

# Clean Eating Slow Cooker Recipes

## Ginger Beef

- 2 pounds beef roast (either leave bone-in or cut into 1-inch cubes)
- 3 carrots, cut into 1-inch-thick slices
- 1 c. scallions (green onions), sliced
- 1 c. chopped red bell pepper
- 3 garlic cloves, minced
- 2-4 Tbs. grated fresh ginger (use a microplane)
- 1 - 1½ c. beef stock, or if using bone-in roast, use water
- 2 Tbs. coconut amino (gluten-free and soy-free soy sauce alternative)
- ½-1 tsp. red pepper flakes
- 2 Tbs. arrowroot powder
- 1 tsp. sea salt
- ½ tsp. pepper (or to taste)
- chopped kale or swiss chard, to preference (optional)
- 1 c. sugar snap peas

### **Instructions:**

1. Simply place all ingredients except sugar snap peas into a slow cooker and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
2. When ready to serve, put the sugar snap peas in a pot with just a bit of water on the bottom (or use a steamer basket) and briefly steam on high heat for 3 minutes or until peas become a beautiful bright green.
3. Serve over brown rice.

## Chicken Chili Verde

- 1 large onion, diced
- 12 cloves garlic, minced
- 2 jalapeños, deseeded and diced
- 2 lbs chicken thighs, rinsed
- 2 jars salsa verde (Trader Joe's brand is my favorite choice!)
- 1/2 tsp. ground cumin

### **Instructions:**

1. Add onion, garlic, jalapeño, whole chicken thighs, salsa verde and cumin into a crock pot, stir and cook on LOW for 6-8 hours or on HIGH for 2-4 hours until chicken reaches an internal temperature of 165 degrees.
2. Shred chicken with a fork and mix with sauce.
3. Serve with brown rice and black beans.
4. Garnish with lime and cilantro.

# Clean Eating Slow Cooker Recipes

## Enchilada Stew

- 2 pounds chicken breasts
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 1 (4oz) can of chopped jalapeños
- 1 (4oz) can of chopped green chiles
- 2 Tbs. coconut oil
- 1 (14oz) can of diced tomatoes
- 1 (7 oz) can tomato sauce
- 3 garlic cloves, minced
- 1 Tbs. cumin
- 1 Tbs. chili powder
- 2 tsp. dried oregano
- salt and pepper, to taste
- bundle of cilantro, to garnish
- avocado, to garnish

### **Instructions:**

1. Spray inside of crock pot with coconut cooking oil.
2. Put chicken breast flat on the bottom of the crock pot then add the rest of the ingredients on top, in any order.
3. Cook on LOW for 8-10 hours or HIGH for 6-8.
4. After it's done cooking, shred the chicken and mix with all the other ingredients.
5. Top with cilantro and avocado slices.

## Island Chicken

- 6 skinless chicken breasts
- 3 Tbs. of lemon juice
- Zest of 1 lemon
- 2 cloves of garlic diced
- 2 tsp. of dried oregano
- 2½ tsp. of coconut amino (gluten-free and soy-free soy sauce alternative)
- 1/2 c. of coconut oil
- 1/2 c. of chicken stock
- salt and pepper to taste

### **Instructions:**

1. Mix all the ingredients, except the chicken broth in a bowl and marinate overnight.
2. Pour the marinated chicken and ingredients into the crock pot, add the chicken stock and cook on LOW 8-10 hours or HIGH for 4-5 hours.
3. Serve with brown rice and steamed green beans.

# Clean Eating Slow Cooker Recipes

## **Beef-Stuffed Peppers**

- 2 pounds ground beef
- 4 large green peppers
- 1 large onion
- 2 carrots
- 4 cloves of garlic
- 1/2 head of cauliflower
- 6 ounce can of tomato paste
- 1 Tbs. dry oregano
- 1 Tbs. dry or fresh tarragon
- salt and pepper to taste

### **Instructions:**

1. Cut the tops of the peppers and clean the seeds out.
2. Arrange peppers in the Crock-Pot standing up and make sure they fit securely.
3. Grate onion, carrots, garlic and cauliflower in the food processor or chop.
4. In a bowl, combine ground beef, shredded vegetables, seasonings & tomato paste.
5. Add salt and pepper to taste, then stuff the peppers with the mixture and arrange leftover meat between the peppers.
6. Add half a cup of water, cover and cook on LOW for 8-10 hours.
7. Top with vegan soy-free sour cream. (Recipe below)

## **Vegan Soy-Free Sour Cream**

- 3/4 c. raw cashews
- 2 c. water, scant - divided
- 1 1/4 tsp. agar powder
- 2 Tbs. coconut oil (increase to 1/4 c. for a richer taste more like dairy sour cream)
- 2 Tbs. lemon juice, scant
- 1 tsp. granulated onion, scant
- 1/8 tsp. garlic powder or granulated garlic
- 1 tsp. salt

### **Instructions:**

1. Place cashews in a colander and rinse under hot water. Set aside to drain.
2. Place 1 cup water and agar in a small saucepan, cover, and bring to boil. Reduce heat and simmer for one minute.
3. Meanwhile, place drained cashews, remaining 1 cup water (scant), oil, lemon juice, and seasonings in blender and blend until very smooth and creamy.
4. Add agar mixture to blender. Scrape pan out with a rubber spatula to be sure to get all of mixture. Blend until thoroughly mixed.
5. Place mixture in refrigerator to chill for at least two hours.
6. When mixture is thoroughly chilled and set, blend again until smooth and creamy.
7. Return to refrigerator to thicken.

# Clean Eating Slow Cooker Recipes

## **Beef Stew**

- 1 cup gluten free flour (brown rice or almond flour work best)
- 1/4 tsp. sea salt, or to taste
- 1 1/2 pounds stew meat
- 3 Tbs. extra virgin olive oil
- 1 c. baby carrots, cubed
- 1 c. celery, cubed
- 1 c. onion, cubed (or use pearl onions)
- 2 c. radishes, peeled
- 2 c. beef stock
- 2 Tbs. tomato paste
- 1/4 tsp. ground black pepper, or to taste, for seasoning
- 4-5 sprigs TJ's Fresh Thyme

### **Instructions:**

1. Season flour with salt and pepper. Dredge the meat in flour. Heat 2 tablespoons olive oil in a skillet. Shake excess flour off the meat and brown it in two batches. Place browned meat in crock pot.
2. Add remaining oil to the heated skillet and cook carrots, celery, onion & radishes for 10 minutes, stirring occasionally.
3. Place sautéed vegetables in crock pot on top of meat.
4. Pour stock and tomato paste into skillet and stir to deglaze the pan and pour mixture over meat and vegetables in the crock pot.
5. Add thyme, cover and cook on LOW for 6-8 hours.

### **Credits:**

Ginger Beef

*Adapted from Kitchen Stewardship by Katie Kimball @ [www.kitchenstewardship.com](http://www.kitchenstewardship.com)*

Chicken Chilli Verde

*Adapted from Trader Joe's Recipes @ [www.traderjoes.com](http://www.traderjoes.com)*

Enchilada Stew

*Adapted from [www.paleomg.com](http://www.paleomg.com)*

Island Chicken

*Adapted from Annie's Eats @ [www.whoneedsacape.com](http://www.whoneedsacape.com)*

Beef-Stuffed Peppers

*Adapted from [www.marksdailyapple.com](http://www.marksdailyapple.com)*

Vegan Soy-Free Sour Cream

*Adapted from Jennifer's Kitchen @ [www.jenniferskitchen.com](http://www.jenniferskitchen.com)*

Beef Stew

*Adapted from Trader Joe's Recipes @ [www.traderjoes.com](http://www.traderjoes.com)*

## CLEAN EATING SLOW COOKER RECIPES

### Chicken and Kale Burrito Bowl

Serves 4

#### Ingredients

- 1.25 pounds chicken breast
- 1 16 oz. package frozen kale
- 1 cup medium salsa (or spiciness of your choice)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/4 teaspoon sea salt
- 1.25 cups brown rice
- 2 1/2 cups water or chicken broth
- 1 teaspoon extra virgin olive oil
- 1 cup fresh or frozen bell pepper
- 1 avocado
- juice of 2 limes
- 2 Tablespoons red onion, chopped finely

#### Directions

- Turn crockpot to high and add chicken, kale, salsa, garlic powder, cumin, and salt. Stir ingredients with a large spoon to spread the spices throughout. Allow to cook for 4-5 hours, then use two forks to shred the chicken and mix the contents of the crockpot.
- Bring water or chicken broth to a boil, add rice and cook according to package directions or until rice is tender and fluffy and liquid is completely absorbed.
- Heat oil in a small pan and add bell peppers. Cook until peppers are soft.
- In a medium sized bowl, mix the flesh of the avocado with the lime, salt, and onion until creamy.
- In a bowl layer first the rice, the corn and peppers, then chicken and kale mixture, and finally a big dollop of the guacamole.

#### NOTES:

*Frozen kale can be found at Trader Joe's in the frozen food section. If you can't find this product use about 4 cups of fresh kale. It will seem like an enormous amount but will cook down substantially in the crockpot.*

*Use your choice of bell pepper. I used mostly red with a bit of green as well.*

### Crockpot Spinach and Chicken

Serves 4-6

#### Ingredients

- 4 large chicken breasts 1 pound frozen spinach
- 1 (28 ounce) can diced tomatoes
- 1 (18 ounce) jar of your favorite clean marinara (or 18 ounce of homemade marinara)

**Directions**

Place all ingredients in a 5 quart slow cooker and cook on low for 6-8 hours. It's done when the chicken easily falls apart. Serve with some brown rice or quinoa and a small side salad. (Makes approximately 4 quarts)

## Crockpot Whole Chicken

**Ingredients**

1 whole organic chicken  
 1 can organic chicken broth  
 Braggs 24 herbs and spice seasoning

**Directions**

Place chicken in crockpot. Add chicken broth and seasoning. Cover crockpot with foil then the lid. Cook on low for 8-10 hours.

## Kale and Bean Stew

*Serves 3-4*

**Ingredients**

4 cups reduced-sodium chicken broth or vegetable broth  
 1 (14.5-ounce) can no-salt added, diced fire-roasted tomatoes 1 cup short grain brown rice, rinsed  
 1 cup coarsely chopped onion  
 2 medium carrots, halved lengthwise and thinly sliced crosswise 1 cup coarsely chopped celery  
 4 garlic cloves, crushed  
 ½ teaspoon crushed red pepper flakes  
 ¼ teaspoon salt  
 4 cups coarsely chopped fresh green kale or Swiss chard  
 1 (15-ounce) can no-salt added cannellini beans, rinsed and drained 3 tablespoons fresh lemon juice  
 Snipped fresh parsley or basil

**Directions**

Combine broth, tomatoes, brown rice, onion, carrot, celery, garlic, crushed red pepper, and salt in a 3½- to 4-quart slow cooker. Cover and cook on high for 2 hours, or until farro is tender, but still chewy. Stir in kale, beans, and lemon juice, cover, and cook 1 hour longer. Serve sprinkled with and parsley or basil.

## Chicken with Olives and Tomatoes

*Serves 2*

**Ingredients**

2 bone-in, air chilled skinless chicken 1 teaspoon kosher salt, divided  
 ¼ teaspoon freshly ground black pepper, divided 1 teaspoon olive oil  
 1½ tablespoons minced garlic  
 ¼ cup vegetable broth  
 3 tablespoons tomato paste  
 2 to 3 teaspoons crushed red pepper 1(28-ounce) can diced tomatoes, drained  
 ¼ cup sliced pitted Kalamata olives  
 2 tablespoons chopped fresh flat-leaf parsley

**Directions**

Season chicken with ½ teaspoon salt and ⅛ teaspoon pepper. Heat oil in a large skillet set over medium-high heat. Add chicken and cook until browned on both sides, about 2 minutes per side. Transfer to a slow cooker. Add garlic to pan and cook for 30 seconds, stirring constantly. Add broth, scraping pan to release brown bits, and cook for 30 seconds. Add broth mixture to slow cooker. Add tomato paste, crushed red pepper, and tomatoes. Cover and cook on high for 4 hours. Stir in remaining salt, remaining pepper, olives, and parsley. Serve.

**Veggie Chili**

Serves 2-3

**Ingredients**

1 Pound butternut squash cubes  
 1 med. yellow onion, finely chopped 1 medium red bell pepper, diced  
 2 cloves garlic, finely chopped  
 2 1/2 cups water or veggie broth 1 (14.5 oz) can crushed tomatoes  
 1 (15 oz) can kidney beans, drained and rinsed 1 (15 oz) can black beans, drained and rinsed 3/4 cup dried lentils  
 2 tablespoons chili powder 1 tablespoon ground cumin 1 tablespoon olive oil  
 2 teaspoons kosher salt 1/4 teaspoon black pepper  
 Coarsely chopped cilantro and diced avocado for serving

**Directions**

Place all ingredients except cilantro and avocado in a 6 qt or larger slow cooker and stir to combine. Cover and cook until the lentils are tender, 6-8 hours on LOW setting. Stir again and serve topped with cilantro and avocado.

**Black Bean & Sweet Potato Chili**

Serves 2-3

**Ingredients**

1 tablespoon olive oil  
 2 cups (320g) chopped white or yellow onion  
 4 cups (540g) diced sweet potatoes, in ¾-inch (2cm) cubes  
 2 cloves garlic, minced  
 1 chipotle in adobo, finely chopped (see tip) 1 tablespoon chili powder  
 2 teaspoons ground cumin 1/2 teaspoon smoked paprika  
 1 (14.5-ounce/411g) can diced tomatoes 3 1/2 cups (600g) cooked black beans  
 1 1/2 cups (590ml) vegetable broth, plus more as needed  
 Salt  
 1 large Hass avocado, sliced, for garnish 1/4 cup (10g) thinly sliced chives

**Directions**

- Heat the oil in a large pot over medium heat. Add the onion and sauté until tender and translucent, about 8 minutes. Then add the sweet potatoes and garlic and sauté until the garlic is fragrant and the sweet potatoes are just becoming tender, 8 to 10 minutes.
- Transfer to slow cooker - can be done night before - Add the chipotle in adobo, chili powder, cumin, and paprika and cook, stirring constantly, until the spices are very fragrant.

- Stir in the tomatoes, beans, and broth and simmer in crock pot.
- Add more broth as needed to achieve the desired consistency. Season with salt to taste. Serve topped with the avocado and chives.

## No Bean Chili

Serves 4

### Ingredients

1 pound extra lean ground turkey (or ground chicken breast, grass fed extra lean ground beef or bison, OR for vegan - chopped Portobello mushroom!)

½ tsp salt

½ cup onion, chopped 3 cloves garlic, crushed

1½ cups canned diced tomatoes 1½ cups tomato sauce

¾ cup water

1 cup Vege broth

½ tsp cumin

¼ tsp chili powder

¼ tsp paprika

1 cup chopped kale (70g)

1 medium sweet potato, peeled and diced into small cubes (250g)

fresh cilantro, for garnish

### Directions

- In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and cumin. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat. Place in slow cooker Add the diced tomatoes, sweet potato, tomato sauce, water, Vege broth, chili powder, paprika, salt and bay leaf.
- Cover in slow cooker on lowest setting. Add more water if needed. Add in chopped kale 30 min to an hour before serving. Remove bay leaf. Top with a sprig of cilantro! Enjoy!

## Chicken and Butternut Squash Stew

Serves 4-6

### Ingredients

4 chicken breasts, boneless/skinless, organic

2 cups butternut squash, chopped (1/2 medium or 1/4 large squash or buy already peeled and cubed to save time)

1 large carrot, about 1/2 cup chopped 2 celery stalks, about 1/2 cup chopped 1/2 onion, about 1 cup chopped

3 garlic cloves, roughly chopped

1 can organic diced tomatoes (unseasoned, with juices)

1 1/2 cups low-sodium chicken broth (homemade or store-bought or veg broth)

2 bay leaves

1 tsp herbs de Provence 1/4 tsp thyme

1/4 tsp sea salt 1/4 tsp pepper

small handful Italian parsley- some chopped, plus leaves for garnish



**Directions**

Put all ingredients in crock pot, cover and cook for about 4 on high or 5-6 on low. Discard bay leaves and adjust seasonings as desired. Serve with a big green salad. Enjoy!

**Turkey Chili**

Serves 4-6

**Ingredients**

1/2 to 1 pound organic Ground Turkey  
 3 Cups Butternut Squash (chopped) 1 Sweet Onion (diced)  
 3 Cloves of Garlic (minced) 2 Bell Peppers (chopped)..  
 (I like red and yellow pepper for this recipe)  
 2 Jalapenos (diced)  
 1-16oz Can Kidney Beans 1-16oz Can Black Beans  
 1-28oz Can of Diced Tomatoes 1-14oz Can of Tomato Sauce 1-6oz Can of Tomato Paste  
 4 Tbsp Chili Powder  
 1 Tbsp Cayenne Pepper  
 1 Tbsp Extra Virgin Olive Oil  
 \*Optional chopped green onion for garnish

**Directions**

Turn heat on slow cooker to low add sweet onion and cover. Once your onions begin to sweat add your bell peppers and squash and cover once more. While your ingredients are beginning to heat up start cooking your ground turkey on the stove. When your turkey is cooked all the way through and crumbled add to slow cooker and mix well with chili powder and cayenne pepper.

Add all remaining ingredients to slow cooker stir to combine everything and reduce heat to low. Allow to simmer for 4 hours before serving. Dish up chili and top with a dollop of plain greek yo- gurt and a sprinkle of chopped green onion if you would like :)

**3 Ingredient Chicken**

Serves 2-3

**Ingredients**

2 chicken breasts, cut into 1 inch pieces  
 2 sweet potatoes, peeled and cubed  
 1 can chicken broth (14.5 oz)  
 1 tsp salt  
 1½ tsp black pepper 1 Tbsp minced onion

**Directions**

Put everything in the crockpot.  
 Place lid on top and cook on low for 8 hours. Serve and enjoy!

## Black Bean Soup

Serves 3-4

### Ingredients

1 large white or yellow onion, chopped 2 red bell peppers, cored and chopped 2 carrots, peeled and chopped

5 garlic cloves, minced 1 to 2 jalapeños

4 cups vegetable stock

4 (15-ounce) can black beans, rinsed and d 1 bay leaf

2 teaspoons ground cumin

2 teaspoons chili powder

2 teaspoons kosher salt

½ teaspoon cayenne

Optional toppings: Chopped fresh cilantro, Diced avocado

### Directions

In a slow cooker, stir all soup ingredients together. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours. Vegetables should be completely tender. Fish out bay leaf and discard. Serve soup as is, or partially purée using a stick blender or a food processor. Serve with desired toppings.

Extra Virgin Olive Oil

Small Lime

## Slow Cooker Curried Vegetable and Chickpea Stew

Serves 8 to 10

### Ingredients

1 tsp olive oil

1 large onion, diced

1 tbs kosher salt, divided

2 medium sweet potatoes or butternut squash diced

1 tbs curry powder

1 tbs coconut aminos

1 tbs peeled and grated fresh ginger

3 cloves garlic, minced

1/8 tsp cayenne pepper (optional)

2 cups low-sodium vegetable broth, divided

2 (15-ounce) cans chickpeas, drained and rinsed

1 medium green bell pepper, diced

1 medium red bell pepper, diced

1 medium head cauliflower, cut into bite-sized florets

1 (28-ounce) can diced tomatoes with their juices

1/4 tsp freshly ground black pepper

1 (10-ounce) bag baby spinach

1 cup coconut milk

**Directions**

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent, about 5 minutes. Add the potatoes or squash and 1 teaspoon of the salt, and sauté until just translucent around the edges.

Stir in the curry, coconut amino, ginger, garlic, and cayenne if using and cook until fragrant, about 30 seconds. Pour in 1/4 cup of the broth and scrape up any browned bits from the bottom of the pan. Transfer this onion-potato mixture into the bowl of a 6-quart or larger slow cooker. (Halve this recipe for a smaller slow cooker.)

Add the remaining 1 3/4 cups broth, chickpeas, bell peppers, cauliflower, tomatoes with their juices, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as needed. Cover and cook for on the HIGH setting for 4 hours.

Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over basmati brown rice.

**\*NOTE: For the Arbonne 30 Days to Healthy Living program its important to keep your plate “hormonally balanced” (1/2 veggies, 1/4 protein, 1/4 carbs and healthy fat) so add in extra greens to your recipe/meal as needed to keep it balanced.**