



Set It &

Forget It

**SLOW COOKER RECIPES TO
SIMPLIFY YOUR LIFE**



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Breakfast

Steel-Cut Apple Cinnamon Oatmeal

Prep Time 10 mins / Cook Time 7 hrs 10 mins / Total Time 7 hrs 20 mins

Makes 10 servings

Ingredients

Nonstick cooking spray
1½ cups water
1½ cups unsweetened almond milk
3 cups dry steel-cut oats
5 small apples chopped
¼ tsp. sea salt (or Himalayan salt)
1 tsp ground cinnamon
2 Tbsp. pure maple syrup
2 Tbsp. ground flax seed

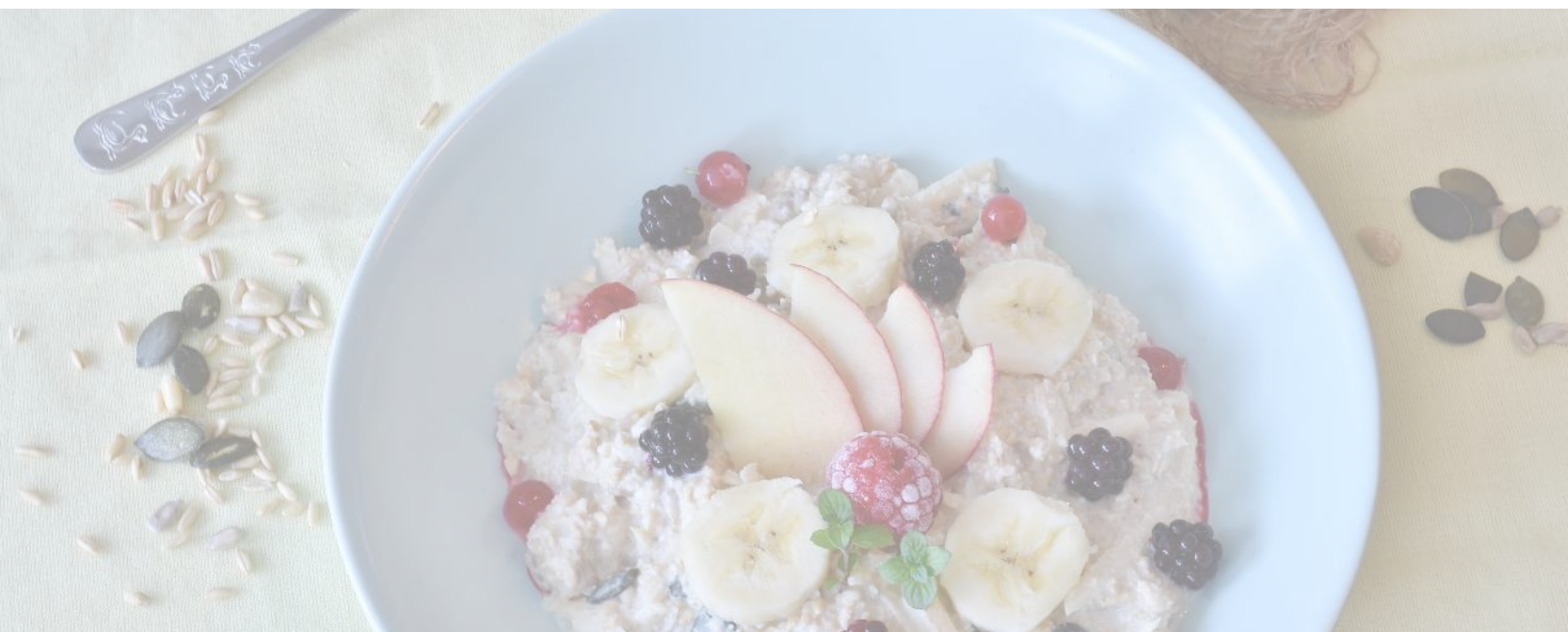
Instructions

Lightly coat inside of slow cooker with spray.

Add water, almond milk, oats, apples, salt, cinnamon, maple syrup, and flax seed; mix well. Cook for 5 to 7 hours on low (or 2 to 3 hours on high), or until edges are brown but not burned.

Recipe Notes

Times can vary. In order to make sure oatmeal doesn't burn, test it out the first time during the day to see how long it takes the oatmeal to cook in your slow cooker. Leftover oatmeal can be stored in the refrigerator for up to 4 days, or frozen in individual portions.



Banana Bread Oatmeal

Prep Time 10 mins / Cook Time 8 hours / Total
Time 8 hours 10 mins
Makes 6 servings

Ingredients

3 cups water
4 cups unsweetened almond
milk divided use
1 cup dry steel-cut oats
3 large ripe bananas mashed
6 Tbsp. ground flaxseed
1 tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground nutmeg
¼ cup pure maple syrup
6 Tbsp. chopped raw walnuts

Instructions

Place water, 1 cup almond milk, oats, bananas, flaxseed, cinnamon, salt, and nutmeg in a 3-quart slow cooker; cover. Cook on low for 6 to 8 hours, or until oats are soft but chewy. Top each serving evenly with maple syrup, walnuts, and remaining almond milk; serve immediately.

Breakfast Casserole

Prep Time 15 mins / Cook Time 4 hours /
Total Time 4 hours 15 mins
Makes 4 servings

Ingredients

½ cup quinoa (rinsed well and
uncooked)
1 ½ cups milk
6 large eggs
½ teaspoon salt
⅛ teaspoon pepper
½ cup fresh or frozen cut leaf spinach
¾ cup grape tomatoes (halved)
¼ cup shredded cheese (colby,
monterey jack, cheddar, etc.)
¼ cup shredded Parmesan cheese

Instructions

In a mixing bowl whisk 6 eggs until beaten. Add quinoa, milk, salt and pepper and whisk until combined. Gently mix in spinach, tomatoes and ½ cup shredded cheese. Spray slow cooker well with nonstick spray. Add egg and quinoa mixture to slow cooker. Top with Parmesan cheese. Cover and cook on high for 2-4 hours until eggs are set and edges are lightly browned

Entrées



Vegetable Stew

Prep Time 15 mins / Cook Time 4 hrs 17 mins / Total Time 4 hrs 32 mins

Makes 6 servings

Ingredients

1 tsp. olive oil
1 medium onion, chopped
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
2 cloves garlic, coarsely chopped
2 cups low-sodium organic vegetable broth
1 (14.5-oz.) can diced tomatoes, no added salt
2 15-oz. cans chickpeas (garbanzo beans), drained, rinsed
1 Tbsp. curry powder
1 Tbsp. pure maple syrup
1 Tbsp. fresh ginger, finely chopped
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 dash ground cayenne pepper (optional)
1 medium head cauliflower, cut into florets
1 (10-oz.) bag raw baby spinach
1 cup lite coconut milk

Instructions

Heat oil in medium nonstick skillet over high heat. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute.

Place onion mixture in 3-quart slow cooker. Add broth, tomatoes (with juice), chickpeas, curry powder, maple syrup, ginger, salt, black pepper, and cayenne pepper. Mix well; cover. Cook on high for 3 hours. Add cauliflower. Mix well; cover. Cook on high for 1 hour. Add spinach and coconut milk. Mix well; cover. Cook on high for 10 minutes, or until spinach wilts.



Hawaiian Pork Chops

Prep Time 20 mins / Cook Time 3 hours 30 mins /
Total Time 3 hours 50 mins
Makes 4 servings

Ingredients

½ cup cold water

3 Tbsp. corn starch preferably GMO-free

¼ cup reduced-sodium soy sauce

1 Tbsp. raw honey

2 Tbsp. all-natural ketchup, no sugar added

2 8-oz. cans pineapple slices in juice, reserve
liquid divided use

3 Tbsp. rice vinegar

2 cloves garlic finely chopped
nonstick cooking spray

1 lb. raw lean, center-cut pork chops

2 cups cooked brown rice

1 Tbsp + 1 tsp. finely chopped fresh cilantro

Instructions

Combine water and cornstarch in a small bowl;
whisk to blend. Set aside.

Combine soy sauce, honey, ketchup, pineapple
juice, vinegar, and garlic in a medium bowl;
whisk to blend.

Add cornstarch mixture to soy sauce mixture;
whisk to blend. Set aside.

Lightly coat inside of a 3-quart slow cooker
with spray. Add half of soy sauce mixture, pork
chops, pineapple, and remaining soy sauce
mixture; cover. Cook on high for 3 to 3½ hours
(or low for 5 to 6 hours), or until pork chops
are tender and cooked through.

Serve each pork chop with ½ cup rice. Evenly
divide sauce and pineapple between pork
chops. Sprinkle each with 1 tsp. cilantro.

Recipe Notes

You can substitute 1½ cups sliced fresh
pineapple for canned. Use ½ cup of
unsweetened pineapple juice for liquid.

Chicken Tacos

Prep Time 20 mins / Cook Time 3 hours /
Total Time 3 hours 20 mins
Makes 4 servings

Ingredients

1 cup low-sodium organic chicken broth

4 cloves garlic, finely chopped

2 medium jalapeño peppers, seeded and
deveined, chopped (optional)

2 Tbsp. chili powder

2 Tbsp. ground cumin

2 tsp. ground smoked paprika

½ tsp. sea salt (or Himalayan salt)

2 bay leaves

1 lb. raw chicken breast, boneless, skinless

8 (6-inch) corn tortillas, warm

1 cup pico de gallo (or fresh tomato salsa)

1 medium ripe avocado, sliced

1 medium lime, cut into 4 wedges

¼ cup finely chopped fresh cilantro

Instructions

Place chicken broth, garlic, jalapeños (if
desired), chili powder, cumin, paprika, salt,
bay leaves, and chicken in a 3-quart slow
cooker; mix well and cover.

Cook on high for 2½ to 3 hours (or on low
for 4 to 5 hours), or until chicken is
tender.

Transfer chicken to a cutting board and
shred with 2 forks. Evenly divide chicken
between 8 tortillas. Top evenly with pico
de gallo, avocado, lime juice, and cilantro;
serve immediately.



Beef Chili

Prep Time 15 mins / Cook Time 4 hrs 41 mins / Total Time 4 hrs 56 mins
Makes 6 servings

Ingredients

- 2 Tbsp. olive oil
- 1½ lbs. extra lean beef chuck, cut into bite-sized pieces
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 cloves garlic, finely chopped
- 1 (15-oz.) can diced tomatoes, no salt added
- ¼ cup tomato paste, no sugar added
- 2 Tbsp. chili powder
- ¾ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 (15-oz.) can kidney beans, drained, rinsed

Instructions

- Heat oil in medium nonstick skillet over high heat.
- Add beef; cook, stirring frequently, for 4 to 5 minutes, or until browned. Reduce heat to medium-high. Add onion and bell pepper; cook, stirring frequently, for 3 to 4 minutes.
- Add garlic; cook, stirring frequently, for 1 minute.
- Place beef mixture in a 3-quart slow cooker.
- Add tomatoes, tomato paste, chili powder, salt, and pepper. Mix well; cover.
- Cook on high for 3 hours.
- Add beans; cover. Cook for 1 to 1½ hours, or until beef is tender.



Sides and Snacks

Mushrooms With Garlic and Herbs

Prep Time 15 mins / Cook Time 2 hrs / Total Time 2 hrs 15 mins

Makes 4 servings

Ingredients

1 lb . whole mushrooms (like brown, button, or cremini), stems trimmed

4 cloves garlic, finely chopped

2 Tbsp. finely chopped fresh thyme

1 bay leaf

½ cup low-sodium organic vegetable broth

Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

¼ cup unsweetened almond milk

2 Tbsp. unsalted butter

2 Tbsp. chopped fresh parsley (for garnish; optional)

Instructions

Place mushrooms, garlic, thyme, and bay leaf in a 3-quart slow cooker.

Add broth. Season with salt and pepper if desired. Mix well; cover.

Cook on high for 1 to 1½ hours (or on low for 3 to 3½ hours), or until tender.

Add almond milk and butter; cook for an additional 30 minutes.

Garnish with parsley if desired; serve immediately.



Chai Apple Butter

Prep Time 15 mins / Cook Time 12 hours / Total Time 12 hours 15 mins

Makes 20 servings

Ingredients

5 medium cooking apples, cored, cut into quarters

5 medium cooking apples, peeled, cored, cut into quarters

¼ cup coconut sugar

2- inch slice lemon peel

10 bags chai tea

Instructions

Place apples, sugar, lemon peel, and tea bags in a 2 to 3-quart slow cooker.

Cook on low for 12 hours or until apples are completely broken down.

Remove lemon peel and tea bags.

Chunky Monkey Trail Mix

Prep Time 5 mins / Cook Time 1 hour 30 mins / Total Time 1 hour 35 mins

Makes 5-6 cups

Ingredients

2 cup raw walnuts (halves or coarsely chopped)

1 cup raw cashew halves

1 cup unsweetened coconut flakes (NOT shredded)

1/3 cup coconut sugar

2 to 3 tbsp coconut oil

1 tsp vanilla or butter extract

6 ounces unsweetened banana chips or dried banana slices

1/2 cup to 2/3 cup dark chocolate chips

Instructions

Place your nuts, coconut, sugar, vanilla, and coconut oil in the slow cooker. Mix together and place on high for 45- 60 minutes. Stir a few times checking to make sure coconut flakes do not burn. Reduce to low after 45 minutes if flakes are cooking faster or browning.

Turn to low and continue cooking for 20-30 minutes. Remove and place crock pot contents on parchment paper to dry out. Be sure to let it cool for at least 15 minutes before adding the chocolate and banana chips.

Add in the banana chips and chocolate chips and mix together.

5 Day Meal Plan

MONDAY Breakfast: Steel-Cut Apple Cinnamon Oatmeal
Lunch: Weekend Leftovers
Dinner: Vegetable Stew

TUESDAY Breakfast: Leftover Steel-Cut Apple Cinnamon Oatmeal
Lunch: Leftover Vegetable Stew
Dinner: Hawaiian Pork Chops

WEDNESDAY Breakfast: Banana Bread Oatmeal
Lunch: Leftover Hawaiian Pork Chops
Dinner: Chicken Tacos

THURSDAY Breakfast: Leftover Banana Bread Oatmeal
Lunch: Leftover Chicken Tacos
Dinner: Beef Chili

FRIDAY Breakfast: Breakfast Casserole
Lunch: Leftover Beef Chili
Dinner: Leftovers from the Week

Prep sides + snacks on the weekend and enjoy throughout the week

GROCERY LIST

FRUITS

15 small-medium apples, 3 large bananas, 1 avocado, 1 lime, 1 lb whole mushrooms (brown, button, or cremini), 1 lemon

VEGETABLES

fresh spinach, grape tomatoes, 2 onions, 1 red pepper, 2 green peppers, garlic cloves, ginger, 1 head cauliflower, cilantro, 2 medium jalapeno peppers, fresh thyme, fresh parsley

FISH & MEAT

1 lb center cut pork chops, 1 lb boneless + skinless chicken breast, 1.5 lb extra lean beef chuck

PANTRY

steel-cut oats, ground flax seed, quinoa, vegetable broth, low-sodium chicken broth, 2 (14.5oz) cans diced tomatoes, 2 (15oz) cans chickpeas, 1 (15oz) can kidney beans, 1 can lite coconut milk, cornstarch, 2 (8oz) cans pineapple slices, brown rice, 1 can tomato paste, chai tea bags, 2 c raw walnut, 1 c raw cashews, coconut flakes, dried banana slices, dark chocolate chips

DAIRY

unsweetened almond milk, milk, eggs, shredded cheese (colby, monterey jack, or cheddar), Parmesan cheese, unsalted butter

SEASONING + SPICES

sea salt (or Himalayan salt), pepper, ground cinnamon, ground nutmeg, curry powder, cayenne pepper, chili powder, cumin, paprika, bay leaves, coconut sugar

CONDIMENTS + COOKING OILS

nonstick cooking spray, coconut oil, olive oil, honey, all-natural ketchup, pure maple syrup, soy sauce, rice vinegar, pico de gallo, vanilla extract OR butter extract

BREAD + BAKERY

8 (6-inch) corn tortillas