



## Slow Cooker - meat

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## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 60 grams Parsley (chopped)
- 1.4 liters Water

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.

**Low FODMAP:** Omit garlic and onions.



## Slow Cooker Rotisserie Chicken

4 servings

4 hours

### Ingredients

- 1.8 kilograms Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 350 grams Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

### Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 5 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

### Notes

**Save the Carcass:** Make our Immunity Boosting Bone Broth.

**AIP-Friendly:** Omit the black pepper and cayenne.





## Curried Chicken Slow Cooker Stew

6 servings

6 hours

### Ingredients

1 Sweet Potato (large, diced)  
330 grams Chickpeas (cooked, drained and rinsed)  
85 grams Frozen Corn  
80 grams Frozen Peas  
1 tsp Cumin (ground)  
1 tbsp Curry Powder  
2 Garlic (cloves, minced)  
475 milliliters Vegetable Broth (or any type of broth)  
225 grams Chicken Breast

### Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of stew.

**More Carbs:** Serve it over brown rice.

**More Protein:** Serve it over quinoa.

**Vegan and Budget-Friendly:** Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

**Turn it Into a Soup:** Double up on the broth.

**More Green Veggies:** Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



## Slow Cooker Chicken Shawarma

4 servings

4 hours

### Ingredients

- 2 Lemon (juiced)
- 60 milliliters Extra Virgin Olive Oil
- 6 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 1 tsp Cumin
- 1/4 tsp Cayenne Pepper (more if you like it spicy)
- 905 grams Chicken Thighs (skinless, boneless)
- 80 grams Red Onion (diced)
- 120 grams Baby Spinach (chopped)
- 1 Tomato (diced)
- 1/2 Cucumber (diced)
- 15 grams Parsley (chopped)
- 125 grams Hummus

### Directions

- 1 In the slow cooker combine the lemon juice, olive oil, garlic, salt, pepper, cumin and cayenne pepper. Mix well. Add the chicken thighs and toss well to coat. Add the red onion and mix again. Put on the lid and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
- 2 Once it is cooked through, use a fork to transfer the chicken thighs from the slow cooker to a plate. Chop into pieces with a knife.
- 3 Optional: For crispier chicken, heat a frying pan over medium heat. Add a few spoonfuls of the leftover liquid from the slow cooker and then add the chicken. Saute until the pieces are browned and crisp on the ends.
- 4 Serve chicken on a plate with spinach, tomato and cucumber. Garnish with parsley and hummus. Drizzle with a lemon wedge or the leftover liquid from your slow cooker. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken breast.

**On-the-Go:** Layer all ingredients into a mason jar.

**No Slow Cooker:** Cook chicken and marinade together in the oven at 350 for 30 minutes or until cooked through.

**Next Level Shawarma:** Serve over rice or quinoa. Add extra toppings like eggplant, hot sauce, olives or feta cheese.





## Slow Cooker Pesto Chicken

4 servings

4 hours

### Ingredients

1/2 White Onion (chopped)  
455 grams Chicken Breast  
235 milliliters Chicken Broth  
Sea Salt & Black Pepper (to taste)  
40 grams Basil Leaves (packed)  
60 grams Baby Spinach  
60 grams Walnuts  
3 tbsps Extra Virgin Olive Oil  
1 Garlic (clove)  
1 Lemon (juiced)  
1 tbsp Tamari

### Directions

- 1 Place diced onion in the slow cooker and place chicken breasts on top. Pour the broth in then season generously with sea salt and black pepper. Cook on high for 4 hours or on low for 6 to 8.
- 2 Prepare your pesto. Combine basil, spinach, walnuts, olive oil, garlic, lemon juice and tamari in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.
- 3 Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavour and moisture.
- 4 Serve over brown rice noodles, a bed of greens, with spaghetti squash, brown rice, quinoa, on a brown rice tortilla or in a lettuce wrap.

### Notes

**Storage:** Refrigerate in an air-tight container up to 3 - 4 days, or freeze up to 3 months.

**No Walnuts:** Use any seed or nut for the pesto. Pumpkin seeds, sunflower seeds, almonds and pine nuts all work great!

**Add-Ons:** Top your shredded pesto chicken with pine nuts or sundried tomatoes.



## Slow Cooker Cabbage Roll Soup

6 servings

4 hours

### Ingredients

1 head Cauliflower (processed into rice)  
355 grams Green Cabbage (roughly chopped)  
1 Yellow Onion (diced)  
4 Garlic (cloves, minced)  
725 grams Crushed Tomatoes  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Italian Seasoning  
1/2 tsp Red Pepper Flakes (optional)  
1 tsp Sea Salt  
1 tsp Black Pepper  
235 milliliters Water  
455 grams Extra Lean Ground Turkey (or chicken)  
120 grams Baby Spinach (optional)  
20 grams Parsley (chopped, optional)

### Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

**Serving Size:** One serving is roughly 2 cups of soup.

**No Ground Turkey:** Use any type of ground meat.

**Vegan & Vegetarians:** Replace the meat with 1 can of lentils, chickpeas or kidney beans.





## Slow Cooker Honey Garlic Chicken

4 servings

4 hours

### Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 905 grams Chicken Thighs (skinless, boneless)
- 545 grams Broccoli (chopped into florets)
- 1 tbsp Coconut Oil (or organic butter)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 2 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 3 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 4 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken wings, drumsticks or breasts.

**No Slow Cooker:** Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

**More Carbs:** Serve with rice, potato or quinoa.



## Slow Cooker BBQ Pulled Pork

4 servings

6 hours

### Ingredients

680 grams Pork Tenderloin  
2 tbsps Extra Virgin Olive Oil  
235 milliliters Chicken Broth  
1/2 tsp Sea Salt  
1 tsp Black Pepper  
1 tbsp Chili Powder  
2 tsps Paprika  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 tsp Cumin

### Directions

- 1 Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
- 2 In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
- 3 Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

### Notes

**Serve it With:** Sautéed kale, brown rice or sweet potato.

**No Pork:** Replace the pork with skinless, boneless chicken breasts.



## Slow Cooker Stuffed Peppers

4 servings

4 hours

### Ingredients

- 4 Green Bell Pepper (large)
- 455 grams Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 30 grams Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Coconut Flour
- 520 grams Salsa
- 1 head Cauliflower (large)

### Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

### Notes

**Vegans and Vegetarians:** Use cooked lentils or beans instead of ground meat.

**No Ground Turkey:** Use ground chicken or beef instead.

**No Slow Cooker:** Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

**No Cauliflower:** Serve over rice, quinoa, greens or sweet potato mash.





## Slow Cooker Balsamic Roast Beef

8 servings

8 hours

### Ingredients

1.1 kilograms Top Sirloin Beef Roast  
355 milliliters Chicken Broth  
120 milliliters Balsamic Vinegar  
3 tbsps Tamari  
3 tbsps Maple Syrup  
4 Garlic (cloves, minced)  
1 tbsp Coconut Oil  
1 Yellow Onion (diced)  
240 grams Portobello Mushroom (sliced)  
105 grams Kale Leaves (chopped)  
1 tbsp Apple Cider Vinegar  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
- 2 Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
- 3 Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
- 4 Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

### Notes

**More Carbs:** Serve with rice, potatoes or quinoa.





## Slow Cooker Maple Mustard Chicken

4 servings

4 hours

### Ingredients

905 grams Chicken Thighs (skinless, boneless)  
2 tbsps Maple Syrup  
75 grams Dijon Mustard  
1 tsp Dried Basil  
1 tsp Paprika  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
800 grams Green Beans (washed and trimmed)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 2 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 3 Divide green beans between plates and top with maple mustard chicken. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken breast or drumsticks instead.

**Save Time:** Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

**More Carbs:** Serve with rice, sweet potato or quinoa.

**Leftovers:** Refrigerate in an airtight container for up to three days.



## Slow Cooker Chicken Soup

6 servings

6 hours

### Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 225 grams Chicken Breast (boneless, skinless)
- 455 grams Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1.4 liters Water (or broth)

### Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

### Notes

**More Carbs:** Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

**Leftovers:** Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



## Slow Cooker Beef Stew

6 servings

4 hours

### Ingredients

2 tbsps Extra Virgin Olive Oil  
905 grams Stewing Beef (sliced into bite-size pieces)  
60 milliliters Red Wine Vinegar  
340 grams Baby Carrots  
1 Sweet Onion (diced)  
240 grams Mushrooms (sliced)  
235 milliliters Beef Broth  
1/2 tsp Dried Thyme  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
40 grams Brown Rice Flour

### Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

### Notes

**Leftovers:** Store in the fridge up to 3 days or freeze.

**More Carbs:** Serve it with roasted potatoes, rice or quinoa.

**Add Greens:** Stir in chopped kale or baby spinach just before serving.





## Honey Chili Meatballs

4 servings

30 minutes

### Ingredients

455 grams Extra Lean Ground Chicken  
1/2 Yellow Onion (medium, chopped)  
2 Garlic (cloves, minced)  
1 Egg  
1 tsp Sea Salt (divided)  
1/4 tsp Black Pepper  
2 tbsps Coconut Oil  
120 milliliters Chicken Broth  
80 grams Tomato Paste  
85 grams Raw Honey  
1 tbsp Apple Cider Vinegar  
1 1/2 tps Chili Powder  
1/4 tsp Paprika  
1/4 tsp Ground Mustard

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

### Notes

**Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

**Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

**Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

**Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.

**Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.





## Slow Cooker Hawaiian Beef

4 servings

6 hours

### Ingredients

455 grams Beef Brisket  
3 Red Bell Pepper (sliced)  
365 grams Crushed Pineapple (canned,  
packed in pineapple juice)  
80 grams Red Onion (finely diced)  
2 tbsps Apple Cider Vinegar  
2 tbsps Tamari  
2 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
475 milliliters Water  
170 grams Quinoa (dry)

### Directions

- 1 Place beef in the slow cooker surrounded by sliced red peppers.
- 2 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 3 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 4 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 5 Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 6 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

### Notes

**Make it Paleo:** Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

**Storage:** Store in an airtight container in the fridge up to 3 days.

**Save Time:** Cook the quinoa in advance and reheat before serving.



## Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

### Ingredients

1.2 liters Water  
395 grams Lamb Shank  
365 grams White Navy Beans (cooked)  
1 Yellow Onion (medium, diced)  
2 Tomato (diced)  
1 Yellow Potato (medium, diced)  
2 tsps Turmeric  
2 tbsps Apple Cider Vinegar  
1 tbsp Tomato Paste  
2 tsps Sea Salt

### Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months.

**Serving Size:** One serving equals approximately two cups.

**Serve it With:** Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

**More Veggies:** Add watercress, kale or spinach before serving.

**No Potato:** Use cauliflower instead.

**Serve as Iranian Abgoosht:** Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

**Vegan & Vegetarians:** Replace the lamb with chickpeas.



## Slow Cooker Beef & Butternut Squash Soup

4 servings

8 hours

### Ingredients

455 grams Stewing Beef (chunks)  
840 grams Butternut Squash (peeled  
and cubed)  
945 milliliters Beef Broth  
1/4 tsp Sea Salt (to taste)

### Directions

- 1 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 2 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Season with sea salt to taste. Divide into bowls and enjoy!

### Notes

**Vegan & Vegetarians:** Use vegetable broth and chickpeas instead of beef.

**Leftovers:** Refrigerate in an airtight container up to 3 days.





## Slow Cooker Swedish Meatballs

4 servings

4 hours 30 minutes

### Ingredients

455 grams Extra Lean Ground Turkey  
30 grams Parsley (chopped and divided)  
1 tsp Onion Powder  
3/4 tsp Sea Salt  
290 grams Mushrooms (sliced)  
1 White Onion (chopped)  
120 milliliters Canned Coconut Milk  
3 tbsps Coconut Aminos (or tamari)

### Directions

- 1 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 2 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 3 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 4 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

### Notes

**Serve it With:** Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

**Leftovers:** Keeps well in the fridge up to 3 days. Freeze for longer.





## Slow Cooker Chicken Cacciatore

4 servings

4 hours

### Ingredients

680 grams Chicken Thighs (skinless, boneless)  
1 Carrot (peeled and sliced)  
190 grams Mushrooms (sliced)  
485 grams Crushed Tomatoes  
1 1/2 tsps Oregano  
2 tbsps Capers  
65 grams Black Olives (pitted, sliced)  
1/2 tsp Sea Salt  
30 grams Parsley (finely chopped)

### Directions

- 1 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 2 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Serve it With:** Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.



## Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

### Ingredients

2 tsp Coconut Oil (divided)  
455 grams Stewing Beef (diced into cubes)  
Sea Salt & Black Pepper (to taste)  
1 Yellow Onion (small, thinly sliced)  
1 tsp Ginger (minced)  
2 tbsps Thai Red Curry Paste  
2 tbsps Tomato Paste  
1 tbsp Fish Sauce  
1 tbsp Coconut Sugar  
1 Carrot (large, chopped)  
2 heads Cauliflower (sliced into florets)  
180 milliliters Canned Coconut Milk  
1 Lime (juiced)  
95 grams Brown Rice (optional, dry/uncooked)  
2 stalks Green Onion (optional, chopped)  
4 grams Cilantro (optional, chopped)

### Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

### Notes

**No Pressure Cooker:** Make it in the slow cooker on low for about 5 hours.

**No Fish Sauce:** Use soy sauce or tamari instead.

**No Coconut Sugar:** Use cane sugar instead.

**Vegetable Modifications:** Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

**Crunchy Veggies:** Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.





## Slow Cooker Dijon Pork Tenderloin

4 servings

2 hours 15 minutes

### Ingredients

715 milliliters Vegetable Broth  
2 tbsps Dijon Mustard (grainy)  
1 tsp Italian Seasoning  
1/2 tsp Sea Salt  
455 grams Pork Tenderloin  
1 tbsp Lemon Juice  
15 grams Parsley (chopped)

### Directions

- 1 Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
- 2 Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
- 3 To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

### Notes

**Optional Step for Sauce:** For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

**No Grainy Dijon Mustard:** Use regular Dijon mustard or brown mustard instead.

**Leftovers:** Keep in the fridge for up to 3 days or freeze for longer.

**Serve it With:** Mashed potatoes, cauliflower, rice, quinoa or a side salad.





## Maple Ginger Glazed Ribs

8 servings

4 hours 30 minutes

### Ingredients

- 60 milliliters Coconut Aminos
- 2 tbsps Fish Sauce
- 3 tbsps Maple Syrup
- 1/2 White Onion (chopped)
- 25 grams Ginger (peeled, chopped)
- 5 Garlic (cloves, minced)
- 2 stalks Green Onion (chopped, divided)
- 1.8 kilograms Pork Ribs

### Directions

- 1 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, onion, ginger, garlic and green onion.
- 2 Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
- 3 When ready to eat, preheat the grill over medium heat.
- 4 Carefully remove the ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.
- 5 Transfer the ribs onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Black and/or white sesame seeds.

**No Ribs:** Use wings, chicken breast or drumsticks instead.

**No Coconut Aminos:** Use soy sauce or tamari instead.

**No Fish Sauce:** Omit completely or use additional coconut aminos instead.



## Slow Cooker Chicken & Broth

6 servings

18 hours

### Ingredients

1.8 kilograms Whole Roasting Chicken  
2 tbsps Dry Sherry  
2 tsps Sea Salt (divided)  
1 tbsp Apple Cider Vinegar  
1.4 liters Water

### Directions

- 1 Place the chicken in the slow cooker. Drizzle dry sherry over top and season with half the salt. Cook on low for approximately 6 hours, or on high for 4 hours.
- 2 Enjoy immediately, and store any leftover meat for future use. Return the bones to the slow cooker and add the apple cider vinegar, remaining salt and water. Feel free to add any veggie scraps on hand.
- 3 Cook for at least 12 hours on low. After 12 hours, strain the broth through a strainer or mesh sack. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate the chicken in an airtight container for up to three days.

Refrigerate the broth for up to four days or freeze for up to three months.

**Serving Size:** One serving equals approximately 3/4 cup of cooked chicken, and 1 cup of broth.

**More Flavor:** Add onion, garlic, herbs, carrot and celery.

**Less Fat:** Once the broth cools, remove the layer of fat that forms on the top and discard or save it for future cooking.



## Slow Cooker Chicken & Wild Rice Soup

8 servings

4 hours

### Ingredients

370 grams Chicken Breast  
2.4 liters Water  
2 Carrot (medium, chopped)  
200 grams Wild Rice (rinsed)  
1 tsp Sea Salt  
2 Bay Leaf (optional)  
20 grams Kale Leaves (stems removed, chopped)

### Directions

- 1 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 2 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze if longer.

**Serving Size:** One serving equals approximately 1 1/2 to 2 cups.

**More Flavor:** Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

**Make it Vegan:** Use black beans instead of chicken.





## Slow Cooker Chicken & Veggie Teriyaki

4 servings

4 hours 20 minutes

### Ingredients

455 grams Chicken Thighs (boneless, skinless)  
80 milliliters Tamari  
2 tbsps Honey  
2 tbsps Rice Vinegar  
2 Garlic (cloves, minced)  
1 Red Bell Pepper (sliced)  
8 Cremini Mushrooms (quartered)  
3 Carrot (medium, chopped)  
1 tbsp Arrowroot Powder  
2 tbsps Water  
1 1/2 tpsps Sesame Seeds (optional, for garnish)

### Directions

- 1 Place the chicken thighs in your slow cooker.
- 2 In a small bowl, mix together the tamari, honey, rice vinegar, and garlic. Pour on top of the chicken. Cover and cook on low for four hours.
- 3 When the slow cooker has 30 minutes left, add in the pepper, mushrooms, and carrot. Give it a quick stir to combine. Cover and cook for the remaining time.
- 4 Whisk together the arrowroot and water in a small bowl.
- 5 When the four hours are done, remove the chicken and veggies from the slow cooker with a slotted spoon and set aside. In a small saucepan over medium-low heat, add the remaining sauce from the slow cooker. Once hot add the arrowroot and water mixture. Bring to a low boil and stir until thickened, about two minutes. Pour over the chicken and veggies. Divide into bowls and top with sesame seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about 1 1/4 cup of chicken and veggies.

**Additional Toppings:** Add in different vegetables such as broccoli, snap peas or zucchini. Serve on top of rice. Garnish with green onion.

**No Arrowroot:** Use cornstarch.



## Slow Cooker Beef Meatballs

4 servings

5 hours

### Ingredients

4 Garlic (large cloves, divided)  
725 grams Canned Whole Tomatoes (drained)  
2 tbsps Tomato Paste  
1/2 Yellow Onion (chopped)  
1/4 tsp Red Pepper Flakes  
1 1/3 tbsps Italian Seasoning (divided)  
1 tsp Sea Salt (divided)  
455 grams Extra Lean Ground Beef  
30 grams Almond Flour  
1 Egg

### Directions

- 1 Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
- 2 Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, almond flour, and egg. Mix well.
- 3 Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
- 4 Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
- 5 To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately four to five meatballs.

**More Flavor:** Season meatballs with other dried herbs, like basil, oregano, and/or rosemary.

**Additional Toppings:** Grated parmesan cheese or fresh herbs like basil and parsley.

**Serve it With:** Cooked noodles, cauliflower rice, quinoa, rice, or roasted vegetables.

**No Canned Whole Tomatoes:** Used canned diced tomatoes instead.





## Slow Cooker Orange Pulled Pork

10 servings

6 hours

### Ingredients

120 milliliters Extra Virgin Olive Oil  
175 milliliters Orange Juice  
2 tbsps Lime Juice  
15 grams Cilantro  
5 grams Mint Leaves  
6 Garlic (cloves)  
2 tsps Cumin (ground)  
Sea Salt & Black Pepper (to taste)  
1.8 kilograms Pork Shoulder, Boneless

### Directions

- 1 Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt and pepper to a food processor and blend until well combined.
- 2 Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or high for four hours, or until the pork is tender and falls apart easily.
- 3 Use two forks to pull apart the pork. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately six ounces of pulled pork.

**More Flavor:** Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

**Additional Toppings:** Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.





## Slow Cooker Beef, Mushroom & Cabbage Casserole

8 servings

4 hours 10 minutes

### Ingredients

905 grams Lean Ground Beef  
255 grams Coleslaw Mix  
1 Red Bell Pepper (large, sliced)  
12 White Button Mushrooms (halves)  
2 stalks Celery (chopped)  
2 tbsps Tamari  
1 tsp Arrowroot Powder  
235 milliliters Beef Broth

### Directions

- 1 Place all the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low.
- 2 Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

**Serving Size:** One serving is equal to approximately one cup.

**Serve it With:** Bean sprouts, cooked rice, or noodles

**Freezer Meal:** Place all the raw ingredients, except for the broth, in a bag. Seal it and place it flat in the freezer. When ready to eat, let it thaw overnight in the refrigerator or take it out of the freezer at least one hour before cooking. Put the contents in the slow cooker, add the broth, cover and cook for four hours on high or six hours on low.

**More Flavor:** Add fresh ginger, sesame oil garlic and/or onions. Use chicken, turkey, or pork instead. Use vegetable or miso broth instead.

**Additional Toppings:** Cilantro, parsley, chopped peanuts, and/or sesame seeds.



## Slow Cooker Deconstructed Stuffed Pepper Soup

5 servings

4 hours 10 minutes

### Ingredients

455 grams Lean Ground Beef  
1 Yellow Onion (medium, diced)  
2 Red Bell Pepper (large, diced)  
2 Garlic (cloves, roughly chopped)  
1 tbsp Italian Seasoning  
860 grams Tomato Sauce  
80 grams Wild Rice (dry)  
945 milliliters Beef Broth

### Directions

- 1 Place all of the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low setting.
- 2 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

**Serving Size:** One serving is equal to approximately two cups.

**Freezer Meal:** Place all the ingredients, except for the broth, in a bag. Seal it and place it flat in the freezer. When ready to eat, let it thaw overnight in the refrigerator or take it out of the freezer at least one hour before cooking. Put the contents in the slow cooker, add the broth, cover and cook for four hours on high or six hours on low.

**Additional Toppings:** Parmesan and/or mozzarella cheese. Fresh parsley, chives, basil and/or cilantro.





## Slow Cooker Chicken & Black Bean Taco Soup

4 servings

5 hours

### Ingredients

455 grams Chicken Thighs (boneless, skinless)  
55 grams Quinoa (dry, rinsed)  
170 grams Black Beans  
2 tbsps Taco Seasoning  
725 grams Fire Roasted Diced Tomatoes (from the can, with juices)  
750 milliliters Bone Broth  
15 grams Cilantro (chopped, divided)  
1 Avocado (large, sliced)  
115 grams Plain Greek Yogurt (optional)  
50 grams Corn Tortilla Chips (crumbled)

### Directions

- 1 Place the chicken, quinoa, beans, taco seasoning, tomatoes, broth, and half of the cilantro in a slow cooker. Stir, cover, and cook on low for five hours.
- 2 Remove the chicken from the soup and shred with two forks. Return to the soup and mix well.
- 3 Divide evenly between bowls and garnish with avocado, yogurt, corn tortillas, and the remaining cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days or freeze for up to three months.

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Season with sea salt and ground black pepper, lime juice, corn, onions, garlic, and/or red bell pepper.

**Additional Toppings:** Hot sauce and/or cheese.

**Dairy-Free:** Omit the yogurt.





## Slow Cooker Lamb Curry

6 servings

4 hours 15 minutes

### Ingredients

680 grams Lamb Shoulder Chop  
(boneless, chopped into 1-inch cubes)  
365 milliliters Canned Coconut Milk  
1 Yellow Onion (medium, diced)  
1 Scotch Bonnet (optional, finely  
chopped)  
3 tbsps Tomato Paste  
2 tbsps Curry Powder  
2 tbsps Thyme (fresh, plus more for  
garnish)  
2 tbsps Ginger (finely chopped)  
2 tbsps Tamari  
3 Garlic (finely chopped)  
2 tsps Ground Allspice  
1 tbsp Arrowroot Powder

### Directions

- 1 Add all of the ingredients to the pot of a slow cooker. Stir to combine.
- 2 Cover and cook on high heat for four hours or on low heat for eight hours, until the lamb is tender. Remove any fat from the surface, if desired.
- 3 Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days or freeze individual portions for up to three months.

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Serve with rice and peas.

**Additional Toppings:** Green onions, cilantro, parsley.

**No Scotch Bonnet Peppers:** Use a different hot pepper like Serrano, Anaheim, or Thai red chili peppers.