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Slow Cooker



Slow Cooker Breakfast Omelet



Slow Cooker Overnight Oats



Slow Cooker Buffalo Chicken Salad



Slow Cooker Pulled Turkey Tenderloin Sandwich



Tex-Mex Slow Cooker Creamy Chicken



Slow Cooker Fire Roasted Shrimp Tacos

CrockPot Breakfast Casserole

Spend With Pennies



8 servings



1hr 20 mins

INGREDIENTS

1 bag Frozen Hash Brown Potatoes 32 ounces

1 pound bacon, sausage or ham cooked & crumbled or diced

3 green onions sliced

8 ounces sharp cheddar cheese shredded

½ red bell pepper diced

½ green bell pepper diced

12 eggs

1 cup milk

salt and pepper to taste

1 teaspoon dry mustard



INSTRUCTIONS

1. If using bacon or sausage, cook and crumble.
2. Grease a 6qt slow cooker. Place half of the hash browns, meat, onions, cheese and peppers. Repeat layers ending with cheese,
3. Whisk eggs, milk, dry mustard and salt & pepper in a medium bowl. Pour egg mixture over the remaining ingredients.
4. Cook on low for 7-8 hours or high for 2 ½ – 3 hours.

NUTRITIONAL INFORMATION

Calories 466

Fat 38g

Protein 23g

Sugars 2g

Carbohydrates: 5g

Overnight Slow Cooker Steel Cut Oats with Banana

Well Plated

 6 servings  8hrs 10 mins

INGREDIENTS

1.5 cups steel cut oats do not substitute quick cooking, instant, or rolled oats, gluten free if needed

4 cups water

2 cups milk any kind

2 large mashed ripe bananas plus additional banana slices for serving

3 tablespoons ground flaxseed meal

2 teaspoons pure vanilla extract

1 1/2 teaspoons ground cinnamon

1/2 teaspoon freshly grated nutmeg

1/2 teaspoon kosher salt

For serving: chopped toasted walnuts raisins, chocolate chips, maple syrup, peanut butter, or any other mix-ins you enjoy with banana bread



INSTRUCTIONS

1. Place all of the ingredients except the toppings in the bottom of a 4-to-6-quart slow cooker and stir to combine: Steel cut oats, water, milk, mashed bananas, flaxseed meal, vanilla, cinnamon, nutmeg, and salt.
2. Cover and cook on low for 7-8 hours (overnight) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

NUTRITIONAL INFORMATION

Calories 190

Fat 5g

Protein 7g

Sugars 1g

Carbohydrates: 28g

Slow Cooker French Toast Casserole

Flour On My Fingers

 12 servings  3 hours

INGREDIENTS

24 ounces sandwich bread

1 cup chopped pecans

8 large eggs

2 cups whole milk

1/4 cup maple syrup

1 tablespoon vanilla extract

1 teaspoon salt

1 1/2 teaspoons cinnamon

1/4 teaspoon ground nutmeg

Topping:

- 4 tablespoons salted butter sliced
- 1/2 cup light brown sugar
- 1 teaspoon cinnamon



INSTRUCTIONS

1. Grease your slow cooker with cooking spray beforehand.
2. Cube the bread into small 1-inch cubes, and layer it with the pecans in your slow cooker.
3. In a medium mixing bowl, whisk together the eggs, milk, real maple syrup, vanilla extract, salt, cinnamon, and nutmeg.
4. Pour the egg mixture over the bread and pecans in the Crock Pot, and give it all a gentle toss. Make sure all the bread is good and soaked.
5. Mix the sliced butter, brown sugar, and cinnamon together in a small mixing bowl.
6. Crumble the cinnamon brown sugar topping over the entire casserole. It's a really moist mixture, so it's more like clumps of cinnamon brown sugar.
7. Place the lid on your slow cooker, and cook on high for 2 to 2 1/2 hours... Or you can cook it on low for 3 to 4 hours.
8. To make sure it's done, I use a meat thermometer to check the internal temperature and make sure it's up to the proper temp for eggs.
9. You can slice it and serve it with powdered sugar and/or maple syrup. Keep the rest of your casserole warm, using the "Keep Warm" setting on your slow cooker, if applicable.

NUTRITIONAL INFORMATION

Calories 371

Fat 17g

Protein 11g

Sugars 17g

Carbohydrates: 44g

Slow Cooker Peach Crisp

Crunchy Creamy Sweet



6 servings



3 hrs 15 mins

INGREDIENTS

2 lbs peaches 5 medium (I used firmer ones - see post)

1 teaspoon pure vanilla extract

1 Tablespoon lemon juice

3 Tablespoons packed light brown sugar

Topping:

- 1 cup rolled oats (old fashioned not quick-cooking)
- 3/4 cup all-purpose flour
- 3/4 cup packed light brown sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon allspice optional but recommended
- 4 Tablespoons unsalted butter 1/2 stick



INSTRUCTIONS

1. Butter 5 to 7 quart slow cooker or spray with non-stick cooking spray.
2. Cut each peach in half, remove pit and slice into 1/2" thick slices.
3. In a large mixing bowl, toss peach slices with vanilla, lemon juice and brown sugar.
4. Arrange on the bottom of slow cooker.
5. In the same mixing bowl, stir together oats, flour, brown sugar, baking powder, baking soda, salt, cinnamon and allspice. Add butter and cut in with a fork or pastry cutter until the mixture comes together and resembles pea size clumps.
6. Sprinkle topping over peach slices.
7. Cover slow cooker and cook on HIGH setting for 3 hours. Remove lid, turn off slow cooker and let the crisp cool.
8. Serve warm with whipped cream or vanilla ice cream

NUTRITIONAL INFORMATION

Calories 364

Fat 9

Protein 4g

Sugars 45g

Carbohydrates: 69g

Slow Cooker Veggie Omelette

Diethood



8 servings



2 hrs 10 mins

INGREDIENTS

8 large eggs

1/2 cup milk or Half & Half

1/4 cup grated parmesan cheese

salt, to taste

fresh ground pepper, to taste

1/2 tablespoon dried Italian Seasoning

1/2 teaspoon garlic powder, or to taste

1/2 teaspoon chili powder, or to taste

1 cup broccoli florets

1 small red bell pepper, diced

1 small yellow onion, finely chopped

2 cloves garlic, minced

FOR GARNISH

- 1 cup shredded cheddar cheese
- cooked diced red peppers or diced tomatoes, optional
- finely diced onions, optional
- chopped fresh parsley, optional



INSTRUCTIONS

1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. In a large mixing bowl combine eggs, milk, parmesan, salt, black pepper, Italian Seasoning, garlic powder and chili powder; using a whisk, beat the egg mixture until thoroughly combined.
3. Add broccoli florets, diced peppers, chopped onions, and garlic to the insert of your slow cooker; stir in the prepared egg-mixture.
4. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes for doneness. Omelette is done when eggs are set. You can also cook it on LOW for 3 to 3.5 hours.
5. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
6. Turn off the slow cooker.
7. Optional: Garnish with chopped peppers, tomatoes, chopped onions and fresh parsley.
8. Cut the omelette into 8 pieces and serve.

NUTRITIONAL INFORMATION

Calories 166

Fat 11g

Protein 12g

Sugars 2g

Carbohydrates: 5g

Slow Cooker White Chicken Chili

WellPlated



6 serving



5hrs 15 mins

INGREDIENTS

1 1/4 pounds boneless skinless chicken breasts (about 2 to 3 breasts)

4 cups low-sodium chicken stock (see notes if you prefer a thicker chili) (32 ounces)

2 (15-ounce) cans reduced-sodium white beans

2 (4.5-ounce) cans diced green chiles

3 cloves garlic minced

1 small yellow onion (or 1/2 large) finely diced

2 teaspoons ground cumin

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1/4 cup chopped fresh cilantro

Fresh lime wedges

For serving diced jalapeno, diced avocado, nonfat sour cream or plain Greek yogurt, shredded cheese, crushed tortilla chips



INSTRUCTIONS

1. Place chicken in the bottom of a 6-quart or larger slow cooker.
2. Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.
3. With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (If you don't have an immersion blender, you can instead transfer a few ladlefuls of the chili to a food processor or blender and pulse roughly, then return back into the chili.)
4. Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.

NUTRITIONAL INFORMATION

Calories 314

Fat 4g

Protein 34g

Sugars 1g

Carbohydrates: 36g

Slow-Cooker Buffalo Chicken Salad

Taste of Home



6 servings



2 hrs 30mins

INGREDIENTS

1-1/2 pounds boneless skinless chicken breast halves

3/4 cup Buffalo wing sauce

3 tablespoons butter

1 envelope ranch salad dressing mix

1 package (10 ounces) hearts of romaine salad mix

1 cup julienned carrot

1 medium ripe avocado, peeled and cubed

1/2 cup crumbled blue cheese

1/2 cup blue cheese salad dressing



INSTRUCTIONS

1. Place chicken in a 1-1/2- or 3-qt. slow cooker. Top with wing sauce, butter and ranch dressing mix. Cook, covered, on low until thermometer inserted in chicken reads 165°, 2-1/2 to 3 hours.
2. Remove chicken; shred with 2 forks. Reserve 1/3 cup cooking juices; discard remaining juices. Return chicken and reserved juices to slow cooker; heat through.
3. Place romaine salad mix in a serving dish. Top with shredded chicken, carrots, avocado and blue cheese; drizzle with blue cheese dressing. Serve immediately.

NUTRITIONAL INFORMATION

Calories 385

Fat 26g

Protein 28g

Sugars 2g

Carbohydrates: 12g

Slow Cooker Pulled Turkey Tenderloin Sandwich

Taste of Home



5 servings



6 hours

INGREDIENTS

1 package (20 ounces) turkey breast tenderloins

2 cups water

1/2 cup sweet pickle juice

1 envelope onion soup mix

2 tablespoons canned diced jalapeno peppers

1/2 cup fat-free plain Greek yogurt

1 tablespoon yellow mustard

1/8 teaspoon pepper

5 kaiser rolls, split

Optional: Prepared coleslaw, sliced jalapeno peppers and sweet pickles



INSTRUCTIONS

1. Place turkey in a 3-qt. slow cooker. In a small bowl, combine the water, pickle juice, soup mix and jalapeno peppers; pour over turkey. Cover and cook on low for 6-8 hours or until meat is tender. Remove turkey and shred with 2 forks. Transfer to a small bowl.
2. Strain cooking juices, reserving 1/2 cup juices. In another small bowl, combine the yogurt, mustard, pepper and reserved cooking juices. Pour over turkey; toss to coat. Serve on rolls and, if desired, with optional toppings.

NUTRITIONAL INFORMATION

Calories 339

Fat 4g

Protein 36g

Sugars 7g

Carbohydrates: 40g

Slow Cooker Red Pepper Chicken

Taste of Home

 4 servings  6 hours

INGREDIENTS

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (14-1/2 ounces) Mexican stewed tomatoes, undrained
- 1 jar (12 ounces) roasted sweet red peppers, drained and cut into strips
- 1 large onion, chopped
- Pepper to taste
- Hot cooked rice



INSTRUCTIONS

1. Place the chicken in a 3-qt. slow cooker. In a bowl, combine the beans, tomatoes, red peppers, onion and pepper. Pour over the chicken. Cover and cook on low until chicken is tender, about 6 hours. Serve with rice.

NUTRITIONAL INFORMATION

Calories 288

Fat 3g

Protein 30g

Sugars 8g

Carbohydrates: 28g

Beef & Rice Stuffed Cabbage Rolls

Taste of Home



6 servings



6 hours

INGREDIENTS

12 cabbage leaves

1 cup cooked brown rice

1/4 cup finely chopped onion

1 large egg, lightly beaten

1/4 cup fat-free milk

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound lean ground beef (90% lean)

sauce:

1 can (8 ounces) tomato sauce

1 tablespoon brown sugar

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce



INSTRUCTIONS

1. In batches, cook cabbage in boiling water 3-5 minutes or until crisp-tender. Drain; cool slightly. Trim the thick vein from the bottom of each cabbage leaf, making a V-shaped cut.
2. In a large bowl, combine rice, onion, egg, milk, salt and pepper. Add beef; mix lightly but thoroughly. Place about 1/4 cup beef mixture on each cabbage leaf. Pull together cut edges of leaf to overlap; fold over filling. Fold in sides and roll up.
3. Place 6 rolls in a 4- or 5-qt. slow cooker, seam side down. In a bowl, mix sauce ingredients; pour half of the sauce over cabbage rolls. Top with remaining rolls and sauce. Cook, covered, on low 6-8 hours or until a thermometer inserted in beef reads 160° and cabbage is tender.

NUTRITIONAL INFORMATION

Calories 204

Fat 7g

Protein 18g

Sugars 5g

Carbohydrates: 16g

Slow Cooker BBQ Dinner

ETNT



6 servings



5 hours

INGREDIENTS

For the pork

2½ to 3 lb boneless pork shoulder

1 tsp chili powder

1 tsp ground cumin

½ tsp salt

¼ tsp chipotle chile powder or cayenne

½ cup beef bone broth or water

3 Tbsp cider vinegar

For the slaw (4 cups)

½ cup keto mayonnaise

2 Tbsp heavy cream

2 Tbsp lemon juice

1 Tbsp erythritol

1 Tbsp white vinegar

1 jalapeño pepper, seeded and minced

1 tsp celery seeds

salt and pepper

4 cups coleslaw mix or shredded cabbage



INSTRUCTIONS

1. Trim excess fat from meat. Cut it up, if necessary, to fit in a 3½-quart or 4-quart slow cooker. Season with chili powder, cumin, salt, and chipotle chile powder. Pour broth and vinegar over meat. Cover and cook on low-heat setting 8 to 10 hours, or on high-heat setting for 4 to 5 hours. Remove meat from the cooker and shred it using two forks.
2. While the meat is cooking, make the slaw. In a medium bowl, whisk together mayo, heavy cream, lemon juice, erythritol, and vinegar. Add jalapeño, celery seeds, and salt and pepper to taste, and stir. Add coleslaw and toss until coated evenly. Cover and refrigerate at least 1 hour or up to 3 days.
3. Serve by dividing pork among six bowls and topping with slaw.
4. You can freeze the meat for up to 3 months. Let cool, drizzle with a little cooking liquid, and transfer into a freezer container. Thaw overnight in the refrigerator before reheating.

NUTRITIONAL INFORMATION

Calories 385

Fat 22g

Protein 40g



Sugars 2g

Carbohydrates: 6g

Rich & Hearty Slow Cooker

Beef Ragu

ETNT

 4-6 servings  7 hours

INGREDIENTS

- 1 lb. beef chuck
- 1 28 oz. can crushed tomatoes
- 1 6 oz. can tomato paste
- 1 cup carrots, peeled and diced
- 1 cup celery stalks, diced
- 2 garlic cloves, minced
- 1 medium onion, diced
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup of beef stock (or red wine)
- 1 bag/box of pappardelle pasta
- Shaved parmesan



INSTRUCTIONS

1. Season the beef with salt and pepper.
2. Add in seasoned beef, crushed tomatoes, tomato paste, carrots, celery, garlic cloves, onion, and Italian seasoning into a slow cooker.
3. Pour in the beef stock (or if you have some leftover red wine, use that).
4. Cook on low for 6 hours (8 hours max). If you cook for longer, the beef will get mushy, so be careful!
5. Right before serving, cook the pappardelle pasta in boiling water that has been lightly salted. Cook time varies based on packaging instructions.
6. Take the beef out and shred it with two forks. Place back in the sauce.
7. Serve beef ragu on prepared pappardelle pasta with shaved parmesan cheese.

NUTRITIONAL INFORMATION

Calories 375

Fat 6g

Protein 27g

Sugars 6.6g

Carbohydrates: 52g

Tex-Mex Slow Cooker Creamy Chicken

My Latina Table



8 servings



4 hrs 15 mins

INGREDIENTS

3 Chicken Breasts

1 Can Organic Black Beans Drained

1 Can Organic Yellow Corn Drained

1 Can Organic Diced Tomatoes Drained

1 Package Cream Cheese 8 oz

2 Cups Organic Chicken Bone Broth

1/2 Yellow Onion Diced

3 Cloves Garlic Minced

1 Tbsp Butter

1 Red Pepper Diced

1 Tbsp Paprika

1 Tbsp Pure Ground Black Pepper

1 Tbsp Garlic Powder

1 Tbsp Ground Cumin

1 Tsp Salt



INSTRUCTIONS

1. Add the butter to a small frying pan over medium heat with the onion, red pepper, and garlic and sauté.
2. Add everything to the slow cooker, starting with the chicken (including the onion, pepper, and garlic from the first step) and cook on high for 4 hours.
3. After 4 hours, shred the chicken and mix everything together.
4. Serve with rice or in a bowl.

NUTRITIONAL INFORMATION

Calories 302

Fat 11g

Protein 28g

Sugars 6g

Carbohydrates: 25g

Perfect Slow Cooker Ratatouille

WholeFood Bellies



4 servings



3 hrs 15 mins

INGREDIENTS

- 2 large russet potatoes
- 1 medium sweet potato
- 2 red bell peppers
- 1 red onion
- 1 large green zucchini
- 1 large yellow squash
- 3 cups marinara (for a homemade version see notes)
- 5 cloves garlic, minced
- ½ cup parmigiano regiano
- ½ cup basil leaves, chiffonaded
- salt and pepper, to taste



INSTRUCTIONS

1. Slice the potatoes, sweet potato, red bell peppers, and red onion into thin rounds (about ⅛ inch). Slice the zucchini and squash into slightly thicker rounds (about ½ inch).
2. Pour one cup of the pasta sauce into the bottom of your slow cooker, then overlap the veggies in a circular pattern around the edges (i.e. potato, followed by sweet potato, followed by zucchini, bell peppers and onion, and repeat) until you've used them all.
3. After each row add a dash of salt, pepper, and a bit of the minced garlic. Then layer more veg on top.
4. Pour the rest of the sauce on top and set the slow cooker on high for 3 hours.
5. To serve, garnish with some fresh basil and parmigiana region. Leftovers will keep for about 3 days in the fridge.

NUTRITIONAL INFORMATION

Calories 329

Fat 6.1g

Protein 11.8g

Sugars 18.4g

Carbohydrates: 59.9g

Crock Pot Fire Roasted Tomato Shrimp Tacos

Cotter Crunch



5 servings



2 hours 5 mins

INGREDIENTS

- 1 lb medium shrimp, peeled and tails off (fresh or frozen then thawed) (see notes below for fresh shrimp)
- 1 tbsp olive oil (or avocado oil)
- 1/2 cup chopped onion
- 14.5 oz can fire roasted stewed tomatoes (diced work best)
- 1/2 cup chunky salsa
- 1 bell pepper, chopped (about 1/2 to 2/3 cup)
- dash of sea salt and black pepper
- 1/2 tsp cumin
- 1/2 tsp chili powder or ancho chili powder
- 1/4 tsp paprika or cayenne pepper
- 1 tsp minced garlic
- 3-4 tbsp chopped cilantro (2-3 tbsp for plating)
- Optional toppings – extra chopped green onion, sour cream, avocado, jalapeno pepper, etc.
- Tortillas to serve (gluten free corn, paleo tortillas or gluten free flour tortillas)



INSTRUCTIONS

1. First make sure your shrimp are peeled and tails off. If you are using frozen shrimp, quickly thaw in water for 10 minutes, then peel.
2. Layer your raw shrimp at the bottom of pot. Drizzle with 1 tbsp olive oil. Then mix in your chopped onion.
3. Drain your canned fire roasted tomatoes and then pour it over the shrimp. Stir together.
4. Add your bell pepper and the rest of your ingredients, including your seasonings and cilantro. Stir all together.
5. Place slow cooker (crock pot) low for 2-3 hrs. Or high for 90 minutes to 2 hours.
6. Check on shrimp around 1 hour of cooking on high. If they look almost done, place on medium for another 30 minutes to hour. They should be seasoned nicely and pink, similar to that of steamed shrimp.
7. Serve with gluten free corn or paleo tortillas, chopped cabbage/salad, rice, or avocado!
8. Top with extra cilantro and jalapeno and gluten free flour tortillas

NUTRITIONAL INFORMATION

Calories 115

Fat 2.55g

Protein 14g

Sugars 2.5g

Carbohydrates: 5g