



Inspire Eats

SLOW COOKER RECIPES

Our partners:



Inspire Eats

With many families struggling with the rising living costs and having to choose between heating and eating Inspire Youth Zone has developed a social action campaign in partnership with Cadent Gas and our young people to help build awareness across the UK of the cost-saving and health benefits of slow cooking.

Each month Inspire partnered up with a 'business food partner' to help us find the nation's favorite slow cooker recipe.

When it comes to cooking your favourite dishes, it doesn't get much better than using a slow cooker. A slow cooker saves you time, it's easy to use and most importantly slow cookers are an energy-efficient way to cook meals for you and your family!

Inspire asked each partner to choose their chosen slow-cooker recipe and provide the young people from the youth zone with the ingredients. In return, they kindly donated the prepared meal to Chorley Help the Homeless. This fantastic project has had an incredible reach of over 10,000 people across the UK (enough people to fill Old Trafford!)

The project has been lucky enough to have partnered with businesses such as Chorley Building Society, Roccia, AO.com, Chorley Group, ESG Global, Markem Image, Chorley Help the Homeless, and Places for People.



Pulled Pork

🕒 Prep time: 30 minutes

Pulled pork made in a slow cooker has to be one of the easiest recipes ever! Stick it all in, sit back, and in a few hours, you'll be tucking into tender, rich, delicious pork. Thank you to the Chorley Building Society for this delicious recipe!

Chorley Building Society
TRUSTED SINCE 1859



Ingredients

3 tbsp tomato purée
1 tsp hot smoked paprika
2 oranges, juice only
½ tsp salt
4 pork shoulder steaks, or 600g/1lb 5oz
boneless, pork shoulder joint, rind
removed
Freshly ground black pepper

Method

Put the tomato purée, paprika, orange juice, and salt into a slow cooker with lots of freshly ground black pepper.

Add 4 tablespoons of cold water and stir well.

Add the pork to the slow cooker and turn it several times in the sauce until well coated.

Cover and cook on high for 4–5 hours, or low for 6–8 hours, until the pork is very tender.

Use two forks to break up the pork, then pile it into buns with your choice of toppings.



Butter Bean Stew

ROCCIA™

🕒 Prep time: 30 minutes

This is a very satisfying and filling meal with lovely flavours, serve with rice or flatbread. Roccia has chosen the perfect Middle-Eastern dish that will be loved by all!



Ingredients

- 2 x drained tins of butter beans
- 1 low-salt vegetable stock cube
- 1 tsp turmeric
- 1 ½ tsp of ras al hanout
- 1 tsp ground coriander
- 2 x tbsp fresh mint (finely chopped)
- 1 onion (finely diced)
- 3 x cloves of garlic (crushed)
- 2 ½ cups water (approx 500ml)

Method

Place all ingredients (except the onion and garlic) into the slow cooker pot.

Shallow fry the onion and garlic in a little olive oil for 5 minutes until fragrant, then add to the pot and stir well.

Place on low setting for 6-7 hours.

Carnitas

🕒 Prep time: 15 minutes

These carnitas capture that elusive combination of flavourful, juicy, AND crispiness. ESG recommends putting the carnitas in tacos for an authentic Carnitas Tacos experience!



Ingredients

2 kg / 4 lb pork shoulder (pork butt)
2 1/2 tsp salt
1 tsp black pepper
1 onion, chopped
1 jalapeno, deseeded, chopped
4 cloves garlic, minced
3/4 cup juice from orange

Method

Rinse and dry the pork shoulder, rub all over with salt and pepper.

Combine the Rub ingredients then rub all over the pork.

Place the pork in a slow cooker (fat cap up), top with the onion, jalapeño, and minced garlic, and squeeze over the juice of the oranges.

Slow Cook on low for 10 hours or on high for 7 hours.

Pork should be tender enough to shred. Remove from slow cooker and let cool.

Autumn chicken

CHORLEY
GROUP

🕒 Prep time: 15 minutes

A beloved family recipe that is suitable for all seasons. Thank you to Harry from Chorley Group for sharing his grandma's delicious recipe.

Ingredients

620ml of chicken stock
3 carrots finely chopped
3 finely cut celery sticks
Peeled Butternut squash chopped
Finely chopped onion
3 cloves of garlic (crushed)
1 tsp of honey
3/4 tsp ground nutmeg
1/3 tsp ground cloves
3/4 tsp black pepper
1/4 tsp salt
3tbs vegetable oil

Method

Heat the vegetable oil in a frying pan and add chicken breasts.

Gently cook for 3 to 4 minutes on each side then put it on the side to cool down

Place carrots, onions, celery, and garlic in the slow cooker – add the butternut squash, chicken, and chicken stock

Sprinkle nutmeg, cloves, salt, and pepper over the top of the ingredients in the cooker

Cover and cook on a low setting for 7/8 hours.

Kat's beef stew



🕒 Prep time: 15 minutes

Thank you to Inspire's very own Kat for sharing this instant family favourite! This recipe is a huge hit with Kat's four kids and is full of goodness!



Ingredients

- 2 pounds of beef stew meat
- ¼ cup all-purpose flour
- ½ tsp salt
- ½ tsp ground black pepper
- 1 ½ cups beef broth
- 4 medium carrots, sliced
- 3 medium potatoes, diced
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 tsp ground paprika
- 1 clove garlic, minced

Method

Place the beef in the slow cooker, then toss with flour, salt, and pepper. Add the broth, vegetables, paprika, and garlic.

Stir to combine.

Cover the slow cooker and cook on Low for 8 to 12 hours or on High for 4 to 6 hours.

Beef Rendang



markem·imaje
a DOVER company

🕒 Prep time: 40 minutes

Thank you to Markem Imaje for this beautiful Malaysian dish. Add toasted desiccated coconut to thicken the rich sauce. Best served with rice.

Ingredients

- ¼ tsp salt
- 3 tbsp vegetable oil
- 2kg beef shin cubed
- 1 tsp ground cumin
- 15 dry chillies
- 800ml coconut milk
- Small piece of ginger
- 2 lemongrass stalks
- 2 kaffir lime leaves
- 1 turmeric leaf

Method

Make the spice paste by grinding the onions, chillies, ginger, galangal, cumin, and coriander into a paste using a pestle and mortar or a food processor/ blender.

Place the beef chunks, the spice paste, and the rest of the ingredients in a large cooking pan.

Continue cooking until the liquid reaches the boiling point.

Put all ingredients in the slow cooker. Make sure you stir it every so often.

After about an hour, the curry gravy should get thickened and look shiny thanks to the coconut milk. And the meat should be fully cooked



Bolognese

🕒 Prep time: 25 minutes

As recommended by Chorley Help the Homeless this Bolognese Sauce is rich, thick, and has a beautiful depth of flavour.



Ingredients

4 tbsp olive oil	500g mushrooms,
6 smoked bacon	sliced
rashers	4 x 400g chopped
1½kg lean minced	tomatoes
beef	6 tbsp tomato purée
4 onions	2 tbsp dried mixed
3 carrots	herbs
4 celery sticks,	2 bay leaves
chopped	4 tbsp red wine
8 garlic cloves,	vinegar
crushed	1 tbsp sugar

Method

Heat the oil in a large pan and fry the bacon and mince in batches until browned. Add to the slow cooker.

Add the onions, carrots, celery, garlic, mushrooms, tomatoes, tomato purée, herbs, vinegar, sugar, and seasoning to the slow cooker.

Cover and cook on Low for 6-8 hours.

Serve with cooked spaghetti and grated or shaved parmesan.



Beef Brisket



🕒 Prep time: less than 30 mins

Places for People chose this delicious recipe. Beef brisket drenched in rich flavour and tender texture, and best of all, a low-cost recipe.

Ingredients

1.2kg/2lb 12oz well-marbled beef brisket, rolled and tied
4–5 tbsp sunflower oil
4 onions, 2 thinly sliced and 2 quartered
3 sprigs bushy thyme
1 large bay leaf
2 tbsp tomato purée
500ml/18fl oz hot beef stock
200ml/7fl oz red wine
4 large carrots, chunks
6 celery sticks,
Salt and pepper

Method

To make the brisket, season the beef all over with salt and pepper. Heat 2 tablespoons of the oil in a large flameproof casserole and brown the beef over high heat for 8–10 minutes, turning every couple of minutes. Remove the beef from the casserole and set aside.

Add the sliced onions and fry for 5 minutes or until nicely browned. Stir in the thyme and bay leaf and cook. Return the beef to the casserole. Stir the tomato purée into the hot beef stock and pour around the beef. Add the wine and bring to a gentle simmer on the hob. Add all contents to the slow cooker for 3 hours.

Heat another tablespoon of oil in a large non-stick frying pan on medium heat. Fry the quartered onions for 5 minutes, stirring occasionally. Add the carrots and celery and cook for a further 5 minutes, until the onions are softened and all the vegetables are lightly browned. Add to the slow cooker for a further 1–3 hours



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