





## Slow Cooker Raisin Oatmeal

6 servings

6 hours

### Ingredients

- 1 1/2 tps Coconut Oil
- 1.2 liters Oat Milk (unsweetened, plain)
- 175 grams Steel Cut Oats
- 165 grams Raisins
- 1 tbsp Coconut Sugar (optional)
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt (to taste)

### Directions

- 1 Grease the slow cooker with coconut oil.
- 2 Add the remaining ingredients and stir to combine. Cook on low for six hours, stirring occasionally.
- 3 Stir before serving and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 3/4 cup.

**More Flavor:** Add vanilla extract.

**Additional Toppings:** Add a splash of your choice of milk, chopped fruits, nuts, hemp seeds, nut butter, seed butter, chia seeds, or shredded coconut.

**No Raisins:** Use dried cranberries, dried blueberries, or dates instead.





## Slow Cooker Maple Cinnamon Oatmeal

8 servings

8 hours

### Ingredients

1 1/2 tsps Coconut Oil  
530 grams Steel Cut Oats  
2.1 liters Water  
2 tsps Cinnamon  
80 grams Maple Syrup  
1/2 tsp Sea Salt

### Directions

- 1 Grease your slow cooker with coconut oil.
- 2 Add the remaining ingredients to your slow cooker. Do not stir as the ingredients will mix as it cooks. Set the slow cooker to low and cook for 8 hours.
- 3 Enjoy immediately or divide into separate containers to let cool and refrigerate.

### Notes

**Storage:** Refrigerate in an airtight container up to 6 days.

**Toppings:** Fruits, nuts, berries, hemp hearts, ground flaxseed, chocolate chips, nut or seed butter, shredded coconut.

**Oatmeal Party:** Set up your desired assortment of toppings for each guest to dress their own bowl of oatmeal.

**No Steelcut Oats:** Use old-fashioned or rolled oats instead. Note that they will require less cooking time (check at 4 hrs).



## Slow Cooker Baked Apples

4 servings

2 hours

### Ingredients

60 milliliters Apple Cider Vinegar  
60 milliliters Water  
1 tbsp Maple Syrup (divided)  
90 grams Granola  
1 tbsp Coconut Oil (melted)  
1 tsp Cinnamon  
4 Apple (medium, cored, leaving 1/2  
inch at the bottom)

### Directions

- 1 In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
- 2 In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
- 3 Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
- 4 Top with any leftover granola before serving. Enjoy!

### Notes

**Serve it With:** Coconut cream, cashew cream, yogurt, or ice cream.

**No Slow Cooker:** Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.



## Slow Cooker Energy Bars

8 servings

4 hours

### Ingredients

- 1 tsp Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 180 milliliters Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 55 grams Quinoa (dry)
- 60 grams Dried Unsweetened Cranberries
- 45 grams Pumpkin Seeds
- 25 grams Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

### Directions

- 1 Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
- 2 In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
- 3 Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
- 4 Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
- 5 Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
- 6 Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

### Notes

**Storage:** Store in an airtight container in the freezer up to 6 months.





## Slow Cooker Cinnamon Applesauce

8 servings

4 hours

### Ingredients

12 Apple (large, cored and diced)  
4 servings Cinnamon Stick  
1/2 Lemon (juiced)  
235 milliliters Water

### Directions

- 1 Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 2 Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 3 Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

### Notes

**Storage:** Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

**Leave it Chunky:** Skip Step 2. You may want to peel your apples before cooking.

**Extra Toppings:** Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

**Less Sugar:** Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.



## Slow Cooker Purple Cabbage with Apples

10 servings

4 hours

### Ingredients

710 grams Purple Cabbage (finely sliced)  
4 Apple (diced)  
1 Yellow Onion (finely diced)  
60 milliliters Red Wine Vinegar

### Directions

- 1 Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
- 2 Divide into bowls or onto plates and enjoy!

### Notes

**More Flavour:** Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

**No Red Wine Vinegar:** Use balsamic vinegar or apple cider vinegar instead.

**No Apples:** Use pears instead.

**Turn it Into a Salad:** Mix with quinoa, spinach, walnuts and goat cheese.

**Storage:** Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.



## Slow Cooker Turnip & Apple Casserole

4 servings

4 hours

### Ingredients

3 Turnip (medium, peeled, diced)  
3 Apple (medium, peeled, diced)  
35 grams Coconut Sugar (divided)  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt  
55 grams Almond Flour  
2 tbsps Coconut Oil (melted)

### Directions

- 1 Add the turnips, apples, half the coconut sugar, cinnamon, and sea salt to the slow cooker. Stir to combine.
- 2 In a small bowl, whisk the almond flour, coconut oil, and remaining coconut sugar together. Spread evenly on top of the apple turnip mixture.
- 3 Cook on high for three to four hours, or until the turnips are fork tender. Divide evenly between plates and enjoy!

### Notes

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

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





## Slow Cooker Burrito Soup

6 servings

4 hours

### Ingredients

345 grams Black Beans (cooked, drained and rinsed)  
725 grams Diced Tomatoes  
1 Sweet Onion (diced)  
165 grams Frozen Corn  
1/2 Green Bell Pepper (diced)  
2 Jalapeno Pepper (de-seeded and diced)  
2 tbsps Chili Powder  
2 tpsps Cumin  
1 tsp Oregano  
1/2 tsp Black Pepper  
2 tpsps Sea Salt  
185 grams Brown Rice (uncooked)  
950 milliliters Water  
85 grams Kale Leaves (chopped)  
1 Avocado (peeled and diced)  
65 grams Salsa

### Directions

- 1 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 2 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 3 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of salsa and avocado. Enjoy!

### Notes

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

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



## Slow Cooker Vegan Chili

8 servings

8 hours

### Ingredients

1.5 kilograms Canned Whole Tomatoes  
355 grams Red Kidney Beans (cooked, drained and rinsed)  
365 grams White Navy Beans (cooked, drained and rinsed)  
330 grams Frozen Corn  
2 stalks Celery (diced)  
2 Green Bell Pepper (de-seeded and chopped)  
2 Carrot (chopped)  
1 White Onion (diced)  
4 Garlic (cloves, minced)  
2 tsps Cumin  
1 tsp Oregano  
3 tbsps Chili Powder  
1 tbsp Sea Salt

### Directions

- 1 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 2 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 3 Ladle into bowls and enjoy!

### Notes

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

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

**Serve it With:** Toast, quinoa, brown rice, or a salad.

**Make Ahead:** Chop celery, bell peppers, carrot and onion ahead of time.

**Kid-Friendly:** Omit the chili powder and puree until smooth. Serve with tortilla chips.

**Extra Spicy:** Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

**More Greens:** Mix in chopped kale or spinach. Stir until wilted.

**Extra Toppings:** Top with green onion or diced avocado.



## Vegan Sloppy Joes

4 servings

4 hours

### Ingredients

790 grams Lentils (cooked, drained and rinsed)  
1/2 Sweet Onion (finely diced)  
1 Green Bell Pepper (finely diced)  
190 grams Mushrooms (sliced)  
125 grams Matchstick Carrots  
1 tsp Garlic Powder  
3 tbsps Yellow Mustard  
80 grams Maple Syrup  
485 grams Crushed Tomatoes  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
680 grams Portobello Mushroom Caps  
60 grams Baby Spinach (chopped)

### Directions

- 1 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 2 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 3 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

### Notes

**Next Level Sloppy Joes:** Add plant-based cheese, avocado, pickles, onions and/or cashew sour cream.

**Repurpose Leftovers:** Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.





## Slow Cooker Black Bean Soup

6 servings

4 hours

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 2 stalks Celery (diced)
- 1 Carrot (large, chopped)
- 6 Garlic (cloves, minced)
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 1 kilogram Black Beans (cooked, drained and rinsed)
- 725 grams Diced Tomatoes
- 475 milliliters Water
- 2 Lime (juiced)

### Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1.5 cups.

**Toppings:** Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

**Stove Top:** If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



## Slow Cooker Vegan Miso Pho

4 servings

4 hours

### Ingredients

1.2 liters Vegetable Broth  
3/4 tsp Star Anise  
1 tbsp Whole Cloves  
2 servings Cinnamon Stick (approx. 3 inches in length each)  
1 1/2 tbsps Tamari  
Sea Salt & Black Pepper (to taste)  
3 tbsps Miso Paste  
385 grams Mushrooms (whole)  
280 grams Bok Choy (halved)  
185 grams Pho Noodles  
520 grams Bean Sprouts  
40 grams Thai Basil (stems removed)  
15 grams Culantro (chopped)

### Directions

- 1 Add the vegetable broth, star anise, whole cloves, cinnamon sticks and tamari to your slow cooker. Cook on high for 4-6 hours. Strain the contents and pour the broth into a large pot.
- 2 Season the broth generously with salt and pepper. Add the miso paste, mushrooms and bok choy to the broth and bring to a simmer over medium-high heat. Let simmer for about 5 minutes or until the veggies are soft.
- 3 Meanwhile, cook your pho noodles according to the instructions on the package.
- 4 Divide the pho noodles, mushrooms, bok choy and then the broth into bowls. Top with bean sprouts, Thai basil and culantro. Serve immediately and enjoy!

### Notes

**No Pho Noodles:** Use brown rice spaghetti or soba noodles instead.

**Leftovers:** Best enjoyed immediately. But you can refrigerate the broth separately in an airtight container up to 4 days, or store in the freezer.

**Culantro:** Different than cilantro. Culantro has a stronger flavour and is also called "long-leafed coriander" or "saw-toothed mint".



## Slow Cooker Black Beans & Rice

6 servings

6 hours

### Ingredients

390 grams Dry Black Beans (uncooked)  
1 White Onion (diced)  
365 grams Diced Tomatoes (fresh or canned)  
1 tbsp Cumin  
1 tsp Sea Salt  
2 tbsps Extra Virgin Olive Oil  
1.2 liters Water  
2 Bay Leaf (optional)  
550 grams Jasmine Rice (dry)

### Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

### Notes

**Leftovers:** Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

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

**More Toppings:** Add diced tomatoes, red onion, bell pepper, cilantro, mint, sour cream, or yogurt.





## Slow Cooker Moroccan Lentils

8 servings

8 hours

### Ingredients

385 grams Dry Lentils (brown or green, uncooked)  
2 Tomato (medium, diced)  
1 Yellow Onion (medium, diced)  
3 Garlic (cloves, minced)  
30 grams Parsley (chopped and divided)  
1 tbsp Cumin  
1 tbsp Paprika  
2 tsps Sea Salt  
1.9 liters Water

### Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

### Notes

**Serve it With:** Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

**Leftovers:** Refrigerate in an airtight container up to 5 days. Freeze if longer.



## Slow Cooker Butternut Squash & Ginger Soup

5 servings

4 hours

### Ingredients

1.1 kilograms Butternut Squash  
(peeled, seeds removed and chopped)  
1 1/2 tbsps Ginger (peeled and grated)  
1 tbsp Curry Powder  
715 milliliters Vegetable Broth  
2 tbsps Apple Cider Vinegar  
1 tsp Sea Salt

### Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**Leftovers:** Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

**Save Time:** Use pre-sliced butternut squash cubes (fresh or frozen).

**Optional Toppings:** Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

**No Curry Powder:** Use turmeric instead.

**No Vegetable Broth:** Use bone broth or almond milk instead.



## Slow Cooker Caribbean Carrot Soup

4 servings

5 hours

### Ingredients

- 8 Carrot (medium, chopped)
- 2 Yellow Potato (medium, chopped)
- 6 stalks Green Onion (green parts only)
- 2 tsps Dried Thyme
- 1 1/2 tsps Ground Ginger
- 1 tsp Ground Allspice
- 3/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cumin (ground)
- 1/4 tsp Nutmeg (ground)
- 950 milliliters Vegetable Broth
- 2 tbsps Maple Syrup
- 1 Lime (juiced)
- 240 milliliters Canned Coconut Milk (full fat)
- 4 grams Cilantro (optional, chopped)

### Directions

- 1 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 3 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

### Notes

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

**No Slow Cooker:** Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

**No Immersion Blender:** Use a regular blender instead. Be careful and always leave room for the steam to escape.

**Likes it Spicy:** Add a chopped jalapeno pepper.

**Leftovers:** Store in the fridge for up to five days. Freeze for up to three months.





## Slow Cooker Dill Vegetable Soup

8 servings

4 hours

### Ingredients

1.4 liters Vegetable Broth  
300 grams Dry Chickpeas (uncooked, rinsed)  
2 Carrot (medium, peeled and diced)  
4 stalks Celery (diced)  
1 tsp Sea Salt  
85 grams Kale Leaves (chopped)  
2 grams Fresh Dill (stems removed, chopped)  
485 milliliters Canned Coconut Milk  
2 tbsps Apple Cider Vinegar  
2 tbsps Nutritional Yeast

### Directions

- 1 Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
- 2 Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
- 3 Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
- 4 Divide into bowls and enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1.25 cups of soup.

**More Carbs:** Stir in cooked rice or quinoa before serving.

**No Coconut Milk:** Use almond milk, cashew milk, oat milk or cream instead.

**No Chickpeas:** Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

**Storage:** Refrigerate in an airtight container up to 5 days, or freeze if longer.



## Slow Cooker Lentil Chili

6 servings

5 hours

### Ingredients

210 grams Dry Red Lentils (rinsed, uncooked)  
1 Yellow Onion (medium, diced)  
1 Red Bell Pepper (chopped)  
1 Carrot (chopped)  
3 Garlic (cloves, minced)  
1 tbsp Chili Powder  
1 tsp Cumin  
1 tsp Smoked Paprika  
845 grams Diced Tomatoes (from the can with juices)  
2 tbsps Tomato Paste  
475 milliliters Vegetable Broth  
Sea Salt & Black Pepper (to taste)  
310 grams Red Kidney Beans (from the can, drained and rinsed)  
1 Avocado (optional, sliced)  
4 grams Cilantro (optional, chopped)

### Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1.5 to 2 cups of chili.

**Likes it Spicy:** Add one chopped jalapeno pepper.

**More Flavor:** Add the juice of one lime to the slow cooker just before serving.

**No Beans:** Use lentils only.

**Leftovers:** Store leftovers in the fridge for up to five days, or freeze for longer.





## Slow Cooker Bean & Quinoa Chili

4 servings

3 hours

### Ingredients

355 grams Mixed Beans (from the can, rinsed well)  
365 grams Diced Tomatoes (from the can with juices)  
355 milliliters Vegetable Broth  
80 grams Red Onion (finely chopped)  
55 grams Quinoa (dry)  
2 Garlic (large clove, minced)  
1 1/2 tbsps Tomato Paste  
1 1/2 tbsps Chili Powder  
2 1/4 tsps Cumin  
1/2 tsp Sea Salt

### Directions

- 1 Add all of the ingredients to the pot of a slow cooker and mix well to combine.
- 2 Cook on high for two and a half to three hours or on low for five to six hours.
- 3 Stir well and season with additional salt if needed. Divide between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately equal to 1 1/4 cups of chili.

**More Flavor:** Add other dried herbs and spices to taste, like coriander, oregano, red pepper flakes, cayenne pepper, and/or black pepper.

**Additional Toppings:** Lime wedges, cilantro, avocado, sour cream or yogurt, cheese, red pepper flakes, nutritional yeast, and/or tortilla chips.

**More Veggies:** Add corn kernels or bell pepper. Wilt in spinach or kale.

**No Mixed Beans:** Use any combination of black beans, chickpeas, kidney beans pinto beans, or black-eyed peas.





## Slow Cooker Enchilada Beans & Quinoa

6 servings

2 hours

### Ingredients

515 grams Black Beans (cooked)  
330 grams Frozen Corn (or fresh)  
845 grams Diced Tomatoes  
450 grams Enchilada Sauce  
85 grams Quinoa (dry)  
120 milliliters Water  
1/2 tsp Sea Salt  
225 grams Mozzarella Cheese  
(shredded)

### Directions

- 1 Add the black beans, corn, tomatoes, enchilada sauce, quinoa, water, and salt to the slow cooker. Stir until combined.
- 2 Cook on high for two to four hours, or on low for four to six hours.
- 3 Divide into bowls and top with cheese. Enjoy!

### Notes

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

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

**More Flavor:** Stir in a few tablespoons of cream cheese. Use fire roasted diced tomatoes.

**Additional Toppings:** Top with chopped cilantro, avocado, tortilla chips, sour cream, or sliced jalapeno.

**Make it Vegan:** Use vegan cheese instead of mozzarella cheese, or omit completely.



## Eggplant & Chickpea Stew

4 servings

6 hours

### Ingredients

1 Eggplant (medium, diced)  
1 Yellow Onion (peeled, diced)  
6 Garlic (cloves, minced)  
845 grams Diced Tomatoes (from the can, undrained)  
330 grams Chickpeas (cooked, rinsed well)  
45 grams Dried Apricots (chopped)  
1 1/2 tsps Cumin  
1 1/2 tsps Smoked Paprika  
1 tsp Coriander  
1/2 tsp Cinnamon  
2 tsps Sea Salt  
240 milliliters Vegetable Broth  
2 tbsps Cilantro (roughly chopped, for topping)

### Directions

- 1 Place everything except the cilantro into a slowcooker and cover.
- 2 Cook on low for six to eight hours. Divide into bowls, top with fresh cilantro, and enjoy!

### Notes

**Leftovers:** Store leftovers in an airtight container in the refrigerator for up to four days.

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

**More Flavor:** Serve with pita bread or top with Greek yogurt.

**No Cilantro:** Top with fresh parsley instead.