



## Slow Cooker Maple Cinnamon Oatmeal

8 servings

8 hours

### Ingredients

- 1 1/2 tsp Coconut Oil
- 3 cups Steel Cut Oats
- 9 cups Water
- 2 tsp Cinnamon
- 1/4 cup Maple Syrup
- 1/2 tsp Sea Salt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 290   |
| Fat                | 6g    |
| Carbs              | 54g   |
| Fiber              | 6g    |
| Sugar              | 8g    |
| Protein            | 6g    |
| Sodium             | 154mg |
| Potassium          | 267mg |
| Vitamin C          | 0mg   |
| Calcium            | 65mg  |
| Iron               | 2mg   |

### 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 Raisin Oatmeal

6 servings

6 hours

### Ingredients

- 1 1/2 tps Coconut Oil
- 5 cups Oat Milk (unsweetened, plain)
- 1 cup Steel Cut Oats
- 1 cup Raisins
- 1 tbs Coconut Sugar (optional)
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt (to taste)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 312   |
| Fat                | 8g    |
| Carbs              | 58g   |
| Fiber              | 6g    |
| Sugar              | 26g   |
| Protein            | 6g    |
| Sodium             | 190mg |
| Potassium          | 638mg |
| Vitamin C          | 1mg   |
| Calcium            | 323mg |
| Iron               | 1mg   |

### 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 Cinnamon Applesauce

8 servings

4 hours

### Ingredients

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

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 143   |
| Fat                | 0g    |
| Carbs              | 38g   |
| Fiber              | 10g   |
| Sugar              | 28g   |
| Protein            | 1g    |
| Sodium             | 3mg   |
| Potassium          | 295mg |
| Vitamin C          | 14mg  |
| Calcium            | 20mg  |
| Iron               | 0mg   |

### 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 Baked Apples

4 servings

2 hours

### Ingredients

- 1/4 cup Apple Cider Vinegar
- 1/4 cup Water
- 1 tbsp Maple Syrup (divided)
- 3/4 cup Granola
- 1 tbsp Coconut Oil (melted)
- 1 tsp Cinnamon
- 4 Apple (medium, cored, leaving 1/2 inch at the bottom)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 255   |
| Fat                | 9g    |
| Carbs              | 41g   |
| Fiber              | 7g    |
| Sugar              | 27g   |
| Protein            | 4g    |
| Sodium             | 9mg   |
| Potassium          | 342mg |
| Vitamin C          | 9mg   |
| Calcium            | 42mg  |
| Iron               | 1mg   |

### 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
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 1/3 cup Quinoa (dry)
- 1/2 cup Dried Unsweetened Cranberries
- 1/3 cup Pumpkin Seeds
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 177   |
| Fat                | 10g   |
| Carbs              | 17g   |
| Fiber              | 3g    |
| Sugar              | 8g    |
| Protein            | 6g    |
| Sodium             | 114mg |
| Potassium          | 143mg |
| Vitamin C          | 0mg   |
| Calcium            | 97mg  |
| Iron               | 2mg   |

### 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 Dill Vegetable Soup

8 servings

4 hours

### Ingredients

- 6 cups Vegetable Broth
- 1 1/2 cups Dry Chickpeas (uncooked, rinsed)
- 2 Carrot (medium, peeled and diced)
- 4 stalks Celery (diced)
- 1 tsp Sea Salt
- 4 cups Kale Leaves (chopped)
- 1/4 cup Fresh Dill (stems removed, chopped)
- 2 cups Canned Coconut Milk
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 278   |
| Fat                | 13g   |
| Carbs              | 30g   |
| Fiber              | 6g    |
| Sugar              | 7g    |
| Protein            | 11g   |
| Sodium             | 848mg |
| Potassium          | 581mg |
| Vitamin C          | 14mg  |
| Calcium            | 71mg  |
| Iron               | 2mg   |

### 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 Curried Red Lentil Soup

4 servings

6 hours 20 minutes

### Ingredients

- 2 Carrot (large, thinly chopped)
- 3 Garlic (clove, minced)
- 1 1/2 cups Dry Red Lentils (rinsed)
- 5 cups Vegetable Broth
- 2 tbsps Tomato Paste
- 2 tps Curry Powder
- 2 tps Ginger (fresh, minced)
- 1 1/2 cups Baby Kale
- 1/2 cup Canned Coconut Milk
- 1 tbsp Lime Juice (optional)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 387    |
| Fat                | 7g     |
| Carbs              | 62g    |
| Fiber              | 13g    |
| Sugar              | 6g     |
| Protein            | 22g    |
| Sodium             | 858mg  |
| Potassium          | 1165mg |
| Vitamin C          | 7mg    |
| Calcium            | 73mg   |
| Iron               | 7mg    |

### Directions

- 1 Add the carrot, garlic, lentils, broth, tomato paste, curry powder, and ginger to a slow cooker and stir to combine.
- 2 Cover and cook on low for six hours or on high for four hours.
- 3 Stir in the kale, coconut milk, and lime juice. Let it stand for five minutes, or until the kale has wilted. Divide evenly into bowls and enjoy!

### Notes

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

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

**Additional Toppings:** Chopped parsley, cilantro, and/or dill.

**Puréed:** If you prefer a blended soup, blend with an immersion blender to the desired texture once it has finished cooking.



## Slow Cooker Moroccan Lentils

8 servings

8 hours

### Ingredients

- 2 cups Dry Lentils (brown or green, uncooked)
- 2 Tomato (medium, diced)
- 1 Yellow Onion (medium, diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Parsley (chopped and divided)
- 1 tbsp Cumin
- 1 tbsp Paprika
- 2 tsps Sea Salt
- 8 cups Water

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 187   |
| Fat                | 1g    |
| Carbs              | 34g   |
| Fiber              | 6g    |
| Sugar              | 2g    |
| Protein            | 13g   |
| Sodium             | 614mg |
| Potassium          | 463mg |
| Vitamin C          | 12mg  |
| Calcium            | 64mg  |
| Iron               | 5mg   |

### 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 Purple Cabbage with Apples

10 servings

4 hours

### Ingredients

- 8 cups Purple Cabbage (finely sliced)
- 4 Apple (diced)
- 1 Yellow Onion (finely diced)
- 1/4 cup Red Wine Vinegar

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 66    |
| Fat                | 0g    |
| Carbs              | 16g   |
| Fiber              | 4g    |
| Sugar              | 11g   |
| Protein            | 1g    |
| Sodium             | 21mg  |
| Potassium          | 269mg |
| Vitamin C          | 44mg  |
| Calcium            | 41mg  |
| Iron               | 1mg   |

### 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 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  
6 cups Black Beans (cooked, drained and rinsed)  
3 cups Diced Tomatoes  
2 cups Water  
2 Lime (juiced)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 318   |
| Fat                | 6g    |
| Carbs              | 51g   |
| Fiber              | 17g   |
| Sugar              | 6g    |
| Protein            | 17g   |
| Sodium             | 45mg  |
| Potassium          | 756mg |
| Vitamin C          | 19mg  |
| Calcium            | 108mg |
| Iron               | 6mg   |

### 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 Butternut Squash & Ginger Soup

5 servings

4 hours

### Ingredients

- 8 cups Butternut Squash (peeled, seeds removed and chopped)
- 1 1/2 tbsps Ginger (peeled and grated)
- 1 tbsp Curry Powder
- 3 cups Vegetable Broth
- 2 tbsps Apple Cider Vinegar
- 1 tsp Sea Salt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 114   |
| Fat                | 1g    |
| Carbs              | 29g   |
| Fiber              | 5g    |
| Sugar              | 6g    |
| Protein            | 3g    |
| Sodium             | 875mg |
| Potassium          | 840mg |
| Vitamin C          | 48mg  |
| Calcium            | 119mg |
| Iron               | 2mg   |

### 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 Enchilada Beans & Quinoa

6 servings

2 hours

### Ingredients

- 3 cups Black Beans (cooked)
- 2 cups Frozen Corn (or fresh)
- 3 1/2 cups Diced Tomatoes
- 2 cups Enchilada Sauce
- 1/2 cup Quinoa (dry)
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 8 ozs Mozzarella Cheese (shredded)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 357   |
| Fat                | 9g    |
| Carbs              | 48g   |
| Fiber              | 11g   |
| Sugar              | 7g    |
| Protein            | 19g   |
| Sodium             | 753mg |
| Potassium          | 589mg |
| Vitamin C          | 16mg  |
| Calcium            | 198mg |
| Iron               | 4mg   |

### 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.



## Slow Cooker Loaded Potato Soup

5 servings

4 hours 20 minutes

### Ingredients

- 5 Yellow Potato (peeled and cubed)
- 1 Yellow Onion (medium, sliced)
- 3 Garlic (clove, small, sliced)
- 1/2 tsp Sea Salt
- 4 cups Chicken Broth, Low Sodium
- 1 1/2 cups Water
- 3 slices Bacon (chopped)
- 2 ozs Cheddar Cheese (shredded)
- 2 tbsps Parsley (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 319    |
| Fat                | 11g    |
| Carbs              | 43g    |
| Fiber              | 5g     |
| Sugar              | 4g     |
| Protein            | 13g    |
| Sodium             | 510mg  |
| Potassium          | 1160mg |
| Vitamin C          | 45mg   |
| Calcium            | 135mg  |
| Iron               | 3mg    |

### Directions

- 1 Add the potatoes, onion, garlic, salt, broth, and water to a slow cooker and set to cook on high for four hours or low for eight hours.
- 2 Just before serving, cook the bacon in a pan over medium heat until crispy. Chop into small pieces. Once the soup is done, add half of the bacon to the soup and reserve the rest for garnish.
- 3 Garnish the soup with the bacon, cheese, and parsley. Serve and enjoy!

### Notes

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

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

**Make it Vegan:** Omit the bacon.

**More Flavor:** Add heavy cream.



## Slow Cooker Bean & Quinoa Chili

4 servings

3 hours

### Ingredients

2 cups Mixed Beans (from the can, rinsed well)  
1 1/2 cups Diced Tomatoes (from the can with juices)  
1 1/2 cups Vegetable Broth  
1/2 cup Red Onion (finely chopped)  
1/3 cup 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

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 216   |
| Fat                | 2g    |
| Carbs              | 39g   |
| Fiber              | 9g    |
| Sugar              | 5g    |
| Protein            | 12g   |
| Sodium             | 650mg |
| Potassium          | 630mg |
| Vitamin C          | 14mg  |
| Calcium            | 86mg  |
| Iron               | 5mg   |

### 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.



## Cozy Slow Cooker Split Pea & Kale Stew

6 servings

8 hours

### Ingredients

- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 1 tbsp Dried Thyme
- 2 cups Yellow Split Peas (dry/uncooked)
- 8 cups Vegetable Broth
- 4 cups Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 278   |
| Fat                | 3g    |
| Carbs              | 48g   |
| Fiber              | 17g   |
| Sugar              | 6g    |
| Protein            | 17g   |
| Sodium             | 909mg |
| Potassium          | 796mg |
| Vitamin C          | 18mg  |
| Calcium            | 105mg |
| Iron               | 5mg   |

### Directions

- 1 In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
- 2 In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

### Notes

**Leftovers:** Store in the fridge up to 4 days or freeze.  
**Serving Size:** One serving is roughly 1 1/2 to 2 cups.



## Slow Cooker Chickpea Coconut Curry

4 servings

6 hours 10 minutes

### Ingredients

- 1 3/4 cups Chickpeas (cooked)
- 1 Sweet Potato (large, cubed)
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (large, chopped)
- 3 cups Fire Roasted Diced Tomatoes (from the can, with juices)
- 1 tbsp Cumin
- 2 tsps Paprika
- 2 tsps Turmeric
- 1 tsp Ginger (minced)
- Sea Salt & Black Pepper (to taste)
- 3 cups Broccoli (chopped into florets)
- 1 3/4 cups Canned Coconut Milk
- 1 cup Jasmine Rice (dry, rinsed)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 593    |
| Fat                | 21g    |
| Carbs              | 87g    |
| Fiber              | 13g    |
| Sugar              | 17g    |
| Protein            | 16g    |
| Sodium             | 497mg  |
| Potassium          | 1199mg |
| Vitamin C          | 110mg  |
| Calcium            | 204mg  |
| Iron               | 7mg    |

### Directions

- 1 Add the chickpeas, sweet potato, onion, bell peppers, tomatoes, cumin, paprika, turmeric, and ginger to the slow cooker. Season with salt and pepper.
- 2 Cover and cook for four hours on high or six hours on low. During the last hour, add the broccoli and coconut milk.
- 3 30 minutes before serving, cook the rice according to the package directions.
- 4 Divide evenly between bowls and enjoy!

### Notes

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

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

**Additional Toppings:** Top with chopped cilantro.



## 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)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 161   |
| Fat                | 4g    |
| Carbs              | 6g    |
| Fiber              | 2g    |
| Sugar              | 3g    |
| Protein            | 24g   |
| Sodium             | 137mg |
| Potassium          | 504mg |
| Vitamin C          | 3mg   |
| Calcium            | 59mg  |
| Iron               | 2mg   |

### 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.

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



## Slow Cooker Chicken Cacciatore

4 servings

4 hours

### Ingredients

- 1 1/2 lbs Chicken Thighs (skinless, boneless)
- 1 Carrot (peeled and sliced)
- 2 cups Mushrooms (sliced)
- 2 cups Crushed Tomatoes
- 1 1/2 tsps Oregano
- 2 tbsps Capers
- 1/2 cup Black Olives (pitted, sliced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 286    |
| Fat                | 10g    |
| Carbs              | 14g    |
| Fiber              | 4g     |
| Sugar              | 7g     |
| Protein            | 38g    |
| Sodium             | 923mg  |
| Potassium          | 1017mg |
| Vitamin C          | 23mg   |
| Calcium            | 92mg   |
| Iron               | 5mg    |

### 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.



## Curried Chicken Slow Cooker Stew

6 servings

6 hours

### Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 185   |
| Fat                | 3g    |
| Carbs              | 26g   |
| Fiber              | 6g    |
| Sugar              | 5g    |
| Protein            | 15g   |
| Sodium             | 262mg |
| Potassium          | 441mg |
| Vitamin C          | 4mg   |
| Calcium            | 52mg  |
| Iron               | 3mg   |

### 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 Enchilada Casserole

6 servings

4 hours 20 minutes

### Ingredients

- 2 lbs Chicken Breast (boneless, skinless)
- 3 cups Enchilada Sauce
- 2 cups Black Beans (cooked)
- 10 Corn Tortilla (small, cut into strips)
- 7 ozs Cheddar Cheese (grated, divided)
- 2 Red Bell Pepper (medium, sliced)
- 1/4 cup Cilantro (chopped)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 551   |
| Fat                | 17g   |
| Carbs              | 46g   |
| Fiber              | 8g    |
| Sugar              | 4g    |
| Protein            | 49g   |
| Sodium             | 899mg |
| Potassium          | 932mg |
| Vitamin C          | 51mg  |
| Calcium            | 436mg |
| Iron               | 3mg   |

### Directions

- 1 Place the chicken and enchilada sauce in a slow cooker, ensuring the chicken is covered. Cover and cook for four hours on high or six hours on low.
- 2 Once the chicken is done cooking, shred the chicken in the slow cooker. Mix in the black beans, tortilla strips, and half of the cheese.
- 3 Top with bell peppers and the remaining cheese. Cover and cook for an additional 30 minutes on high.
- 4 Top with cilantro and enjoy!

### Notes

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

**Serving Size:** One serving is two cups.

**More Flavor:** Use salsa instead of enchilada sauce. Add sliced jalapeños.

**Additional Toppings:** Green onions, avocado, and/or sour cream.

**Dairy-Free:** Use dairy-free cheese.



## Slow Cooker Shredded Buffalo Chicken

4 servings

4 hours 10 minutes

### Ingredients

- 1 1/3 lbs Chicken Breast (boneless, skinless)
- 1/2 cup Hot Sauce
- 3 tbsps Butter (unsalted)
- 1 tbsp Parsley (optional)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 258   |
| Fat                | 13g   |
| Carbs              | 0g    |
| Fiber              | 0g    |
| Sugar              | 0g    |
| Protein            | 34g   |
| Sodium             | 730mg |
| Potassium          | 511mg |
| Vitamin C          | 1mg   |
| Calcium            | 11mg  |
| Iron               | 1mg   |

### Directions

- 1 Add all of the ingredients to the slow cooker. Cook on high for four hours, or until the chicken is cooked through.
- 2 Remove the chicken and shred it with two forks. Once shredded, add it back to the slow cooker and mix the residual juices with the chicken.
- 3 Garnish with the parsley and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of chicken.

**More Sauce:** Double the butter and hot sauce amounts for a saucier dish.

**Dairy-Free:** Use dairy-free butter.

**Serve it With:** In taco shells, as fajitas, on top of salad, as a sandwich, over rice, and/or alongside veggies.



## Slow Cooker Chicken & Wild Rice Soup

8 servings

4 hours

### Ingredients

13 ozs Chicken Breast  
 10 cups Water  
 2 Carrot (medium, chopped)  
 1 1/4 cups Wild Rice (rinsed)  
 1 tsp Sea Salt  
 2 Bay Leaf (optional)  
 1 cup Kale Leaves (stems removed, chopped)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 152   |
| Fat                | 2g    |
| Carbs              | 20g   |
| Fiber              | 2g    |
| Sugar              | 1g    |
| Protein            | 14g   |
| Sodium             | 335mg |
| Potassium          | 318mg |
| Vitamin C          | 3mg   |
| Calcium            | 49mg  |
| Iron               | 1mg   |

### 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 Swedish Meatballs

4 servings

4 hours 30 minutes

### Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/2 cup Parsley (chopped and divided)
- 1 tsp Onion Powder
- 3/4 tsp Sea Salt
- 3 cups Mushrooms (sliced)
- 1 White Onion (chopped)
- 1/2 cup Canned Coconut Milk
- 3 tbsps Coconut Aminos (or tamari)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 266   |
| Fat                | 15g   |
| Carbs              | 9g    |
| Fiber              | 2g    |
| Sugar              | 5g    |
| Protein            | 24g   |
| Sodium             | 740mg |
| Potassium          | 604mg |
| Vitamin C          | 14mg  |
| Calcium            | 46mg  |
| Iron               | 2mg   |

### 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 Poached Whole Chicken & Ginger Soup

6 servings

4 hours 15 minutes

### Ingredients

- 4 stalks Green Onion (divided)
- 1 cup Cilantro (divided)
- 4 lbs Whole Roasting Chicken
- 2 stalks Celery (chopped)
- 2 cups Shiitake Mushrooms
- 1/4 cup Ginger (sliced)
- 2 tbsps Star Anise (whole)
- 1 tsp Black Peppercorns
- 1 tbsp Sea Salt (coarse)
- 8 cups Water (plus more if needed)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 381    |
| Fat                | 9g     |
| Carbs              | 10g    |
| Fiber              | 2g     |
| Sugar              | 2g     |
| Protein            | 63g    |
| Sodium             | 1429mg |
| Potassium          | 884mg  |
| Vitamin C          | 3mg    |
| Calcium            | 89mg   |
| Iron               | 4mg    |

### Directions

- 1 Place 3/4 of both the green onions and cilantro at the bottom of a slow cooker. Gently place the whole chicken on top, breast-side up.
- 2 Add the celery, mushrooms, ginger, star anise, peppercorns, and salt. Add the water, ensuring that the chicken is covered or almost covered. Add more water if needed.
- 3 Cook on high for four hours or on low for six hours. Once the chicken is cooked, carefully carve it into portions and distribute it evenly between bowls.
- 4 Add the mushrooms to the bowl and strain the broth to leave behind the cooked cilantro and green onions. Pour the strained broth over the chicken.
- 5 Chop the remaining cilantro and green onions and sprinkle over each bowl. Enjoy!

### Notes

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

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

**Serve it With:** Cooked rice, noodles, or your favorite grain.

**Additional Toppings:** Sriracha or kimchi.



## Slow Cooker Chicken & Pierogi Soup

4 servings

4 hours 10 minutes

### Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 4 cups Frozen Vegetable Mix
- 1 Garlic (clove, crushed)
- 1 tsp Dried Thyme
- Sea Salt & Black Pepper (to taste)
- 4 cups Chicken Broth
- 1 lb Frozen Pierogies
- 1/4 cup Parsley (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 485    |
| Fat                | 12g    |
| Carbs              | 54g    |
| Fiber              | 10g    |
| Sugar              | 8g     |
| Protein            | 38g    |
| Sodium             | 1439mg |
| Potassium          | 653mg  |
| Vitamin C          | 17mg   |
| Calcium            | 95mg   |
| Iron               | 5mg    |

### Directions

- 1 Add the chicken, vegetable mix, garlic, and thyme to a slow cooker. Season with salt and pepper. Add the broth to fully submerge the ingredients.
- 2 Cover and cook on high for four hours or low for six, until the meat is tender.
- 3 Add the pierogies during the last 30 minutes and stir gently. Continue cooking until the pierogies are heated through and tender.
- 4 Remove the chicken, shred it with two forks, and return it to the slow cooker. Add the parsley.
- 5 Divide evenly into bowls and enjoy!

### Notes

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

**Serving Size:** One serving is four pierogies and approximately 1 1/2 cups of chicken soup.

**Additional Toppings:** Fresh dill, basil, parmesan cheese, and/or green onions.

**Frozen Vegetable Mix:** This recipe was made using a mix of onions, carrots, celery, green pepper, and red pepper.



## Slow Cooker White Chicken Chili

3 servings

4 hours 10 minutes

### Ingredients

- 1 Yellow Onion (small, chopped)
- 1 Garlic (clove, chopped)
- 1/4 cup Salsa Verde
- 3 cups Chicken Broth, Low Sodium
- 1/4 tsp Sea Salt
- 2 cups White Navy Beans
- 1 lb Chicken Breast (boneless, skinless)
- 3 tbsps Sour Cream
- 1 tbsp Cilantro (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 437    |
| Fat                | 9g     |
| Carbs              | 40g    |
| Fiber              | 14g    |
| Sugar              | 5g     |
| Protein            | 50g    |
| Sodium             | 523mg  |
| Potassium          | 1308mg |
| Vitamin C          | 4mg    |
| Calcium            | 130mg  |
| Iron               | 5mg    |

### Directions

- 1 Add the onion, garlic, salsa, broth, salt, beans, and chicken to the slow cooker. Cover and cook on high for four hours or low for eight hours.
- 2 Remove roughly half of the liquid and beans from the slow cooker and blend in a blender or food processor until smooth. Add the mixture back to the slow cooker and mix with the rest of the chili. Shred the chicken.
- 3 Divide the chili evenly between bowls and garnish with sour cream and cilantro. Enjoy!

### Notes

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

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

**Additional Toppings:** Shredded cheese and/or hot sauce.

**Dairy-Free:** Omit the sour cream.



## Slow Cooker Pesto Chicken

4 servings

4 hours

### Ingredients

- 1/2 White Onion (chopped)
- 1 lb Chicken Breast
- 1 cup Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (packed)
- 2 cups Baby Spinach
- 1/2 cup Walnuts
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove)
- 1 Lemon (juiced)
- 1 tbsp Tamari

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 345   |
| Fat                | 23g   |
| Carbs              | 6g    |
| Fiber              | 2g    |
| Sugar              | 2g    |
| Protein            | 30g   |
| Sodium             | 547mg |
| Potassium          | 615mg |
| Vitamin C          | 12mg  |
| Calcium            | 63mg  |
| Iron               | 2mg   |

### 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 Salsa Chicken

4 servings

4 hours

### Ingredients

- 1 1/4 lbs Chicken Breast (boneless, skinless)
- 1/2 cup Salsa

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 179   |
| Fat                | 4g    |
| Carbs              | 2g    |
| Fiber              | 1g    |
| Sugar              | 1g    |
| Protein            | 32g   |
| Sodium             | 295mg |
| Potassium          | 561mg |
| Vitamin C          | 1mg   |
| Calcium            | 17mg  |
| Iron               | 1mg   |

### Directions

- 1 Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 3 Remove the chicken from the slow cooker and enjoy!

### Notes

**Serve it With:** Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

**Leftovers:** Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

**Too Dry:** If you are finding the chicken is too dry after shredding it, stir in extra salsa.



## Slow Cooker Jerk Chicken with Coleslaw

4 servings

3 hours

### Ingredients

- 1 lb Chicken Breast (boneless, skinless)
- 1/4 cup Jerk Marinade
- 4 cups Coleslaw Mix
- 1/4 cup Mayonnaise
- 1 tsp Apple Cider Vinegar

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 272   |
| Fat                | 14g   |
| Carbs              | 9g    |
| Fiber              | 3g    |
| Sugar              | 5g    |
| Protein            | 27g   |
| Sodium             | 628mg |
| Potassium          | 381mg |
| Vitamin C          | 38mg  |
| Calcium            | 47mg  |
| Iron               | 1mg   |

### Directions

- 1 Place the chicken breasts in the slow cooker with the jerk marinade and toss well to coat. Cook on high for three to four hours, or on low for six hours.
- 2 Meanwhile, combine the coleslaw mix, mayonnaise, and apple cider vinegar. Mix well then refrigerate until ready to serve.
- 3 Slice the chicken breasts and plate with the coleslaw. Enjoy!

### Notes

**Leftovers:** Refrigerate the chicken and coleslaw in separate airtight containers for up to three days.

**Serving Size:** One serving is equal to approximately four ounces (110 grams) of chicken breast and one cup of coleslaw.

**More Flavor:** Use two forks to shred the chicken breast in the slow cooker and stir to soak up the remaining juices before serving.



## Slow Cooker Chicken Shawarma

4 servings

4 hours

### Ingredients

- 2 Lemon (juiced)
- 1/4 cup 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)
- 2 lbs Chicken Thighs (skinless, boneless)
- 1/2 cup Red Onion (diced)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (diced)
- 1/2 Cucumber (diced)
- 1/4 cup Parsley (chopped)
- 1/2 cup Hummus

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 509    |
| Fat                | 29g    |
| Carbs              | 14g    |
| Fiber              | 4g     |
| Sugar              | 2g     |
| Protein            | 49g    |
| Sodium             | 683mg  |
| Potassium          | 1041mg |
| Vitamin C          | 31mg   |
| Calcium            | 95mg   |
| Iron               | 5mg    |

### 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 Sausage & Kale Soup

8 servings

4 hours

### Ingredients

- 12 ozs Pork Sausage (cut into chunks)
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 8 cups Kale Leaves (chopped)
- 8 cups Water (or broth)
- 2 tsps Sea Salt
- 3/4 cup Brown Rice (dry, uncooked)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 220    |
| Fat                | 13g    |
| Carbs              | 18g    |
| Fiber              | 2g     |
| Sugar              | 2g     |
| Protein            | 7g     |
| Sodium             | 1013mg |
| Potassium          | 287mg  |
| Vitamin C          | 21mg   |
| Calcium            | 98mg   |
| Iron               | 1mg    |

### Directions

- 1 Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
- 2 Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 days, or freeze if longer.

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

**No Brown Rice:** Use quinoa instead.



## Slow Cooker Swiss Chard & Pork Hock Soup

6 servings

8 hours

### Ingredients

- 2 lbs Pork Hock
- 1 Sweet Potato (large, peeled and cubed)
- 10 cups Swiss Chard (stems removed, washed and chopped)
- 6 cups Water
- 2 tbsps Apple Cider Vinegar
- 1 1/2 tsps Sea Salt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 237   |
| Fat                | 8g    |
| Carbs              | 7g    |
| Fiber              | 2g    |
| Sugar              | 2g    |
| Protein            | 32g   |
| Sodium             | 818mg |
| Potassium          | 862mg |
| Vitamin C          | 20mg  |
| Calcium            | 70mg  |
| Iron               | 3mg   |

### Directions

- 1 Combine all ingredients in the slow cooker. Cook on low for at least 8 hours, or on high for 4 to 6 hours.
- 2 Gently pull apart the meat into chunks before serving. Enjoy!

### Notes

**Serve it With:** Crusty bread, rice, quinoa, barley or pasta.

**No Sweet Potato:** Use regular potato, butternut squash, rutabaga or eddo instead.

**No Swiss Chard:** Use kale, collard greens or cabbage instead.

**Leftovers:** Refrigerate in an airtight container up to 3 days, or freeze if longer.



## Slow Cooker Maple Ginger Ribs with Purple Yam

8 servings

4 hours 30 minutes

### Ingredients

1/4 cup Coconut Aminos  
 2 tbsps Fish Sauce  
 3 tbsps Maple Syrup  
 1/2 White Onion (chopped)  
 1/4 cup Ginger (peeled, chopped)  
 5 Garlic (cloves, minced)  
 2 stalks Green Onion (chopped, divided)  
 4 lbs Pork Ribs  
 4 cups Purple Yam (small, halved)  
 1/4 head Green Lettuce

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 548    |
| Fat                | 25g    |
| Carbs              | 30g    |
| Fiber              | 3g     |
| Sugar              | 7g     |
| Protein            | 48g    |
| Sodium             | 625mg  |
| Potassium          | 1441mg |
| Vitamin C          | 15mg   |
| Calcium            | 86mg   |
| Iron               | 2mg    |

### Directions

- 1 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, white 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 About 20 minutes before your ribs are done, bring a pot of water to a boil and place the purple yams into a steaming basket. Cover and steam for about 10 to 15 minutes or until tender. Set aside.
- 4 Divide the lettuce onto plates and top with ribs and steamed yams. Enjoy!

### Notes

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

**Additional Toppings:** Top with 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.

**BBQ Lover:** Remove ribs from the slow cooker and grill over medium heat for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.



## Slow Cooker Apple Cinnamon Pork Tenderloin

4 servings

4 hours

### Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 251   |
| Fat                | 3g    |
| Carbs              | 34g   |
| Fiber              | 5g    |
| Sugar              | 26g   |
| Protein            | 25g   |
| Sodium             | 94mg  |
| Potassium          | 745mg |
| Vitamin C          | 7mg   |
| Calcium            | 56mg  |
| Iron               | 3mg   |

### Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

### Notes

**Make it Tender:** Brine your pork tenderloin the night before for more flavour and tenderness.

**More Greens:** Serve on a bed of spinach or add your choice of veggies to the slow cooker.

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



## Slow Cooker Crispy Pork Hock with Chinese Broccoli

8 servings

8 hours 30 minutes

### Ingredients

- 6 lbs Pork Hock
- 8 cups Water
- 1 tsp Sea Salt
- 1 1/8 lbs Chinese Broccoli

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 479    |
| Fat                | 19g    |
| Carbs              | 3g     |
| Fiber              | 2g     |
| Sugar              | 1g     |
| Protein            | 70g    |
| Sodium             | 491mg  |
| Potassium          | 1430mg |
| Vitamin C          | 22mg   |
| Calcium            | 111mg  |
| Iron               | 4mg    |

### Directions

- 1 Add the pork hock, water and salt to a slow cooker and cook for 6 to 8 hours on high. Strain or skim the fat from the surface.
- 2 Set your oven to broil and move the rack to the top rung. Gently remove the pork hock from the slow cooker and reserve the broth.
- 3 Broil the pork hock in the oven for 5 to 8 minutes or until golden brown and crispy.
- 4 Meanwhile, add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the crispy pork hock.
- 5 Serve with the broth as a side, or reserve for future cooking. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store the broth separately for up to three days or freeze for up to three months.

**More Flavor:** Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

**Additional Toppings:** Serve with rice, quinoa, couscous, barley or steamed veggies.

**No Pork Hock:** Use pork shank instead.



## Slow Cooker Hawaiian Beef

4 servings

6 hours

### Ingredients

- 1 lb Beef Brisket
- 3 Red Bell Pepper (sliced)
- 1 1/2 cups Crushed Pineapple (canned, packed in pineapple juice)
- 1/2 cup Red Onion (finely diced)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Tamari
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Water
- 1 cup Quinoa (dry)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 427   |
| Fat                | 11g   |
| Carbs              | 50g   |
| Fiber              | 6g    |
| Sugar              | 16g   |
| Protein            | 32g   |
| Sodium             | 609mg |
| Potassium          | 963mg |
| Vitamin C          | 125mg |
| Calcium            | 53mg  |
| Iron               | 5mg   |

### 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 Beef Shank

6 servings

4 hours

### Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 lbs Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- 2 Carrot (medium, chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 263   |
| Fat                | 9g    |
| Carbs              | 7g    |
| Fiber              | 2g    |
| Sugar              | 4g    |
| Protein            | 34g   |
| Sodium             | 131mg |
| Potassium          | 670mg |
| Vitamin C          | 14mg  |
| Calcium            | 62mg  |
| Iron               | 4mg   |

### Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, along with the carrots, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed. Enjoy!

### Notes

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

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

**More Flavor:** Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

**Additional Toppings:** Serve it with mashed potatoes, polenta, crusty bread, rice, cauliflower rice, or roasted vegetables.



## Slow Cooker Sesame Beef & Broccoli

4 servings

4 hours 10 minutes

### Ingredients

- 2 tsps Sesame Oil
- 3 Garlic (clove, minced)
- 1/4 cup Tamari
- 2 tsps Brown Sugar
- 2 tsps Rice Vinegar
- 1/3 cup Water
- 1 1/2 lbs Stewing Beef (cubed)
- 1 Yellow Onion (medium, chopped)
- 1 1/2 tsps Arrowroot Powder
- 6 cups Broccoli (chopped into florets)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 349    |
| Fat                | 11g    |
| Carbs              | 23g    |
| Fiber              | 5g     |
| Sugar              | 12g    |
| Protein            | 43g    |
| Sodium             | 1188mg |
| Potassium          | 1160mg |
| Vitamin C          | 122mg  |
| Calcium            | 112mg  |
| Iron               | 6mg    |

### Directions

- 1 Add the sesame oil, garlic, tamari, sugar, vinegar, and water into the slow cooker and whisk to combine.
- 2 Add the beef and onion. Cover and cook for four hours on high or eight hours on low.
- 3 About 30 minutes before serving, remove about 1/4 of the liquid and transfer to a bowl. Add the arrowroot powder and whisk to make a slurry. Add the slurry back into the slow cooker along with the broccoli.
- 4 To serve, divide evenly between bowls and enjoy!

### Notes

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

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

**More Flavor:** Add chili flakes and/or minced ginger.

**Additional Toppings:** Sesame seeds, cilantro, and/or green onion. Serve with rice.



## Slow Cooker Deconstructed Stuffed Pepper Soup

5 servings

4 hours 10 minutes

### Ingredients

- 1 lb Lean Ground Beef
- 1 Yellow Onion (medium, diced)
- 2 Red Bell Pepper (large, diced)
- 2 Garlic (cloves, roughly chopped)
- 1 tbsp Italian Seasoning
- 3 1/2 cups Tomato Sauce
- 1/2 cup Wild Rice (dry)
- 4 cups Beef Broth

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 362   |
| Fat                | 19g   |
| Carbs              | 27g   |
| Fiber              | 5g    |
| Sugar              | 11g   |
| Protein            | 23g   |
| Sodium             | 477mg |
| Potassium          | 995mg |
| Vitamin C          | 73mg  |
| Calcium            | 63mg  |
| Iron               | 5mg   |

### 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 Beef Shank, Broccolini & Rice

6 servings

4 hours

### Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 lbs Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 cups Jasmine Rice (dry, uncooked)
- 1 1/2 lbs Broccolini (trimmed, chopped)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 498   |
| Fat                | 10g   |
| Carbs              | 61g   |
| Fiber              | 5g    |
| Sugar              | 4g    |
| Protein            | 39g   |
| Sodium             | 124mg |
| Potassium          | 915mg |
| Vitamin C          | 47mg  |
| Calcium            | 175mg |
| Iron               | 5mg   |

### Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, cook the rice according to the package instructions and set aside.
- 5 Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
- 6 Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

**More Flavor:** Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

**Additional Toppings:** Add carrots, celery, peas, or mushrooms to the stew.



## Slow Cooker Spaghetti Squash & Meatballs

4 servings

4 hours

### Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 388    |
| Fat                | 18g    |
| Carbs              | 33g    |
| Fiber              | 6g     |
| Sugar              | 8g     |
| Protein            | 27g    |
| Sodium             | 1028mg |
| Potassium          | 1212mg |
| Vitamin C          | 29mg   |
| Calcium            | 144mg  |
| Iron               | 5mg    |

### Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

### Notes

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

**Cheese Lover:** Sprinkle with parmesan cheese.



## Slow Cooker Cabbage Roll Soup

6 servings

4 hours

### Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups 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
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 249    |
| Fat                | 12g    |
| Carbs              | 21g    |
| Fiber              | 7g     |
| Sugar              | 11g    |
| Protein            | 20g    |
| Sodium             | 730mg  |
| Potassium          | 1084mg |
| Vitamin C          | 91mg   |
| Calcium            | 143mg  |
| Iron               | 5mg    |

### 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.