crushed tomatoes, divided
15 oz. can tomato sauce
16 oz. cottage cheese, divided
2 cups shredded mozzarella cheese, divided
1/4 cup Parmesan cheese

Instructions:

1. In medium sized skillet, heat olive oil. Sauté onions until translucent.
2. Add beef, cook until browned. Drain.
3. Add garlic and oregano to beef, let cook 1 minute. Stir in Rotel tomatoes.
4. In crockpot, layer 1/4th of beef mixture, 4-5 lasagna noodles on top, layer 1/3 cottage cheese then 1/4 of the mozzarella cheese. Pour the can of tomato sauce on top of mozzarella cheese.
5. Layer another 1/4 of the ground beef, 4-5 lasagna noodles, 1/3 cottage cheese, & 1/4 mozzarella cheese. Pour 1/2 of the crushed tomatoes on top of the mozzarella cheese.
6. Repeat the layers once more.
7. Add the last of the beef mixture on top. Cover. Place into refrigerator or crockpot for cooking.
8. Cook on low for 6 hours, or high for 4 hours.
9. Top with remaining mozzarella cheese and Parmesan cheese. Cover and let cheese melt.

For further instructions [CLICK HERE](#)

**I hope you enjoy the recipes in this
crockpot cookbook as much as my family
does.**



**Make sure to check out other kid
friendly recipes to help you raise
healthy kids - one bite at a time!**

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