



World
Cancer
Research
Fund



Healthier

SLOW COOKING

Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook, **Healthier Slow Cooking**.

If you don't have the time or inclination after a busy day to spend your evening in the kitchen preparing meals, slow cooking can be the perfect solution. Simply prepare your ingredients earlier in the day and put them all in one pot to cook – a convenient way of providing nutritious meals for the whole family.

However, traditional slow cooker recipes tend to be rich and red meat-heavy. This cookbook brings you seven recipes, which show you that slow cooking can be delicious, healthy and satisfying.

Our recipes are designed to follow World Cancer Research Fund's healthy eating recommendations and show you how easy it can be for you to follow them, and help protect yourself against cancer too. The recipes are also low in salt, added sugar and saturated fat.

Our cookbooks and health advice resources aim to support you in making healthier lifestyle choices to help you live a healthy, cancer-free life.

We hope you enjoy these recipes. Please share them with your family and friends, and help spread our cancer prevention messages.

Yours faithfully,

A handwritten signature in black ink, reading "Marilyn Gentry". The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

Marilyn Gentry
Founder

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Made more than you need? All the recipes in this cookbook reheat well so extra portions can either be stored in the refrigerator and eaten over the next 1–2 days or frozen to eat within 1 month. It is best to defrost the meals thoroughly first, and when reheating ensure they are piping hot all the way through. Note, avoid reheating the slow cooker pot directly from the refrigerator as it may crack.

Nutrition information: Our nutrition information is calculated by qualified nutritionists and is based on readily available products that contain the lowest possible amount of salt, fat and sugar. This information is to be used as a guide and may vary depending on what products you use. Try to choose foods that contain no added salt or sugar, and opt for low or reduced-fat, salt and sugar versions where possible. The nutrition information refers to the recipes themselves and excludes the suggested serving accompaniments.

Indian Mulligatawny soup



Ingredients (serves 6):

- 1 medium onion, diced
- 1 medium carrot, diced
- 1 medium sweet potato, diced
- 120g dried red lentils, rinsed
- 1 medium eating apple, cored and diced
- 2 cloves garlic, finely diced
- 2cm root ginger, peeled and grated
- 1 tablespoon mild or medium curry powder
- ½–1 teaspoon chilli powder (optional)
- 1 x 400g can chopped tomatoes
- 500ml reduced-salt vegetable stock, hot
- 500ml unsweetened coconut drink (the non-dairy alternative to milk found with long-life milk)

Method:

Preheat the slow cooker if necessary.

Put the onion, carrot, sweet potato, lentils, apple, garlic and ginger into the slow cooker. Sprinkle over the curry powder and chilli powder; and mix thoroughly.

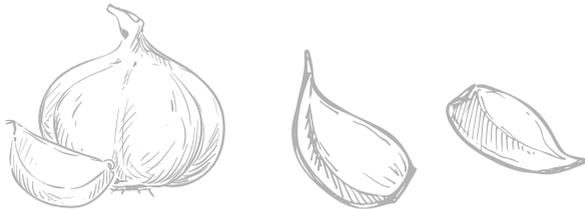
Then add the chopped tomatoes, stock and coconut drink. Again, mix thoroughly.

Cover and cook for 6–8 hours on low until the vegetables are tender. For a quicker cooking time, set the slow cooker to medium and cook for 4–6 hours or to high for 3–4 hours.

Blend if a smoother consistency is preferred.

Serving suggestion:

Serve on its own or with a slice of wholemeal bread.

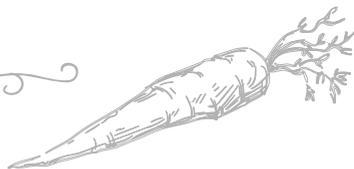


Nutrition information (per serving)





Whole pot-roast chicken



Ingredients (serves 4):

- 1 tablespoon vegetable oil
- 1.35kg whole chicken
- 400g new potatoes, cleaned and halved if large
- 4 medium carrots, chopped into batons
- 1 leek, sliced
- 1 teaspoon dried mixed herbs
- ½ teaspoon garlic granules (optional)
- Freshly ground black pepper, to taste
- 1 reduced-salt chicken stock cube dissolved in 350ml hot water

Method:

- Preheat the slow cooker if necessary.
- Warm the oil in a large frying pan over a medium heat. Place the chicken, breast-side down, in the pan and allow to cook until the skin is golden brown. Then carefully turn, browning the chicken skin on all sides.
- Transfer the chicken into the slow cooker. Add all of the vegetables, spreading them evenly around and over the chicken.
- Sprinkle the herbs, garlic granules and black pepper over the chicken.
- Pour over the stock, cover and cook for 5–6 hours on high, until the chicken juices run clear. For a slower cooking time, set the slow cooker to medium and cook for 6–8 hours or to low for 8–10 hours.

Top tip:

To make your own chicken stock, place the leftover chicken carcass into the slow cooker with an onion, carrot and 2–3 celery sticks – all cut into chunks – a handful of fresh thyme, 2–3 bay leaves and 2 teaspoons of whole peppercorns. Cover with water and cook on low for 12–24 hours. Once cooked, strain and refrigerate in a sealed pot for use within 2–3 days or freeze in small portions and use within 1 month.

Once cooked, remove the chicken and discard the skin. Portion onto deep plates with the vegetables and stock – be careful to remove any bones. For a thicker gravy, mix some cornflour with a little cold water to form a paste. After removing the chicken and vegetables, pour the stock into a saucepan and place over a high heat. Stir in the cornflour paste and cook until thickened.

Serving suggestion:

Serve with steamed green vegetables to complete your roast dinner.

Nutrition information (per serving)





Chicken and chickpea tagine



Ingredients (serves 4):

- Light cooking spray oil
- 500g skinless chicken breast, diced
- 1 medium onion, sliced
- 1 clove garlic, finely diced
- 2cm fresh ginger, peeled and grated
- 1 medium butternut squash, peeled, deseeded and diced
- 1 x 400g can chickpeas in water, drained
- 1 lemon, zest and juice
- 8 dried apricots, diced
- 1 tablespoon ras el hanout spice mix
- 1 x 400g can chopped tomatoes
- 1 reduced-salt chicken stock cube, dissolved in 350ml hot water
- 1 teaspoon clear honey (optional)
- Handful fresh coriander, chopped



Method:

Preheat the slow cooker if necessary.

Coat a large, non-stick frying pan in spray oil and warm over a medium heat. Add the diced chicken and onion; and cook, turning until the chicken has browned on all sides and the onion has softened.

Transfer the chicken and onion into the slow cooker. Add the garlic, ginger, butternut squash, chickpeas, lemon zest, apricots and ras el hanout; and mix thoroughly.

Then add the chopped tomatoes and stock; stir, cover and cook for 8–10 hours on low. For a quicker cooking time, set the slow cooker to medium and cook for 6–8 hours or to high for 5–6 hours.

About 30 minutes before serving, season to taste with lemon juice and clear honey (if needed).

Sprinkle with fresh coriander before serving.

Serving suggestion:

Serve with wholewheat couscous. A lower-calorie alternative is cauliflower rice, made by blitzing chunks of raw cauliflower in a food processor and dry-frying (without oil) in a non-stick frying pan for a few minutes, until golden. Add lemon juice and chopped fresh coriander or mint to either for extra flavour.

Nutrition information (per serving)





Chicken hotpot



Ingredients (serves 4):

- Light cooking spray oil
- 500g skinless, boneless chicken thighs, cut into three equal-sized pieces
- 1 medium onion, diced
- 4 medium carrots, diced
- ½ medium swede, diced
- 200g button mushrooms, cleaned
- Small handful fresh thyme (leaves only) or ½ teaspoon dried thyme
- 1 teaspoon smoked paprika
- Freshly ground black pepper, to taste
- 1 tablespoon plain wholemeal flour
- 500ml reduced-salt chicken stock, hot
- 500g roasting potatoes, thinly sliced



Method:

Preheat the slow cooker if necessary.

Coat a large, non-stick frying pan in spray oil and warm over a medium heat. Add the chicken and onion; and cook, turning until the chicken has browned on all sides and the onion has softened.

Transfer the chicken and onion into the slow cooker. Add the carrots, swede and mushrooms. Sprinkle over the thyme leaves and paprika, season with black pepper and mix thoroughly.

Stir the flour into the stock, then pour into the slow cooker and mix. Level out the chicken and vegetables, under the surface of the stock.

Arrange the slices of potato so they overlap and cover the whole surface. Press the slices down, just under the surface of the stock.

Cover and cook for 5–6 hours on high, until the chicken is cooked through and the potatoes are tender. For a slower cooking time, set the slow cooker to medium and cook for 6–8 hours or to low for 8–10 hours.

For a golden finish, carefully remove the pot from the slow cooker, using oven gloves. Lightly coat the potatoes with spray oil and place under a preheated grill for about 4–5 minutes, or until the desired colour.

Serving suggestion:

Serve with steamed greens.

Nutrition information (per serving)





Vegetable moussaka with puy lentils

Ingredients (serves 4):

1 large aubergine, diced
Light cooking spray oil
1 medium onion, diced
1–2 cloves garlic, finely diced
2 peppers (colour of your choice),
deseeded and cut into chunks
2 large courgettes, diced
120g dried puy lentils, rinsed
500g passata
200ml reduced-salt vegetable stock
Small handful fresh rosemary
(leaves only) or ½ teaspoon
dried rosemary
Freshly ground black pepper, to taste
225g fat-free Greek-style yoghurt
3 medium eggs, lightly beaten
1 teaspoon nutmeg, freshly grated
25g Parmesan cheese, grated
(or vegetarian equivalent)

Method:

Preheat the slow cooker if necessary.

Place the aubergine in a microwavable dish and cook for 3 minutes on high (this prevents the aubergine from absorbing too much oil).

Coat a large, non-stick pan in spray oil and warm over a medium heat. Add the onion and, stirring regularly, cook until it has softened. Then add the cooked aubergine, garlic, peppers and courgettes, and cook for 2 minutes.

Add the lentils, passata and stock. Sprinkle over the rosemary, season with black pepper and mix thoroughly.

Bring to the boil before carefully transferring into the slow cooker. Cover and cook for 6–8 hours on low, until the lentils are tender. For a quicker cooking time, set the slow cooker to medium and cook for 4–6 hours or to high for 3–4 hours.

Mix together the yoghurt and eggs until smooth. Season with the nutmeg and black pepper.

Thoroughly stir the vegetable and lentil mixture and smooth the surface. Pour the yoghurt and egg mixture over the top and smooth into an even layer. Sprinkle the Parmesan on top, cover and allow to cook for a further 45–60 minutes on low, until the yoghurt and egg layer has set.

For a golden finish, carefully remove the pot from the slow cooker, using oven gloves. Place under a preheated grill for about 4–5 minutes, or until the desired colour.



Nutrition information (per serving)



Serving suggestion:

Serve with a green salad, dressed with a small amount of olive oil and balsamic vinegar.

Reheating tip:

As with all the recipes in this cookbook, this reheats well, but it is best to add a small amount of water and reheat gently in a covered pan on the hob or dish in the microwave.



White bean and mushroom stuffed peppers



Ingredients (serves 4):

4 large peppers (colours of your choice)

1 x 400g can cannellini beans, drained

50g button mushrooms, quartered

14 cherry tomatoes, quartered

2 tablespoons passata

100g goat's cheese, cubed

1–2 cloves garlic, finely diced

1 teaspoon dried oregano or mixed herbs

Freshly ground black pepper, to taste

Method:

Line the bottom of the slow cooker with foil. Then preheat the slow cooker if necessary.

Slice off the top of the peppers and remove the core and pith. Set aside until needed.

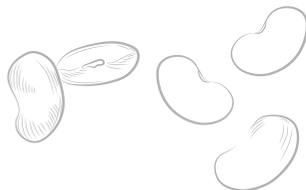
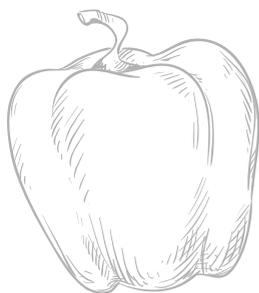
Transfer all the remaining ingredients into a bowl and mix thoroughly. Spoon equal amounts of the mixture into each pepper, pressing down to ensure no spaces are left. Put the pepper tops back in place and transfer into the slow cooker.

Cover and cook for 4–5 hours on low. For a quicker cooking time, set the slow cooker to medium and cook for 2–2.5 hours.

Carefully remove from the slow cooker using a slotted spoon as the pepper will be very soft.

Serving suggestion:

Serve hot or cold with a side salad. For a larger meal, add a portion of brown rice or quinoa to your plate, or a slice of wholemeal bread.



Nutrition information (per serving)





Braised red cabbage



Ingredients (makes 8 portions):

- 1 small red cabbage, shredded
- 1 medium red onion, finely sliced
- 2 medium cooking apples, peeled, cored and diced
- 1 orange, zest and juice
- 2 tablespoons balsamic vinegar
- ½ teaspoon ground cinnamon
- ½ teaspoon nutmeg, freshly grated
- ¼ teaspoon caraway seeds (optional)
- 2 teaspoons dark brown sugar
- 1 teaspoon reduced-fat spread

Method:

Preheat the slow cooker if necessary.

Place all the ingredients except the spread in the slow cooker. Mix thoroughly. Cover and cook for 4–6 hours on low, until the cabbage is soft. For a quicker cooking time, set the slow cooker to medium and cook for 2–3 hours.

Before serving, stir through the spread for a rich, glossy finish.

Serving suggestion:

Serve as a sweet and sour side dish, delicious with roast chicken, turkey or pork.



Nutrition information (per portion)





Cancer Prevention Recommendations



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active

Be physically active as part of everyday life – walk more and sit less



Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



Limit consumption of sugar-sweetened drinks

Drink mostly water and unsweetened drinks



Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol



Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone



For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby



After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

About us

World Cancer Research Fund is the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to protect themselves against cancer.

Currently, one in two people born in the UK after 1960 will develop cancer at some point in their lives, but around 40 per cent of cancer cases could be prevented. By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. A panel of world-renowned independent experts review the scientific research to develop Cancer Prevention Recommendations based on the best evidence. Find out more: wcrf-uk.org/our-research

Contact us

We're always looking for ways to improve the information we provide. If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at resources@wcrf.org with your feedback.



For any enquiries or to request the information
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