**Senior-Friendly Slow Cooker Recipes: Simple, Easy Dinners**

While seniors may not spend as much time as they once did in the kitchen, there are many options when it comes to cooking delicious meals. With simple and easy slow cooker recipes, seniors can get the physical nourishment they need while allowing for [diet monitoring](https://www.seniorhelpers.com/fl/orlando/locations/windermere) as they choose meals within dietary guidelines.

To help seniors enjoy simple and easy dinner recipes they can make themselves, we’ve put together 5 [slow cook recipes](https://www.alert-1.com/blog/recipes/easiest-crockpot-recipes-for-seniors) that will be sure to impress even the pickiest of eaters.

5 Senior-Friendly Slow Cooker Recipes

1. **Chicken and Vegetable Stew**

Ingredients:

- 4 boneless, skinless chicken breasts

- 2 cups baby carrots

- 2 cups diced potatoes

- 1 cup chopped celery

- 1 cup chopped onions

- 2 cloves garlic, minced

- 4 cups [low-sodium](https://www.who.int/news-room/fact-sheets/detail/salt-reduction) chicken broth

- 1 teaspoon dried thyme

- Salt and pepper to taste

Instructions:

1. Place chicken breasts at the bottom of the slow cooker.

2. Add carrots, potatoes, celery, and onions.

3. Sprinkle minced garlic, thyme, salt, and pepper.

4. Pour chicken broth over the ingredients.

5. Cook on low for 6-8 hours or until vegetables are tender and chicken is fully cooked.

2. **Beef and Barley Soup**

Ingredients:

- 1 lb beef stew meat

- 1 cup pearl barley

- 3 carrots, chopped

- 3 celery stalks, chopped

- 1 onion, chopped

- 6 cups low-sodium beef broth

- 1 teaspoon dried thyme

- Salt and pepper to taste

Instructions:

1. Add beef stew meat, barley, carrots, celery, and onion to the slow cooker.

2. Sprinkle thyme, salt, and pepper.

3. Pour beef broth over the ingredients.

5. Cook on low for 8-10 hours or until beef and barley are tender.

3. **Turkey and Rice Casserole**

Ingredients:

- 1 lb ground turkey

- 1 cup uncooked brown rice

- 2 cups broccoli florets

- 1 onion, chopped

- 1 cup shredded carrots

- 2 cloves garlic, minced

- 4 cups low-sodium chicken broth

- 1 teaspoon dried basil

- Salt and pepper to taste

Instructions:

1. Brown ground turkey in a skillet, then transfer to the slow cooker.

2. Add uncooked brown rice, broccoli, onion, and shredded carrots.

3. Sprinkle minced garlic, basil, salt, and pepper.

4. Pour chicken broth over the ingredients.

5. Cook on low for 5-6 hours or until rice is tender and liquid is absorbed.

4. **Lentil and Vegetable Soup**

Ingredients:

- 2 cups dried lentils, rinsed

- 4 carrots, chopped

- 4 celery stalks, chopped

- 1 onion, chopped

- 2 cloves garlic, minced

- 6 cups vegetable broth

- 1 can (14.5 oz) diced tomatoes

- 1 teaspoon dried oregano

- 1 teaspoon dried thyme

- Salt and pepper to taste

Instructions:

1. Add lentils, carrots, celery, onion, and garlic to the slow cooker.

2. Pour vegetable broth and diced tomatoes over the ingredients.

3. Sprinkle oregano, thyme, salt, and pepper.

4. Cook on low for 6-8 hours or until lentils and vegetables are tender.

5. **Pork and Apple Stew**

Ingredients:

- 1.5 lbs pork shoulder, cubed

- 2 apples, peeled and chopped

- 2 carrots, chopped

- 1 onion, chopped

- 2 cloves garlic, minced

- 3 cups low-sodium chicken broth

- 1 teaspoon dried sage

- Salt and pepper to taste

Instructions:

1. Place cubed pork shoulder at the bottom of the slow cooker.

2. Add apples, carrots, and onion.

3. Sprinkle minced garlic, sage, salt, and pepper.

4. Pour chicken broth over the ingredients.

5. Cook on low for 6-8 hours or until pork is tender.

As seniors [slow down](https://www.seniorhelpers.com/fl/orlando/locations/windermere/) in their daily activities, it’s important to simplify tasks such as cooking and cleaning. These slow cooker recipes are a great way for seniors to create tasty meals while maintaining purpose and personal fulfillment in their lives. To ensure dietary needs and restrictions are being met, each of these meal recipes can be easily adjusted as needed.