

# 30 Days to Healthy Living Slow Cooker Recipes

\*\*\* (Most recipes are 100% 30 Days Compliant – some are 80/20) \*\*\*

## Breakfast

### Slow Cooker Veggie Omelette

#### Ingredients

- 6 eggs
- 1/2- cup milk
- 1/4 teaspoon salt
- fresh ground pepper , to taste
- 1/8 teaspoon garlic powder , or to taste
- 1/8 teaspoon chili powder , or to taste
- 1 cup broccoli florets
- 1 red bell pepper , thinly sliced
- 1 small yellow onion , finely chopped
- 1 garlic clove , minced

#### GARNISH

- Vegan shredded cheddar cheese (optional)
- chopped tomatoes
- chopped onions
- fresh parsley

#### Instructions

- Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
- In a large mixing bowl combine eggs, milk, salt, pepper, garlic powder and chili powder; using egg beaters or a whisk, beat the mixture until mixed and well combined.
- Add broccoli florets, sliced peppers, onions and garlic to the slow cooker; stir in the egg-mixture.
- Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes. Omelette is done when eggs are set.
- Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
- Turn off the slow cooker.
- Cut the omelette into 8 wedges.
- Transfer to a serving plate.
- Garnish with chopped tomatoes, chopped onions and fresh parsley.

# Main Dishes

## Slow Cooker Chicken Curry

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 6

### Ingredients:

- 1 15 ounce can coconut milk
- 1 15 ounce can tomato sauce
- 1 cup chicken broth
- 1 1/2 tablespoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 sweet potatoes, peeled and diced (about 4 cups)
- 1/2 onion, sliced
- 1 1/2 pounds chicken breast
- 1 15 ounce can chickpeas, drained, rinsed
- 2 cups fresh spinach, packed
- 1 tablespoon cornstarch
- 1 tablespoon water
- Rice, cooked
- Cilantro

### Instructions:

- Place tomato sauce, coconut milk, and chicken broth in the bottom of the slow cooker.
- Mix in the seasonings, garlic, and ginger. Add the sweet potatoes, onions, and chicken.
- Make sure everything is submerged in the sauce. Top with lid and cook on low for 4-5 hours.
- Remove chicken, shred and add back with cornstarch mixture, and chickpeas. Cook on high for 30-45 minutes.
- Stir in the spinach and let sit until wilted.

# Creamy Taco Soup

## Ingredients

### **Soup**

- 2 tablespoons ghee
- 1 large yellow onion diced
- 3 large bell peppers (I like to use red, yellow & orange) julienned
- big pinch kosher salt
- 8 garlic cloves minced
- 1 1/2 pounds grass-fed ground beef (or your favorite “meat” substitute)
- 2 tablespoons chili powder
- 1 1/2 tablespoons cumin
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon red pepper flakes
- 2 teaspoons smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 28 ounces diced tomatoes fire roasted
- 24 ounces bone broth or low sodium chicken broth
- 1 cup coconut cream split in two
- 8 ounces diced green chilies

### **Toppings**

- Jalapenos
- green onions
- Avocado
- Cilantro
- lime

### **Instructions**

- Melt the ghee in a large sauté pan over medium heat. Add the onions and bell peppers, and a big pinch of salt. Sauté until soft and tender. This will take about 5-7 minutes. Add garlic cloves and cook for 1 minute, stirring occasionally.
- Add the grass-fed ground beef (or “Meat” substitute) and stir until is cooked through and no longer pink.
- Transfer the vegetables and meat to your slow cooker and turn it on.
- Add all of the spices and stir well.
- Add diced tomatoes, broth, half of the coconut cream, and green chilies and stir until well combined.

- Cover and cook on low for about 8 hours. Once it's ready, add any or all of the toppings listed. Taste for additional salt and pepper and add any or all of the toppings listed.

## Main Dishes Vegan

### Slow Cooker Shepherd's Pie

Prep Time: 5 minutes

Cook Time: 4hours

Serves: 4 people

#### **Ingredients:**

##### **Pie:**

1 lb vegan ground "meat" substitute  
1/3 cup low-sodium broth  
1/2 cup carrots, diced  
1/2 lb zucchini, diced  
1 medium onion, diced  
2 cloves garlic, minced  
2 tbsp tomato paste  
1 1/2 tsp salt  
1 tsp thyme  
1/2 tsp pepper

##### **Mashed Cauliflower:**

1 lb cauliflower  
1 tsp ghee  
2–3 tbsp almond milk (or more)  
1/2 tsp salt  
1/4 tsp pepper

**Instructions:**

- Brown ground "meat" substitute in a skillet over medium heat. Drain grease.
- Add browned ground "meat" substitute and all other ingredients to the slow cooker.
- Stir to mix well.
- Cook HIGH 3-4 hours or LOW 6-8.
- Cook cauliflower using your preferred method until tender.
- Add cauliflower, ghee, almond milk, salt and pepper to a food processor.
- Pulse until smooth, adding more almond milk if necessary.
- Pour mashed cauliflower on top of pie filling.
- Cook an additional 20-30 minutes.

## Main Dishes Soups and Stews

### Lemon Chicken Soup

**Ingredients:**

- 2 tablespoons olive oil
- 1 cup celery chopped finely
- 1 cup onion chopped finely
- 2 tablespoons garlic minced, about 5 cloves
- 2 cups carrots sliced in small circles
- 1/2 teaspoon salt
- 1 teaspoons pepper
- 1/2 teaspoon dried rosemary
- 1 teaspoon thyme leaves optional
- 1/4 teaspoon red pepper flakes optional
- 4 bay leaves
- 1 lb boneless, skinless chicken breasts
- 2 quarts chicken broth
- 1/2 cup lemon juice (off to the side)

**Optional:**

- 2 cups cooked orzo or zucchini noodles

**Crockpot Instructions:**

- In a pan, heat olive oil over stovetop. Sauté celery, onion + garlic until fragrant and softened, approximately 5 minutes.
- Add sautéed veggies to the crockpot. Stir in carrots and spices.

- Place whole chicken breasts on top of vegetables in crockpot. Cover with chicken broth. Do not add lemon juice to the pot. Place the lid on the crockpot and cook on low for 8 hours.
- Once cooked, remove bay leaves from the broth and discard. Stir in lemon juice.
- Remove chicken from the pot + shred on a cutting board with forks or in a mixer.
- Place chicken back in crockpot, and stir to combine.
- For serving: Add cooked orzo or zucchini noodles to a bowl. Serve soup on top of the zoodles/pasta. Do not add zucchini noodles/pasta to the pot - they will absorb the liquid and get soggy!