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Slow Cooker

Dinner

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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