

MEALS THAT SIMPLY COOK THEMSELVES



Easy recipes for
SLOW COOKERS
& RICE COOKERS



WELCOME SAMPLE

And thanks for joining me on a new
Vegie Smugglers adventure!

Five years into my blog, I find my emphasis has changed slightly. Earlier years had been scratching my head, searching for ways to sneak vegies into my kids. Now, as they hit 10 and 8, they're generally good eaters, so I find my interest shifting. Now, with four lives to coordinate, life is busier than ever and the new challenge is finding easy and healthy midweek meals that everyone will enjoy.

Finding balance in the modern world is tricky – my hope with this book is to supply accessible recipes that can keep us eating well, while still working perfectly within our busy schedules.

Hope you enjoy these recipes,

Wendy



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SLOW COOKER

Whether you call it a slow cooker or crockpot, this gadget is an essential device in a busy household. Maybe you're out with the kids all afternoon or dashing in late after work, this appliance (with a bit of forethought) can cook dinner for you.

While many slow cooker recipes call for browning meat & veggies, I find doing this at 7am a little nauseating, which is why all except one of these dinners is a 'chuck straight in' recipe. Let's keep things simple!

As with all Vegie Smugglers recipes, I've aimed to make the meals kid-friendly but also delicious enough for parents to enjoy. Many of these recipes can also be mashed up into some very gourmet baby food!

SAMPLE

TUSCAN MINESTRONE

SAMPLE



A white ceramic bowl featuring a Rilakkuma design, including a white bear holding a teacup and a brown bear holding a mug, surrounded by small red and yellow stars. The text "Rilakkuma" and "Rilakkuma Cafe" is written in red and brown on the right side of the bowl. The bowl is filled with a hearty Tuscan Minestrone soup, containing various vegetables like carrots, beans, and leafy greens, along with thin slices of prosciutto.

COOKS IN: 8 HOURS SERVES: 2 ADULTS & 2 KIDS



8
hours

TUSCAN MINESTRONE

1 SMOKED HAM HOCK

(find these in the deli section)

1 ONION finely diced

2 CARROTS cut into thick rounds

1 SMALL FENNEL finely diced

100g CAN CANNELINI BEANS
rinsed, drained

400g CAN DICED TOMATOES

2 BIG SPRIGS OF FRESH ROSEMARY

1 FRESH BAY LEAF

1½LITRES OF WATER

HANDFUL OF ENGLISH SPINACH

roughly chopped

HANDFUL OF FRESH PARSLEY &

BASIL *finely sliced*

PEPPER

SAMPLE

YOU MIGHT WANT
TO SERVE THE KID'S
PORTIONS BEFORE
ADDING ALL THE
GREEN STUFF AT
THE END, BECAUSE,
AS YOU KNOW,
GREEN STUFF IS
POISON (SMILE).

Put everything except the spinach and fresh herbs into the bowl of your slow cooker. Cover and set on low for 8 hours.

Remove the ham hock, shred off meat, discard the fat and bone. Return the meat to the soup, mix through the spinach and herbs. Season with pepper and serve.

MEATBALLS & SAUCE

SAMPLE

COOKS IN: 4 HOURS SERVES: 2 ADULTS & 2 KIDS

CHINESE PULLED PORK SLIDERS

SAMPLE



COOKS IN: 9 HOURS SERVES: 2 ADULTS & 4 KIDS

SALMON BIBIMBAP

SAMPLE

COOKS IN: 1 HOUR SERVES: 2 ADULTS & 2-3 KIDS



SALMON BIBIMBAP

>1
hour

2 CUPS JASMINE RICE rinsed, drained

2 CUPS WATER

1 LARGE CARROT julienned

6 BUTTON MUSHROOMS sliced

1 TBSP PEANUT OIL

1/2 BUNCH SILVERBEET remove stalks, shred

2 TBSP MIRIN

1 TBSP SOY SAUCE

1/2 TSP GARLIC POWDER

SESAME SEEDS

SPLASH SESAME OIL

100g SMOKED SALMON cut into strips

1 EGG PER PERSON

TO SERVE: pickled ginger, kimchi or pickled veggies, chilli/sweet chilli sauce, spring onions

Rinse the rice well, tip it into the rice cooker bowl along with the water. Set to cook. Once the water is mostly absorbed, pop the carrot and mushrooms on top they steam while the rice finishes cooking.

Heat a frying pan over high heat. Add some oil and toss in the silverbeet. Splash in the mirin, soy sauce, garlic, seeds and sesame oil. When wilted, remove, set aside.

Reheat the pan and fry the eggs sunny side up. Pop rice into each bowl with salmon, spinach & toppings. Top with egg and condiments of your choice.

CLASSIC BIBIMBAP IS COOKED IN A STONE DISH THAT ALLOWS A CRUST TO FORM ON THE BOTTOM, WHICH CAN BE ALSO BE ACHIEVED IN MANY RICE COOKERS.

SAMPLE BARLEY PILAF



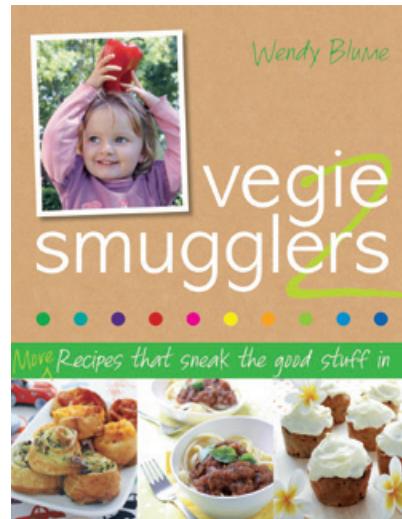
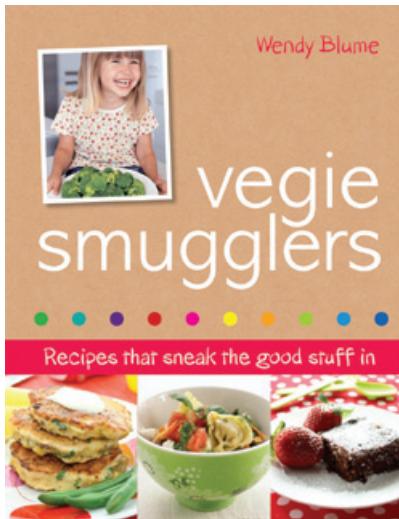
SERVES: 2 ADULTS & 2-3 KIDS AS A SIDE DISH

CHEAT'S PAELLA

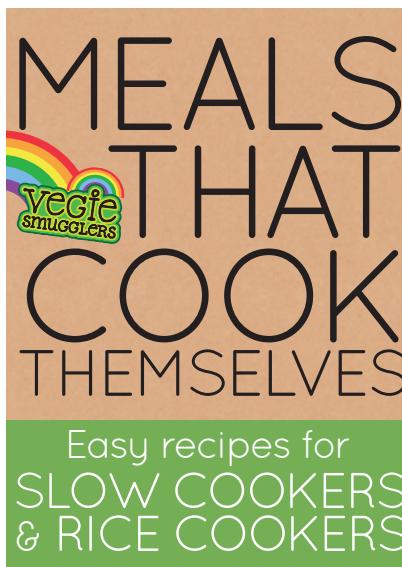
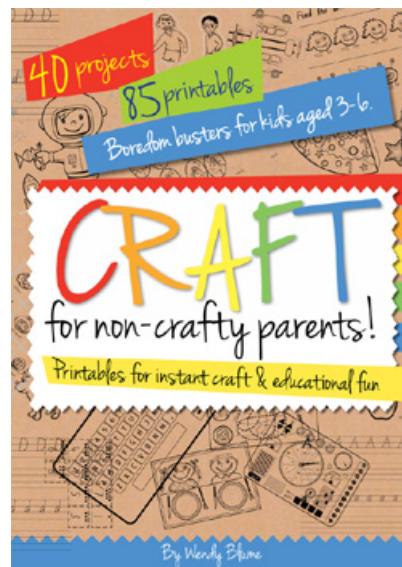
SAMPLE



SERVES: 2 ADULTS & 2 KIDS AS A SIDE DISH



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