

Slow Cooker Recipes



- Lydia Di Francesco -

Hi There!

I hope you enjoy this cookbook!

The recipes are designed to be simple, yet delicious.

A little about me. My name is Lydia Di Francesco and I'm a Certified Personal Trainer and Nutrition Specialist based in Ottawa, Ontario, Canada.

My goal as a health and fitness professional is to show you that **healthy living (including fitness and nutrition) can be simple, fun, and not too time-consuming!**

That's why I love slow cooker recipes.
All you have to do is set and forget.

Happy cooking!

Lydia



Substitutions

The recipes provided in this eBook can be easily adapted to suit your tastes or what ingredients you have available to you. Don't be afraid to switch out similar items or add more food (that won't change the composition of the meal.)

Here are some common substitutions you could make:

- quinoa, millet, couscous, rolled oats or steel cut oats
- chicken breast, chicken thighs, beef, pork, lamb
- almond milk, soy milk, cashew milk, rice milk, coconut milk
- chickpeas, lentils, white beans, fava beans, kidney beans, black beans, pinto beans, navy beans

For chicken or beef broth, replace the high sodium bouillon cubes with this **Homemade Bouillon Powder**:

- 1 cup nutritional yeast flakes
- 2 Tbsp onion powder or dried minced onion
- 2 Tbsp dried parsley
- 1 tsp garlic powder
- 1 tsp celery seed
- 1 tsp thyme
- 1 tsp dried marjoram
- 1 tsp dried rosemary
- 1 tsp paprika (regular or smoked)
- 1/2 tsp basil

Grind all ingredients together in blender. Store in a container.

Make the broth by mixing 1 Tbsp of powder into 1-2 cups hot water.

Disclaimer: This eBook has been written strictly for informational and educational purposes only. It is not intended to serve as medical advice or to be any form of medical treatment. The author is not responsible for any adverse effects that may result from the use of application of the recipes and information contained herewithin.

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Breakfast

Breakfast Apple Cinnamon Quinoa

Ingredients:

1 cup quinoa or millet or rolled oats
3 cups unsweetened almond milk
4 medjool dates, chopped
1/4 cup pumpkin seeds
1 apple, peeled and diced
2 tsp cinnamon
1/4 tsp nutmeg
1 tsp vanilla extract
1/4 tsp salt

Directions:

Place all ingredients into slow cooker.
Cook on high for 2 hours or until all the liquid is absorbed.
Or, cook it overnight on low for 8 hours.

Egg & Spinach Breakfast Casserole

Ingredients:

6 large eggs
1/2 tsp salt and pepper, or to taste
2/3 cup Greek yogurt
1/2 tsp thyme
1/2 tsp onion powder
1/2 tsp garlic powder
1/3 cup mushrooms, diced
1 cup (packed) baby spinach
1 cup shredded pepper jack cheese
1 cup ham, diced or bacon, cut up (optional)

Directions:

In a bowl, whisk together eggs, salt, pepper, yogurt, thyme, onion powder, and garlic powder until smooth.

Stir in remaining ingredients.

Use butter or oil to lightly grease the inside of the slow cooker.

Pour eggs mixture into the bottom of slow cooker.

Cover and cook on high for 90 minutes-2 hours.

Mains

Cilantro Lime Chicken

Ingredients:

6 large chicken breasts

3-4 garlic cloves, chopped

3 Tbsp lime juice

1 cup chicken broth

1 tsp salt and pepper, or to taste

1 cup fresh cilantro leaves (do not include stems)

Directions:

Place all ingredients except cilantro into slow cooker.

Cook on low for 6 to 8 hours or on high for 3 to 4 hours.

Add cilantro for the last thirty minutes of cooking.

Beef or Vegetarian Chili

Ingredients:

2 pounds lean ground beef *
1 cup black beans
1 cup kidney beans
1 can corn
16 oz can tomato paste
4 whole tomatoes, diced
2 Tbsp chili powder
1 tsp garlic powder
1 tsp onion powder
1 tsp red pepper flakes
1 tsp oregano
1 tsp paprika
2 tsp cumin
1 tsp salt and pepper, or to taste

Directions:

Place all ingredients into slow cooker.
Cook on low for 6 to 8 hours or on high for 3 to 4 hours.

* Remove chicken or beef to make the meal vegetarian

Ginger Beef

Ingredients:

- 2 pounds beef roast (bone-in or cut into 1-inch cubes)
- 4 carrots, cut into 1-inch-thick slices
- 1 onion, sliced
- 2 bell peppers, sliced
- 3 garlic cloves, minced
- 2 Tbsp grated fresh ginger or ground ginger
- 1 1/2 cups water
- 2 Tbsp tamari or soy sauce
- 2 tsp red pepper flakes
- 1 tsp salt and pepper, or to taste

Directions:

- Place all ingredients into slow cooker.
- Cook on low for 6 to 8 hours or on high for 3 to 4 hours.

Pork Roast and Butternut Squash

Ingredients:

1 pork roast (about 2 to 3 pounds)
1 whole butternut squashes, cut into one inch cubes
1 Tbsp dried thyme
3-4 garlic cloves, minced
1 teaspoon salt and pepper, or to taste

Directions:

Cut squash into 1 inch cubes, leaving skin on.
Place all ingredients into slow cooker.
Cook on low for 6 hours or on high for 3 hours.

Quinoa & Vegetables

Ingredients:

1 1/2 cups dry quinoa
3 cups water
1 small onion, chopped
1 medium sweet pepper, chopped
1 small carrot, chopped
1 cup green beans, chopped
2 garlic cloves, minced
1 tsp basil
1/4 tsp pepper

Directions:

Place all ingredients into slow cooker.
Cook on low for 4-6 hours or on high for 2-4 hours, until liquid is completely absorbed.
Mix in garbanzo beans or black beans to add more protein.

Soups & Stews

Veggie Soup

Ingredients:

4 medium carrots, cut into 1-inch-thick slices
2 sweet potatoes, cut into 1-inch cubes
2 medium onions, diced
1 cup green beans, chopped
4 whole tomatoes, chopped
3/4 cup celery, chopped
3-4 garlic cloves, minced
1 tsp salt and pepper, or to taste
2 tsp dried thyme
2 bay leaves
2 tsp dried parsley
1 tsp dried oregano
1 tsp dried basil
2 cups water

Directions:

Place all ingredients into slow cooker.
Cook on low for 6 to 8 hours or on high for 3 to 4 hours.

Moroccan Lamb Stew

Ingredients:

2 pounds boneless lamb
1 large onion, chopped
2 whole tomatoes, chopped or 1 can diced tomatoes
1 cup carrots, chopped or 1 bag baby carrots
1 tsp ground cumin
1 tsp red pepper flakes
2 cups chicken broth
1/2 cup raisins

Directions:

Place all ingredients into slow cooker.
Cook on low for 8 hours or on high for 4 hours.

Southeast Asian Winter Vegetable Stew

Ingredients:

1 butternut squash, unpeeled, cut into 2-inch chunks
4 sweet potatoes, peeled and cut into 2-inch chunks
2 cups mushrooms, stemmed and halved
1 bunch scallions (green and white parts separated), cut into 1-inch pieces
2 (14-ounce) cans coconut milk
1 1/2 cups water
3 Tbsp soy sauce
2 tsp Asian chili paste
1 tsp sea salt
1 cup cilantro leaves, roughly chopped for garnish
1/4 cup unsalted peanuts, roughly chopped for garnish

Directions:

Toss squash, potatoes, mushrooms, and scallions whites together in the slow cooker.

Whisk coconut milk, water, soy sauce, chili paste, and salt together in a bowl; then pour over the vegetables.

Cover and cook on high for 4 hours, or until tender.

Scatter the scallion greens, cilantro, and peanuts on top when serving.

Dessert

Triple Berry Compote

Ingredients:

5-6 cups mix of strawberries, blueberries, and raspberries
(fresh or frozen)

1/4 cup brown sugar or coconut sugar

1/4 cup cornstarch

1/3 cup water

Directions:

Place all ingredients into slow cooker and mix thoroughly.

Cook on low for 2-3 hours. Fresh might cook faster while frozen might need a little longer.

Slow Cooker Pineapple

Ingredients:

1 medium pineapples, sliced

1 piece fresh ginger, thinly sliced or 1 tsp ground ginger

1 to 2 cinnamon sticks or 1 Tbsp ground cinnamon

Directions:

Slice pineapple into 1/4-inch thick slices.

Place all ingredients into slow cooker.

Stir together pineapple, ginger and cinnamon.

Cover and cook on high for 4 hours, or until pineapple is very tender.