



BETTY'S BUDGET BITES

SIMPLE AND COST EFFECTIVE
SLOW COOKER RECIPES

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As winter approaches and costs rise, it can be hard to balance the basics of food and warmth. This collection of Low-Cost Slow Cooker Recipes has been created to support you with simple, affordable, and nourishing meals that are easy to prepare and cost-effective to cook.

Using a slow cooker is a great way to save both time and energy while making hearty, delicious food. Each recipe in this book focuses on nutritious ingredients that are easy to find and budget-friendly. Whether you're cooking for yourself or your family, these meals are designed to help you feel comforted and nourished.

We hope this book makes cooking a little easier for you this winter. Remember, you're not alone—we're here to help, and together, we can make these colder months a little warmer.

With our best wishes,
Betty and all at Shine Lincolnshire



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Slow Cooker Bean Chilli (VE)

After a quick fry of the onions and spices you can leave this delicious bean chilli in the slow cooker all day, ready to eat when you get in. Serve with rice and any other toppings you fancy!

Serves 4 | Total cost: £4.20 | Cost per serving: £1.05

Ingredients:

- 2 Tbsp Olive Oil
- 2 Onions, Thinly Sliced
- 2 Garlic Cloves, Crushed
- 150ml Hot Vegetable Stock (Made with 1 Stock Cube)
- 50g Sachet Chilli Con Carne Seasoning
- 2 x 400g Cans Chopped Tomatoes
- 2 x 400g Cans Black Beans or Red Kidney Beans (or a mixture), rinsed and drained
- 1 Tsp Dried Oregano
- Salt and Pepper

Instructions:

- Heat the oil in a large frying pan and fry the onions for 5 minutes, or until softened and lightly browned, stirring frequently.
- Add the garlic and seasoning sachet and cook for a further minute.
- Transfer to the slow cooker. Stir in the stock, tomatoes, drained beans, tomatoes and dried oregano. Stir well then cover with the lid and cook on low for 8- 10 hours, or until the sauce is thick and the spices have mellowed. Serve hot.

Top Tip: You can make your own seasoning at home with 1 Teaspoon each of Dried Coriander, Ground Cumin, Smoked Paprika and 1/4 teaspoon of Cinnamon!



Slow Cooker Sausage Casserole

A perfect winter warmer, make ahead and leave this delicious dish in the slow cooker all day, ready to eat when you get in. Serve with green veg!

Serves 4 | Total cost: £3.93 | Cost per serving: £0.98

Ingredients:

- 8 Sausages
- 1 Onion, diced
- 1 Leek, sliced
- 3 Carrots, chopped
- 100g Frozen Peas
- 1 Tbsp Tomato Puree
- 1 Tbsp Worcestershire Sauce
- 2 Garlic Cloves, crushed
- 1 Tsp Dried Rosemary
- 1 Tsp Thyme
- 500ml Beef Stock, Made with One Stock Cube
- 1 Tbsp Cornflour

Instructions:

- *optional: Gently brown the outside of all the sausages in a pan and pop them into the slow cooker.*
- Add all the ingredients to the slow cooker apart from the cornflour and peas.
- Cook on low for 8 hours or high for 4 hours.
- 30 mins before the end, remove a ladle full of liquid, mix with cornflour to thicken and add back to the slow cooker along with the peas.

Top Tip: this goes great with mash or a crusty loaf!



Slow Cooker Stuffed Peppers

There's a whole lot to love about stuffed peppers. They're hearty, made with inexpensive ingredients and they taste great!

Serves 6 | Total cost: £8.62 | Cost per serving: £1.43

Ingredients:

- 6 Large Bell Peppers
- 500g Minced Beef
- 1 400g Can Black Beans,
Rinsed and drained
- 225g Grated Cheese
- 225g Quinoa
- 2 Tbsp Tomato Puree
- 50g Sachet Chilli Con
Carne Seasoning
- Salt and Pepper to Taste

Instructions:

- Pour 115ml of water into a large slow cooker. Set aside.
- In a large bowl, add the minced beef, black beans, half the grated cheese, uncooked quinoa, tomato paste and seasoning. Mix together until just combined.
- Spoon the mixture into each bell pepper until it's completely packed to the top.
- Transfer them to the slow cooker, cover and cook on low for 6 hours or on high for 3 hours.
- Uncover, top the peppers with the remaining grated cheese, and cover for 10 more minutes to melt the cheese.

Top Tip: You can make your own seasoning at home with 1 Teaspoon each of Dried Coriander, Ground Cumin, Smoked Paprika and 1/4 teaspoon of Cinnamon!

Slow Cooker Chicken Dinner

A classic and comforting chicken dinner ready in just a few hours.

Serves 6 | Total cost: £6.36 | Cost per serving: £1.06

Ingredients:

- 4 Medium Carrots, Cut into 2-inch pieces
- 1 Medium Onion, Chopped
- 1 Celery Rib, Cut into 2-inch pieces
- 400g Green Beans, Cut into 2-inch pieces
- 1.5 kg Chicken, Cut into chunks
- 350ml Chicken Stock (made with 1 stock cube)
- 1 Tsp Mixed Dried Herbs

Instructions:

- In the order listed, layer first seven ingredients in a slow cooker. Sprinkle with the seasonings and add the stock over the top. Do not stir.
- Cook, covered until chicken and vegetables are tender, 6-8 hours (on low) Remove chicken and vegetables to a platter. If desired, skim fat from cooking juices and thicken for gravy.

Slow Cooker Jacket Potatoes (VE)

This delicious recipe for slow cooker jacket potatoes couldn't be any simpler!

Serves 4 | Total cost: £0.90 | Cost per serving: £0.22

Ingredients:

- 4 Baking Potatoes
- 1 Tbsp Olive Oil
- Pinch of Salt and Pepper

Instructions:

- Wash and thoroughly dry each potato. Prick potatoes all over with a fork and put in a bowl. Add olive oil and rub over potatoes to coat evenly. Season well with salt and pepper and toss to coat.
- Wrap each potato tightly in foil and put in the pan of a slow cooker, in one even layer if possible.
- Cover with a lid and cook on high for 4hr for medium potatoes or 5hr for large potatoes, turning the over halfway through the cooking time. Test the potatoes are cooked by inserting a cutlery knife into the centre of the potato, through the foil - it should slide in easily.
- Serve with toppings of your choice.



Slow Cooker Beef Stew

This cozy, creamy slow cooker potato soup recipe is perfect for the winter months!

Serves 6 | Total cost: £10.17 | Cost per serving: £1.70

Ingredients:

- 600ml Boiled Water
- 1 Beef Stock Cube
- 2Tbsp Tomato Purée
- 750g Braising Steak, trimmed and cut into roughly 4cm chunks
- 100g Sliced Smoked Back Bacon
- 2 Onions, Thinly Sliced
- 400g Carrots, Peeled and cut into roughly 3cm chunks
- 4 Celery Sticks, cut into roughly 3cm lengths
- 25g Plain flour
- 1Tsp Salt
- 1Tsp Dried Mixed Herbs

Instructions:

- Pour the just-boiled water into a heatproof measuring jug, add the stock cube and tomato purée. Stir well until the cube has dissolved and set aside.
- Put the beef, bacon and vegetables in a slow cooker, sprinkle over the flour and add the salt, herbs and plenty of freshly ground black pepper. Toss together. Add the stock mixture and stir well.
- Cover with the lid and cook on low for 8-10 hours, until the beef and vegetables are tender.

Top Tip: This is great with mashed potatoes or a slice of buttered bread!



Slow Cooker Chicken Soup

A very easy classic chicken soup, perfect for the colder weather.

Serves 4 | total cost: £4.33 | cost per serving: £1.08

Ingredients:

- 2 tbsp sunflower oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 65g plain flour
- 1.25 litres chicken stock, made with 2 chicken stock cubes
- 1 tsp dried mixed herbs
- 4 chicken thigh fillets, boneless and skin removed
- 5 tbsp milk
- salt and freshly ground black pepper

Instructions:

- *Optional: Heat the oil in a large non-stick frying pan and fry the onions over a medium-high heat for 3–4 minutes, or until softened, stirring constantly. Add the garlic and cook for a few seconds more, stirring.*
- If not frying, add the onions, oil and garlic into a slow cooker and toss with the flour. Stir in the stock, mixed herbs, and black pepper until well combined. Add the chicken to the slow cooker pot (there's no need to cut it up), cover and cook on High for 3–4 hours or Low for 5–7 hours, until the chicken is very tender.
- Remove the lid and shred the chicken into small pieces using two forks. Stir in the milk and season with salt and pepper. Cover and cook on High for 15 minutes more, or until the soup is hot. Serve with the warm crusty bread, if you like.

Slow cooker quinoa and Vegetables (VE)

A delicious and healthy vegan slow cooker dish!

Serves 4 | Total cost: £3.84 | Cost per serving: £0.96

Ingredients:

- 250g Quinoa
- 700 ml Vegetable Stock (made with 2 stock cubes)
- 1 Onion, Chopped
- 1 Tbsp Olive Oil
- 1 Red Pepper, Chopped
- 1 Carrot, Chopped
- 150g Green Beans, Chopped
- 2 Garlic Cloves, Minced
- 1x 400g Can Chickpeas
- Pinch of Salt and Pepper

Instructions:

- Rinse the quinoa and add to the slow cooker, mix with the olive oil to coat.
- Stir in the remaining ingredients and cook on high for 2-4 hours.
- The quinoa is done when you can fluff it with a fork and it is tender. Liquid should be absorbed into quinoa.

Slow Cooker Onion Soup (V)

This is a super-easy and happily budget-friendly soup with just five ingredients. The slow cooker does all the work here, caramelising and intensifying the flavours of the onion for a rich-tasting result.

Serves 4 | total cost: £1.19 | cost per serving: £0.29

Ingredients:

- 30g Butter, diced
- 800g Onions, Thinly sliced
- 1½ Tsp Roughly Chopped Thyme Leaves (optional)
- 1½ Tsp Sugar
- 1.2 L Vegetable Stock (made from 2 vegetable stock cubes)

Instructions:

- Toss the butter, onions, thyme (if using) and sugar together in the bowl of the slow cooker. Put the lid on and cook on high for 6–8 hours, stirring every so often, until the onions are rich and caramelised.
- Pour in the stock and cook for another 30 minutes. Serve hot.

Top Tip: This is amazing served with a little bread and cheese!



Slow Cooker Potato Soup (V)

This cozy, creamy slow cooker potato soup recipe is perfect for the winter months!

Serves 6 | Total cost: £2.21 | Cost per serving: £0.36

Ingredients:

- 1Kg Potatoes, Peeled and cubed
- 1 Medium Onion, Finely chopped
- 1L Chicken Stock (made with 2 chicken stock cubes)
- 1 Garlic Clove, Minced
- Pinch of Salt and Pepper
- 225g Cream Cheese
- 100ml Whole Milk
- 25g Butter, cubed

Instructions:

- Place potatoes and onion in a slow cooker; add stock, garlic, salt and pepper.
- Cook, covered, on low 8-10 hours or until potatoes are tender.
- Mash potatoes to desired consistency. Stir in cream cheese, milk and butter. Cook, covered, 15 minutes longer or until heated through.
- Just before serving, whisk soup to combine.

Top Tip: For a loaded Jacket potato style soup, top with grated cheese and bacon or your favourite Jacket potato toppings!



Slow Cooker Chicken Curry

Just leave this curry to bubble away and come home to the most delicious dinner.

Serves 6 | Total cost: £9.34 | Cost per serving: £1.55

Ingredients:

- 4 Cloves Garlic, Peeled and Chopped,
- 2Tsp Fresh Ginger, Peeled and grated, or use a ready prepared paste
- 3Tbsp Medium Curry Powder
- 1/2Tsp Chilli Flakes
- 1/2Tsp Salt
- 100g Mango Chutney
- 400ml Coconut Milk
- 1 Large Onion, Peeled and Very Finely Chopped
- 1kg Boneless, Skinless Chicken Thighs
- 1Tsp Garam Masala

Instructions:

- Put everything apart from the Garam Masala into the slow cooker. Give it a good stir.
- Put the lid on and cook on HIGH for 4 hour or LOW for at least 6 hours.
- When the chicken is tender and falling apart, gently shred it with two forks and stir in the Garam Masala. Mix well until everything is coated and softened in the sauce.

Top Tip: You can substitute the fresh garlic and ginger for prepared pastes for an even quicker dinner!

You can also buy chicken thighs and debone and skin yourself for a cheaper alternative.

Slow Cooker Mac& Cheese(V)

This is a super-easy fuss free dinner, pop all the ingredients in the slow cooker and let the appliance do all the hard work!

Serves 4 | Total cost: £3.64 | Cost per serving: £0.91

Ingredients:

- 1 L Whole Milk
- 1/2 Tsp English Mustard Powder
- 250g Cheddar Cheese, Grated
- 100g Cream Cheese
- 400g Macaroni Pasta

Instructions:

- Put the milk, cheeses, mustard powder, a generous pinch of salt and freshly ground black pepper into a slow cooker. Stir well, then add the macaroni and mix again.
- Cook on low for 1 1/2- 2 1/2 hours until the pasta is cooked and the sauce is creamy. Stir in an additional splash of milk if the mixture is stiff.

Top Tip: We use macaroni shaped pasta here but any pasta shape will work!



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