

# Weight Watchers Crock Pot Recipes - Slow Cooker

By Maddie Ruud

## Crockpot Lasanga

Makes 8 servings, 7 points each.

### Ingredients

- 1 1/2 lbs lean ground turkey
- 1 large onion, chopped
- 2 Tbsp minced garlic
- 1 lb fat free mozerella
- 12 oz fat free cottage cheese
- 1 tsp Italian seasoning
- salt & pepper to taste
- 8 oz no-bake lasagna noodles
- 30 oz tomato sauce
- 6 oz tomato paste
- 1 cup mushrooms, sliced
- 1/2 green pepper, chopped

### Instructions

In a frying pan, brown turkey with onion and garlic. Add spices and tomato sauce and paste, stirring over medium heat until warm all the way through. Mix cheeses in seperate container. Layer 1/3 meat sauce, 1/3 noodles, 1/3 cheese, and 1/3 vegetables in crockpot. Repeat 2 more times until all ingredients have been used. Cook on low 4-5 hours.

### See Also

- [Free Recipe Database - Fat-Free, Sugar-Free, Low-Fat](#)
- [Low-Fat Recipes for Savory Slow-Cooker Suppers](#)





## Crockpot Chicken Stroganoff

Makes 6 servings, 4 points each.

### Ingredients

- 1 pound boneless, skinless chicken
- 1 container (16 oz) fat free sour cream
- 1 packet powdered onion soup mix
- 1 can fat free cream of chicken soup
- 1 small can mushrooms

### Instructions

Add all ingredients to crock pot. Cook on low for 6 hours.



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**Current Bid:** \$34.99



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Crock-Pot SCR300SS 3-Quart Round Manual Slow Cooker, Stainless Steel

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## Crockpot Beef Stew

3 points per cup.

### Ingredients

- 3 potatoes, diced
- 5 carrots, diced
- 4 stalks celery, diced
- 2 small onions, chopped
- 1 whole head garlic, minced
- 1 tomato, blanched and chopped
- 4 Tbsp barley
- 4 beef bouillon cubes
- 1 3/4 lbs lean beef
- 1/2 tsp rosemary
- 1/2 tsp savory
- 1 tsp salt
- 1/2 tsp pepper
- 2 Tbsp flour
- 2 Tbsp corn starch

### Instructions

Cut beef into bite-sized cubes, and brown in frying pan. Add flour and stir together, then add to crock pot. Add all ingredients except potatoes, rosemary, savory, and corn starch, and pour in enough water to cover. Cook 8-12 hours on high in crockpot. One hour before mealtime, add potatoes, rosemary, and savory, and continue cooking. Just before serving, thicken with corn starch as needed.

## Crockpot Tortilla Soup

Makes 6 servings, 6 points each.

### Ingredients

- 1 1/2 lbs boneless skinless chicken breasts
- 15 oz whole tomatoes
- 10 oz enchilada sauce
- 1 medium onion, chopped
- 4 oz chopped green chilies
- 1 clove garlic, minced

- 2 cups water
- 14 1/2 oz fat-free chicken broth
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 whole bay leaf
- 1 cup fresh or frozen corn
- 6 whole corn tortillas
- 2 Tbsp vegetable oil
- 1 Tbsp chopped cilantro

## Instructions

Cook and shred chicken. Combine in crock pot with all ingredients except tortillas, oil, and cilantro. Cook on low 6-8 hours or on high 3-4 hours. Preheat oven to 400 degrees. Cut tortillas into strips and place on baking sheet, brushing lightly with oil. Bake 5-10 minutes or until crisp. Immediately before serving, sprinkle tortilla strips and cilantro over soup.

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- **Delicious Weight Watchers Dip Recipes**  
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[Hamilton Beach 33967 Set 'n Forget 6-Quart Programmable Slow Cooker](#)

**Amazon Price:** \$38.99

List Price: \$59.99



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[Crock Pot Cookbook: 440 Slow Cooker Recipes](#)

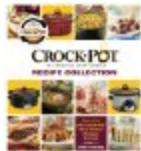
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