



Welcome!

These slow cooker recipes are here to **support you—not restrict you**. Every recipe is designed to be flexible and adaptable to your tastes, schedule, and real life. If you don't like an ingredient or don't have it on hand, feel free to swap it for something you enjoy or already have. Slow cooker meals should make your life easier—not add pressure or perfectionism.

Every recipe in this book is built with **balance and blood sugar support in mind**. Every meal includes protein, healthy fats, and fiber to help you feel full, satisfied, and steady—without blood sugar spikes or afternoon or evening crashes. Slow cooking allows flavors to develop while keeping meals simple and nourishing.

IMPORTANT NOTE: Look at the **notes** section for every recipe. Any tips for the recipe and what to serve it with are listed here to make things easier for you.

Use these recipes in a way that works for *you*. Prep in the morning or the night before. Cook once and enjoy leftovers. Double recipes for busy weeks. Adjust portions based on hunger.

It's important that you eat until you feel satisfied—not just what a serving size suggests. Serving sizes are simply a guide, not a rule. Listening to your body helps support both blood sugar balance and long-term weight goals.

Most importantly, make these recipes your own, trust your body's signals, and remember that **consistency over time matters far more than perfection**. You are allowed to enjoy comforting, low-effort meals and still support your health.

Slow Cooker Tips for Success

- **Layer matters.** Place protein and sturdy vegetables (like carrots or potatoes) on the bottom so they cook evenly.
- **Don't overfill the cooker.** Aim for about $\frac{1}{2}$ to $\frac{3}{4}$ full for best results and even cooking.
- **Resist lifting the lid.** Every time you peek, heat escapes and adds extra cooking time.
- **Choose the right setting.** Low is best for most meals and gives the most tender results. High works when you're short on time.
- **Season at the end if needed.** Flavors concentrate as food cooks, so taste and adjust before serving.

Set it, forget it, and enjoy!



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	
Fat	4g
Carbs	6g
Fiber	2g
Protein	24g

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 Honey Garlic Chicken

4 servings

4 hours

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 2 tbsps Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder (optional)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 lbs Chicken Thighs (skinless, boneless)
- 6 cups Broccoli (chopped into florets)
- 1 tbsps Butter
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	23g
Carbs	20g
Fiber	4g
Protein	49g

Directions

- 1 Combine olive oil, 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 butter 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 Dijon Pork Tenderloin

4 servings

2 hours 15 minutes

Ingredients

- 3 cups Vegetable Broth
- 2 tbsps Dijon Mustard (grainy)
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1 lb Pork Tenderloin
- 1 tbsp Lemon Juice
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Fat	3g
Carbs	2g
Fiber	0g
Protein	24g

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.



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 (optional)
- 1/2 cup Black Olives (pitted, sliced, optional)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Fat	10g
Carbs	14g
Fiber	4g
Protein	38g

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 or pasta.



Slow Cooker Chicken Fajitas

6 servings

2 hours 15 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
 3 tbsps Fajita Seasoning
 Sea Salt & Black Pepper (to taste)
 1 1/2 lbs Chicken Breast (boneless, skinless, sliced)
 1 Yellow Onion (medium, sliced)
 1 Orange Bell Pepper (medium, sliced)
 1 Red Bell Pepper (medium, sliced)
 1 Green Bell Pepper (medium, sliced)
 12 Corn Tortilla (warmed, or flour tortilla)

Nutrition

Amount per serving	
Fat	11g
Carbs	36g
Fiber	4g
Protein	29g

Directions

- 1 In the slow cooker, combine the oil, fajita seasoning, salt, and pepper.
- 2 Add the chicken, onions, and bell peppers to the slow cooker and toss until well coated in the oil and seasoning mixture. Spread out evenly.
- 3 Close the lid and cook on high for two hours or on low for four hours. The chicken should be completely cooked through and the vegetables soft.
- 4 Warm the tortillas just before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat, then serve with tortillas.

Additional Toppings: Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

No Fajita Seasoning: Use taco seasoning instead.



Slow Cooker Chicken & Black Bean Taco Soup

4 servings

5 hours

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 cup Quinoa (dry, rinsed)
- 1 cup Black Beans
- 2 tbsps Taco Seasoning
- 3 cups Fire Roasted Diced Tomatoes (from the can, with juices)
- 1 2/3 pints Bone Broth
- 1 cup Cilantro (chopped, divided)
- 1 Avocado (large, sliced)
- 1/2 cup Plain Greek Yogurt (optional)

Nutrition

Amount per serving	
Fat	20g
Carbs	41g
Fiber	11g
Protein	42g

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 tortilla chips if using, and the remaining cilantro. Enjoy!

Notes

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

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

Additional Toppings: Corn tortilla chips, crumbled.



Slow Cooker Shredded Beef & Rice Bowl

4 servings
6 hours 20 minutes

Ingredients

- 1 1/2 lbs Chuck Roast (boneless, cut into chunks)
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Beef Broth
- 2 tbsps Tomato Paste
- 1 cup Rice (dry, rinsed)
- 2 heads Romaine Hearts (chopped)
- 1 Avocado (medium, pit removed, quartered)
- 1/2 cup Cilantro
- 1 Lime (cut into wedges)

Nutrition

Amount per serving	
Fat	41g
Carbs	47g
Fiber	5g
Protein	35g

Directions

- 1 Season the pieces of chuck roast with salt and pepper. Place them in the slow cooker and add the broth and tomato paste. Cook on low for six hours or until the beef easily pulls apart. Let the beef cool for five minutes before carefully shredding it with two forks.
- 2 When the beef is almost done, cook the rice according to the package directions.
- 3 Divide the cooked rice, shredded beef, and lettuce evenly into bowls. Pour the additional juices from the slow cooker over the bowls. Top with avocado, cilantro, and a lime wedge. Enjoy!

Notes

Leftovers: Refrigerate the ingredients separately in airtight containers for up to three days.

More Flavor: Top with your favorite dressing or sauce.



Slow Cooker Stuffed Peppers

4 servings

4 hours

Ingredients

- 4 Green Bell Pepper (large)
- 1 lb 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)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Salsa
- 1 head Cauliflower (large)

Nutrition

Amount per serving	
Fat	15g
Carbs	25g
Fiber	9g
Protein	29g

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, and olive oil. 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 mashed potato.



Slow Cooker Beef & Root Veggie Stew

6 servings

6 hours 20 minutes

Ingredients

2 lbs Stewing Beef (cubed)
Sea Salt & Black Pepper (to taste)
1 tbsp Cornstarch
1 tbsp Extra Virgin Olive Oil
6 Red Potato (small, chopped)
2 Carrot (large, peeled, chopped)
1 stalk Celery (medium, chopped)
1 Yellow Onion (small, chopped)
2 Garlic (clove, minced)
2 cups Beef Broth (divided)
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Fat	10g
Carbs	40g
Fiber	5g
Protein	38g

Directions

- 1 Place the beef in a large bowl and season with salt and pepper. Add the cornstarch and mix until evenly coated.
- 2 Heat a large pan over medium-high heat. Add the oil, then sear the meat for five to 10 minutes, until browned on all sides.
- 3 Add the potatoes, carrots, celery, onion, and garlic to a slow cooker. Place the browned meat on top of the vegetables.
- 4 Deglaze the pan with half of the broth, scraping up any browned bits from the bottom. Add this mixture to the slow cooker along with the remaining broth.
- 5 Cover and cook on high for six hours or low for eight, until the meat is tender. Divide evenly into bowls, top with parsley, and enjoy!

Notes

More Flavor: Add thyme and/or rosemary.

Serve It With: Warm bread, crusty sourdough or over rice.



Slow Cooker Rotisserie Chicken

4 servings

4 hours

Ingredients

- 4 lbs 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)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Fat	16g
Carbs	23g
Fiber	6g
Protein	97g

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!



Slow Cooker Maple Mustard Chicken

4 servings

4 hours

Ingredients

- 2 lbs Chicken Thighs (skinless, boneless)
- 2 tbsps Maple Syrup
- 1/3 cup Dijon Mustard
- 1 tsp Dried Basil
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 8 cups Green Beans (washed and trimmed)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	13g
Carbs	21g
Fiber	6g
Protein	48g

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 BBQ Pulled Pork

4 servings

6 hours

Ingredients

- 1 1/2 lbs Pork Tenderloin
- 2 tbsps Extra Virgin Olive Oil
- 1 cup 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

Nutrition

Amount per serving	
Fat	11g
Carbs	4g
Fiber	1g
Protein	37g

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, rice or sweet potato.

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



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	
Fat	29g
Carbs	14g
Fiber	4g
Protein	49g

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 Lentil Chili

6 servings

5 hours

Ingredients

- 1 cup 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
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Fat	6g
Carbs	49g
Fiber	15g
Protein	16g

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

Likes it Spicy: Add one chopped jalapeno pepper.

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



Slow Cooker Pork & Vegetable Stew

4 servings

6 hours 15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 lbs Pork Shoulder, Boneless (cubed)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (medium, chopped)
- 3 1/2 cups Chicken Broth (divided)
- 1 1/2 cups Diced Tomatoes (from the can, with the juices)
- 1 tsp Oregano
- 1 Yellow Potato (large, peeled, cubed)
- 1 Carrot (large, peeled, diced)
- 1 cup Mushrooms (quartered)
- 1 cup Frozen Green Beans

Nutrition

Amount per serving	
Fat	12g
Carbs	21g
Fiber	4g
Protein	56g

Directions

- 1 Heat the oil in a pan over medium-high heat. Brown the pork in batches for five to seven minutes until browned. Season with salt and pepper, then transfer to the slow cooker.
- 2 Add the onion to the pan and cook for three to four minutes until softened. Add a splash of the broth to deglaze, scraping up the browned bits. Add everything in the pan to the slow cooker.
- 3 Add the remaining broth, diced tomatoes, oregano, potato, carrot, and mushrooms to the slow cooker. Season with salt and pepper. Stir gently to combine. Cover and cook on low for eight hours or on high for six hours.
- 4 During the last 30 minutes of cooking, stir in the green beans. Once done, divide evenly between bowls or plates and enjoy!

Notes

Additional Toppings: Fresh parsley and/or a dollop of sour cream.



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	
Fat	12g
Carbs	21g
Fiber	7g
Protein	20g

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

No Cauliflower Rice: Use any rice instead and skip step 1.

No Ground Turkey: Use any type of ground meat.



Slow Cooker Roasted Red Pepper Chili

4 servings

6 hours 10 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, diced)
- 2 Garlic (clove, minced)
- 10 ozs Roasted Red Peppers (drained, chopped)
- 3 cups Diced Tomatoes (from the can, with the juices)
- 2 cups Tomato Sauce
- 1 cup White Navy Beans (cooked)
- 1 tbsp Fajita Seasoning
- 1 tsp Coriander (ground)
- 1 tsp Cocoa Powder
- 1 tsp Balsamic Vinegar

Nutrition

Amount per serving	
Fat	12g
Carbs	32g
Fiber	9g
Protein	30g

Directions

- 1 Add the beef to a pan over medium heat and cook for six to eight minutes until cooked through, breaking it up as it cooks. Transfer to a slow cooker.
- 2 Add all of the remaining ingredients, except the balsamic vinegar, and stir to combine.
- 3 Cover and cook on high for six hours or low for eight. When done, stir in the balsamic vinegar.
- 4 Divide evenly between bowls and enjoy!

Notes

Additional Toppings: Avocado, shredded cheese, sour cream, or cilantro.



Slow Cooker Sausage & Creamy Sweet Potato Soup

5 servings

6 hours 15 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 12 ozs Pork Sausage (casings removed)
- 1 Sweet Potato (medium, peeled, cubed)
- 8 cups Chicken Broth, Low Sodium
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cream, Half & Half
- 4 cups Baby Spinach
- 1/3 cup Parmigiano Reggiano (grated)

Nutrition

Amount per serving	
Fat	28g
Carbs	16g
Fiber	2g
Protein	20g

Directions

- 1 Heat the oil in a large pan over medium-high heat. Once hot, add the onion and sausage. Break up the sausage as it browns. Once it is mostly cooked through, add the sausage to the slow cooker.
- 2 Add the sweet potato, broth, Italian seasoning, salt, and pepper. Cover and cook for six hours on high or eight hours on low.
- 3 Once the soup has finished cooking, add the cream and spinach. Stir to mix well. Serve the soup and garnish with the parmesan. Enjoy!

Notes

More Protein: Add a large can of lentils or cannellini beans in the final 10 minutes of cooking.



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
- 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	
Fat	8g
Carbs	39g
Fiber	14g
Protein	47g

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

Additional Toppings: Shredded cheese and/or hot sauce.



Slow Cooker Chicken Souvlaki

6 servings

2 hours 10 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 2 tbsps Greek Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 lbs Chicken Breast (boneless, skinless, cut into strips)
- 1 Orange Bell Pepper (medium, sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 6 Whole Wheat Pita (warmed)
- 1 cup Tzatziki

Nutrition

Amount per serving	
Fat	14g
Carbs	39g
Fiber	4g
Protein	33g

Directions

- 1 In a small bowl combine the oil, lemon juice, and Greek seasoning. Season with salt and pepper.
- 2 Toss the chicken, peppers, and oil mixture together in a slow cooker and spread out evenly.
- 3 Close the lid and cook for two hours on high or four hours on low. The chicken should be cooked through, and the peppers should be soft.
- 4 Serve with warm pitas and tzatziki. Enjoy!

Notes

Additional Toppings: Cucumbers, tomatoes, red onions, lettuce, kalamata olives and/or hummus.



Slow Cooker Orange Pulled Pork with Coleslaw

10 servings

6 hours

Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tsps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 4 lbs Pork Shoulder, Boneless
- 10 cups Coleslaw Mix
- 2/3 cup Mayonnaise
- 2 1/2 tsps Apple Cider Vinegar

Nutrition

Amount per serving	
Fat	28g
Carbs	9g
Fiber	2g
Protein	42g

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 Meanwhile, combine the coleslaw mix, mayonnaise, and apple cider vinegar. Mix well then refrigerate until ready to serve.
- 4 Use two forks to pull apart the pork and plate with the coleslaw. Enjoy!

Notes

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



Beef Shank & Mashed Potatoes

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)
- 6 Russet Potato (medium, peeled and chopped)
- 12 cups Arugula

Nutrition

Amount per serving	
Fat	10g
Carbs	44g
Fiber	6g
Protein	40g

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, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
- 5 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

Notes

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 Chicken & Veggie Teriyaki

4 servings

4 hours 20 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 cup Soy Sauce
- 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 Cornstarch
- 2 tbsps Water
- 1 1/2 tpsps Sesame Seeds (optional, for garnish)

Nutrition

Amount per serving	
Fat	6g
Carbs	19g
Fiber	3g
Protein	26g

Directions

- 1 Place the chicken thighs in your slow cooker.
- 2 In a small bowl, mix together the soy sauce, 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 cornstarch 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 cornstarch 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

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



Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

Ingredients

- 5 cups Water
- 14 ozs Lamb Shank
- 2 cups White Navy Beans (cooked)
- 1 Yellow Onion (medium, diced)
- 2 Tomato (diced)
- 1 Yellow Potato (medium, diced)
- 2 tsp Turmeric
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Tomato Paste
- 2 tsp Sea Salt

Nutrition

Amount per serving	
Fat	14g
Carbs	39g
Fiber	12g
Protein	28g

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

Serve it With: Toasted bread, rice, or quinoa.

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

No Potato: Use cauliflower instead.



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	
Fat	19g
Carbs	27g
Fiber	5g
Protein	23g

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

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



Slow Cooker French Onion Soup

5 servings

16 hours

Ingredients

3 tbsps Butter
2 tbsps Extra Virgin Olive Oil
6 Yellow Onion (sliced thin)
1/3 oz Thyme Sprigs
3 Bay Leaf
1 1/2 tsps Sugar
5 cups Beef Broth
3/4 cup White Cooking Wine
8 ozs Sourdough Bread
1 1/2 cups Gruyere Cheese (shredded)

Nutrition

Amount per serving	
Fat	23g
Carbs	39g
Fiber	5g
Protein	18g

Directions

- 1 Combine the butter, oil, onions, thyme, bay leaves, and sugar into the slow cooker. Cook over low heat for 10 hours.
- 2 Remove the thyme and bay leaves and discard. Add the beef broth and wine and cook over low heat for six hours. Taste and season with additional salt if necessary.
- 3 Turn on the broiler. Portion soup into oven-safe bowls and place sourdough on top. Top with cheese and place in the oven to broil for one to two minutes, until golden brown.
- 4 Remove bowls from the oven and enjoy!



Slow Cooker Beef Meatballs

4 servings

5 hours

Ingredients

4 Garlic (large cloves, divided)
 3 cups 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)
 1 lb Lean Ground Beef
 1/4 cup Bread Crumbs
 1 Egg

Nutrition

Amount per serving	
Fat	13g
Carbs	15g
Fiber	3g
Protein	27g

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, bread crumbs, 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

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

No Canned Whole Tomatoes: Used canned diced tomatoes instead.



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	
Fat	3g
Carbs	26g
Fiber	6g
Protein	15g

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

More Protein: Serve it over quinoa.

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



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	
Fat	9g
Carbs	48g
Fiber	11g
Protein	19g

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

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.