LEALOU COOKS

Slow Cooker Recipe Booklet

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Welcome to the Slow Cooker Recipe Booklet!

These recipes will warm your body during the coldest winter months ahead! There's nothing like setting a timer and coming home to a delicious meal that's done already! The best especially if you're busy with kids at home and work obligations.

I have a few tips for using this recipe booklet:

- Always check the notes for substitutions and ideas. The reality is that you can make a lot of these recipes in a different way. For example, if the recipe calls for meat you can likely switch up the recipe the next week to use lentils or beans to make it vegan or vegetarian. Two recipes in one—score!

- Always check the timing of your slow cooker. Sometimes recipes dry out and you wonder what you did wrong, but cooking times vary depending on the size of your slow cooker. I have a smallish slow cooker so usually 4 hours on high is the right amount of time.

- If you have a large slow cooker try preheating it first. Think about it like a small oven that needs to warmed up before the cooking starts.

- When cooking with meat, try to take it out of the fridge at least half an hour before you cook it. It helps to bring the temperature of the meat to room temperature which then helps with even cooking

- Most food made in a slow cooker tastes best the second day. If you're going to make a big batch of chilli, make it a day in advance. The flavours will meld together and taste delicious when you're read to eat it.

- If you have the time, brown bigger cuts of meat before adding them to the slow cooker. This will help to add a level of flavour to your meal.

That's it for now! Enjoy these recipes and make them all winter long!

If you have any questions, don't hesitate to email me.

Steph

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	Mon	Tue	Wed	Thu	Fri
Breakfast	Slow Cooker Lentil Chili	Slow Cooker Chicken Cacciatore	Slow Cooker Maple Mustard Chicken	Slow Cooker Stuffed Peppers	
Snack 1	Slow Cooker Chicken Soup	Slow Cooker Maple Cinnamon Oatmeal	Slow Cooker Chicken Shawarma	Slow Cooker Cabbage Roll Soup	Slow Cooker BBQ Pulled Pork

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Fruits

- [ ] 1 Avocado
- [ ] 2 Lemon

Breakfast

- [ ] 1/3 cup Maple Syrup
- [ ] 3 cups Steel Cut Oats

Seeds, Nuts & Spices

- [ ] 1 1/3 tbsps Black Pepper
- [ ] 1/4 tsp Cayenne Pepper
- [ ] 3 tbsps Chili Powder
- [ ] 2 tsps Cinnamon
- [ ] 1 1/8 tbsps Cumin
- [ ] 1 1/2 tsps Dried Basil
- [ ] 1 tsp Garlic Powder
- [ ] 1 tbsp Italian Seasoning
- [ ] 1 tsp Onion Powder
- [ ] 2 tsps Oregano
- [ ] 1 tbsp Paprika
- [ ] 1/2 tsp Red Pepper Flakes
- [ ] 1 1/3 tbsps Sea Salt
- [ ] 0 Sea Salt & Black Pepper
- [ ] 1 tsp Smoked Paprika

Vegetables

- [ ] 9 cups Baby Spinach
- [ ] 5 1/4 Carrot
- [ ] 2 heads Cauliflower
- [ ] 4 stalks Celery
- [ ] 1/4 cup Cilantro
- [ ] 1/2 Cucumber
- [ ] 15 Garlic
- [ ] 8 cups Green Beans
- [ ] 4 Green Bell Pepper
- [ ] 4 cups Green Cabbage
- [ ] 2 1/2 cups Mushrooms
- [ ] 1 1/4 cups Parsley
- [ ] 1 Red Bell Pepper
- [ ] 1/2 cup Red Onion
- [ ] 1 tbsp Rosemary
- [ ] 1 Tomato
- [ ] 3 1/2 Yellow Onion

Boxed & Canned

- [ ] 1 cup Chicken Broth
- [ ] 5 1/2 cups Crushed Tomatoes
- [ ] 3 1/2 cups Diced Tomatoes
- [ ] 1 cup Dry Red Lentils
- [ ] 1 3/4 cups Red Kidney Beans
- [ ] 2 cups Salsa
- [ ] 2 tbsps Tomato Paste
- [ ] 2 cups Vegetable Broth

Baking

- [ ] 2 tbsps Coconut Flour

Bread, Fish, Meat & Cheese

- [ ] 8 ozs Chicken Breast
- [ ] 7 lbs Chicken Thighs
- [ ] 2 lbs Extra Lean Ground Turkey
- [ ] 1/2 cup Hummus
- [ ] 1 1/2 lbs Pork Tenderloin

Condiments & Oils

- [ ] 2/3 cup Black Olives
- [ ] 2 1/2 tbsps Capers
- [ ] 1 1/2 tsps Coconut Oil
- [ ] 1/3 cup Dijon Mustard
- [ ] 2/3 cup Extra Virgin Olive Oil

Cold

- [ ] 1 Egg

Other

- [ ] 16 cups Water

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Slow Cooker Lentil Chili

6 servings
5 hours

Ingredients

1 cup Dry Red Lentils (rinsed, uncooked)
1 Yellow Onion (medium, diced)
1 Red Bell Pepper (chopped)
1 Carrot (chopped)
3 Garlic (cloves, minced)
1 tbsp Chili Powder
1 tsp Cumin
1 tsp Smoked Paprika
3 1/2 cups Diced Tomatoes (from the can with juices)
2 tbsps Tomato Paste
2 cups Vegetable Broth
Sea Salt & Black Pepper (to taste)
1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
1 Avocado (optional, sliced)
1/4 cup Cilantro (optional, chopped)

Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of chili.
Likes it Spicy: Add one chopped jalapeno pepper.
More Flavor: Add the juice of one lime to the slow cooker just before serving.
No Beans: Use lentils only.
Leftovers: Store leftovers in the fridge for up to five days, or freeze for longer.

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Slow Cooker Chicken Cacciatore

5 servings
4 hours

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
1 1/4 Carrot (peeled and sliced)
2 1/2 cups Mushrooms (sliced)
2 1/2 cups Crushed Tomatoes
2 tsps Oregano
2 1/2 tbsps Capers
2/3 cup Black Olives (pitted, sliced)
2/3 tsp Sea Salt
2/3 cup Parsley (finely chopped)

Directions

1. Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
2. Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serve it With: Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.

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Slow Cooker Maple Mustard Chicken

4 servings
4 hours

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Maple Syrup
1/3 cup Dijon Mustard
1 tsp Dried Basil
1 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
8 cups Green Beans (washed and trimmed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or drumsticks instead.
Save Time: Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.
More Carbs: Serve with rice, sweet potato or quinoa.
Leftovers: Refrigerate in an airtight container for up to three days.

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Slow Cooker Stuffed Peppers

4 servings
4 hours

Ingredients

- **4** Green Bell Pepper (large)
- **1 lb** Extra Lean Ground Turkey
- **1/2 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **1 tbsp** Chili Powder
- **1/2 tsp** Cumin
- **1/2 tsp** Dried Basil
- **1** Egg
- **2** Garlic (cloves, minced)
- **1/2** Yellow Onion (diced)
- **1 cup** Baby Spinach (chopped)
- **1 tbsp** Extra Virgin Olive Oil
- **2 tbsps** Coconut Flour
- **2 cups** Salsa
- **1 head** Cauliflower (large)

Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.

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Slow Cooker Chicken Soup

6 servings
6 hours

Ingredients

1 Yellow Onion (diced)
4 stalks Celery (diced)
3 Carrot (medium, chopped)
1 tbsp Rosemary (fresh)
8 ozs Chicken Breast (boneless, skinless)
1 lb Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
6 cups Water (or broth)

Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

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Slow Cooker Maple Cinnamon Oatmeal

8 servings
8 hours

Ingredients

1 1/2 tsps Coconut Oil
3 cups Steel Cut Oats
9 cups Water
2 tsps Cinnamon
1/4 cup Maple Syrup
1/2 tsp Sea Salt

Directions

1. Grease your slow cooker with coconut oil.
2. Add the remaining ingredients to your slow cooker. Do not stir as the ingredients will mix as it cooks. Set the slow cooker to low and cook for 8 hours.
3. Enjoy immediately or divide into separate containers to let cool and refrigerate.

Notes

Storage: Refrigerate in an airtight container up to 6 days.

Toppings: Fruits, nuts, berries, hemp hearts, ground flaxseed, chocolate chips, nut or seed butter, shredded coconut.

Oatmeal Party: Set up your desired assortment of toppings for each guest to dress their own bowl of oatmeal.

No Steelcut Oats: Use old-fashioned or rolled oats instead. Note that they will require less cooking time (check at 4 hrs).

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Slow Cooker Chicken Shawarma

4 servings
4 hours

Ingredients

2 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
6 Garlic (cloves, minced)
1/2 tsp Sea Salt
1 tsp Black Pepper
1 tsp Cumin
1/4 tsp Cayenne Pepper (more if you like it spicy)
2 lbs Chicken Thighs (skinless, boneless)
1/2 cup Red Onion (diced)
4 cups Baby Spinach (chopped)
1 Tomato (diced)
1/2 Cucumber (diced)
1/4 cup Parsley (chopped)
1/2 cup Hummus

Directions

1. In the slow cooker combine the lemon juice, olive oil, garlic, salt, pepper, cumin and cayenne pepper. Mix well. Add the chicken thighs and toss well to coat. Add the red onion and mix again. Put on the lid and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
2. Once it is cooked through, use a fork to transfer the chicken thighs from the slow cooker to a plate. Chop into pieces with a knife.
3. Optional: For crispier chicken, heat a frying pan over medium heat. Add a few spoonfuls of the leftover liquid from the slow cooker and then and add the chicken. Saute until the pieces are browned and crisp on the ends.
4. Serve chicken on a plate with spinach, tomato and cucumber. Garnish with parsley and hummus. Drizzle with a lemon wedge or the leftover liquid from your slow cooker. Enjoy!

Notes

No Chicken Thighs: Use chicken breast.

On-the-Go: Layer all ingredients into a mason jar.

No Slow Cooker: Cook chicken and marinade together in the oven at 350 for 30 minutes or until cooked through.

Next Level Shawarma: Serve over rice or quinoa. Add extra toppings like eggplant, hot sauce, olives or feta cheese.

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Slow Cooker Cabbage Roll Soup

6 servings
4 hours

Ingredients

1 head Cauliflower (processed into rice)
4 cups Green Cabbage (roughly chopped)
1 Yellow Onion (diced)
4 Garlic (cloves, minced)
3 cups Crushed Tomatoes
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1/2 tsp Red Pepper Flakes (optional)
1 tsp Sea Salt
1 tsp Black Pepper
1 cup Water
1 lb Extra Lean Ground Turkey (or chicken)
4 cups Baby Spinach (optional)
1/3 cup Parsley (chopped, optional)

Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 5 days, or freeze up to a year.
Serving Size: One serving is roughly 2 cups of soup.
No Ground Turkey: Use any type of ground meat.
Vegan & Vegetarians: Replace the meat with 1 can of lentils, chickpeas or kidney beans.

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Slow Cooker BBQ Pulled Pork

4 servings
6 hours

Ingredients

1 1/2 lbs Pork Tenderloin
2 tbsps Extra Virgin Olive Oil
1 cup Chicken Broth
1/2 tsp Sea Salt
1 tsp Black Pepper
1 tbsp Chili Powder
2 tsps Paprika
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp Cumin

Directions

1. Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
2. In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
3. Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

Notes

Serve it With: Sautéed kale, brown rice or sweet potato.
No Pork: Replace the pork with skinless, boneless chicken breasts.