

COOKING IN THE BARRACKS: **SLOW COOKER** **MEALS MADE SIMPLE**



No kitchen? No problem.

Even small appliances can produce big flavor and nutrient-dense meals. Here's how to turn simple ingredients into quick, healthy meals that keep you fueled for every mission ahead.

- 1. Never start with frozen.**
★ Always thaw meat first.
- 2. Don't use it to reheat leftovers.**
- 3. Set it and forget it.**
→ Keep the lid on to trap heat.

START WITH STAPLES

Use these temps, times and tips to set proteins up to simmer while you handle the day. Use low for extra tenderness, or high when you need it faster.

Chicken breasts or thighs

- 6 to 8 hours on low
- 3 to 4 hours on high

Keep pieces whole and shred after cooking.

Ground beef or turkey

- 4 to 6 hours on low
- 2 to 3 hours on high

Break up the meat and stir when you can. Use for chili, pasta sauce or taco meat.

Pulled pork

- 8 to 10 hours on low
- 5 to 6 hours on high

Trim excess fat first. Cook until tender enough to shred.

Beef roast

- 8 to 10 hours on low
- 5 to 6 hours on high

Cut into 2-inch chunks for a quicker cook time. Perfect for a warm, hearty stew.

Pro tip: Use heavy-duty foil to create a two-in-one setup and make two meals at once.

MAKE IT A MEAL: **Loaded Burrito Bowl**

Cook chicken, beans, corn, tomatoes and broth. Shred chicken when tender (about 6 to 8 hours on low heat). Finish with lime, avocado, lettuce or Greek yogurt.



SMART STEPS FOR SAFER COOKING

Clean: Wash hands, utensils and surfaces before you start.

Contact: Keep cooked food away from anything that has touched raw meat.

Cook: Make sure everything is cooked fully. Use a food thermometer for meat and poultry.



MAKING LEFTOVERS LAST

- ✓ Store in the fridge within two hours.
- ✓ Cover or seal them tight.
- ✓ Eat within three to four days.

→ For the full recipe and other mission-ready meal inspo, visit:
www.militaryonesource.mil/meal-kit.

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