

GORDON ROCK

SLOW

Cooker

Cookbook

ENJOY HEALTHY AND EASY TO PREPARE SLOW COOKER MEALS!



Slow Cooker Cookbook

Enjoy Healthy and Easy to Prepare Slow Cooker
Meals!

BY

Gordon Rock

Copyright 2018 Gordon Rock

Kindle Edition



License Notes

No part of this Book can be reproduced in any form or by any means including print, electronic, scanning or photocopying unless prior permission is granted by the author .

All ideas, suggestions and guidelines mentioned here are written for informative purposes . While the author has taken every possible step to ensure accuracy, all readers are advised to follow information at their own risk . The author cannot be held responsible for personal and / or commercial damages in case of misinterpreting and misunderstanding any part of this Book

Table of Contents

[Introduction](#)

[Chapter 1. Breakfast Slow Cooker Recipes](#)

[Vegetable Omelette](#)

[Oats Slow Cooker Style](#)

[Coconut Milk & Quinoa](#)

[Hard Boiled Eggs](#)

[Paleo Meatloaf Breakfast](#)

[Mozzarella Spinach Frittata](#)

[Apple Pie Oatmeal](#)

[Banana Oatmeal](#)

[Sweet Potato Breakfast Pie](#)

[Spicy Italian Sausage Breakfast Dish](#)

[Breakfast Turkey Meatloaf](#)

[Mexican Breakfast Casserole](#)

[Pumpkin Pie with Sorghum](#)

[Breakfast Frittatas](#)

[Veggies & Sausage Casserole](#)

[Fruity Breakfast Risotto](#)

[Gluten-Free Cereal](#)

[Trail Mix Quinoa](#)

[Quinoa with Fruit](#)

[Gingerbread Oatmeal](#)

[Chapter 2. Lunch Slow Cooker Recipes](#)

[Chili Recipes](#)

[Hawaiian Chicken Chili](#)

[Green Chili](#)

[Vegetarian Chili](#)

[Pumpkin Coconut Chili](#)

[Turkey Pumpkin Chili](#)

[Chicken & Corn Chili](#)

[Sweet Chicken Chili](#)

[Buffalo Chili](#)

[Soup Recipes](#)

[Tangy Greek Chicken Soup](#)

[Red Lentil Soup](#)

[Paleo Pumpkin Soup](#)

[Hearty Turkey Noodle Soup](#)

[Onion Soup](#)

[Coconut Milk & Sweet Potato Soup](#)

[Ham & Carrots Soup](#)

[Chicken & Potato Chowder](#)

[Venison Noodle Soup](#)

[Chicken, Corn & Lentil Soup](#)

[Japanese Noodle Soup](#)

[Creamy Pumpkin Soup](#)

[Chapter 3. Dinner Slow Cooker Recipes](#)

[Stuffed Cabbage Leaves](#)

[Slow Cooked Beef with Eggplant](#)

[Barbecued Brisket](#)

[Whole-Meal Pot Roast](#)

[Curried Beef Stew with Chive Biscuits](#)

[Slow Cooker BBQ Meatballs](#)

[Lamb Pita-Greek Style Meatballs](#)

[Lamb Curry](#)

[Mediterranean Lamb Shanks](#)

[Slow Cooked Lemony Lamb](#)

[Greek Lamb & Artichoke Stew](#)

[Spiced Lamb Stew with Apricots](#)

[Sloppy Joes with Turkey Meat](#)

[Chicken Infused with Lemon & Thyme](#)

[Balsamic Infused Chicken](#)

[Spicy Jerk Chicken](#)

[Teriyaki Chicken in Lettuce Wrap](#)

[Pork Chops in Chicken Broth](#)

[Pulled Pork Mexican Style](#)

[Pork Infused with Orange Juice](#)

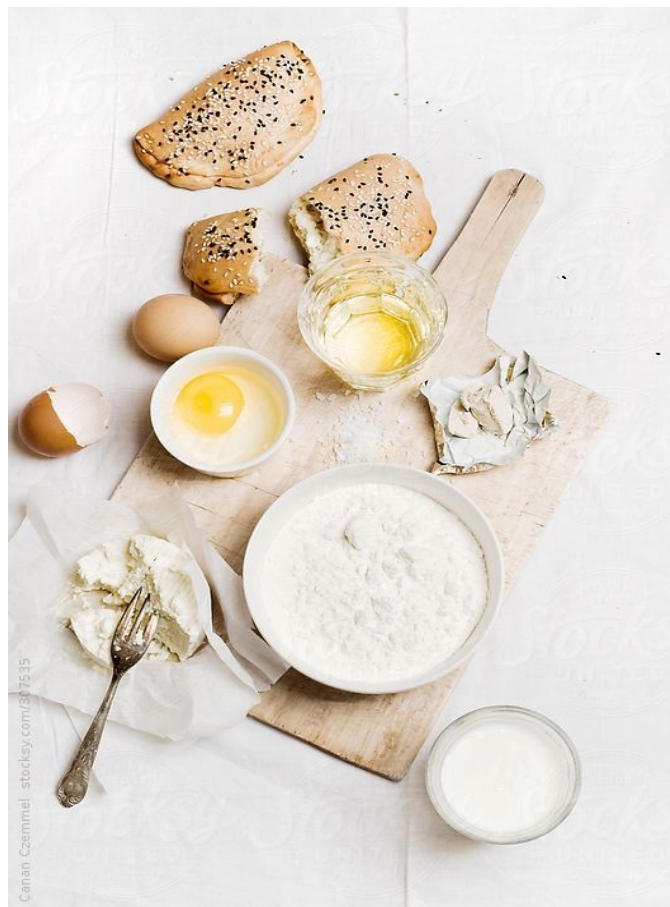
[Conclusion](#)

[About the author](#)

[Free Bonus Cookbooks](#)

[Author's Afterthoughts](#)

Introduction



I would like to first thank you for your purchase of the "Slow Cooker Cookbook." If you are someone that loves the ease and simplicity of slow cooking, then I can assure you that you will find this book to be a great tool to use when preparing slow cooker meals for yourself and loved ones! Many of us are leading very busy and hectic lives, in this fast-paced world we live in today. Unfortunately, one of the sacrifices often made is the time to prepare great homecooked meals...

However, the good news is that this cookbook is filled with a variety of dishes that will appeal to a vast array of tastes. Covering breakfast, lunch, and dinner, offering something for everyone's tastes. This collection of slow cooker recipes

is not only healthy, but they are tasty and easy enough to get the family members involved with their preparation. One of the best ways to bring your family together is to prepare meals together and have some family fun in the kitchen! I hope that you enjoy everything that this Slow Cooker Cookbook has to offer. The most important thing is to have some quality family time and fun while cooking! Thank you.

Chapter 1. Breakfast Slow Cooker Recipes

Vegetable Omelette



This dish is nutritious and ideal for people on a paleo diet!

Cook time: 2 hours on high

Prep time: 5 minutes

Servings: 5

Ingredients:

- 6 eggs
- ½ cup milk
- Salt and pepper to taste
- 1/8 teaspoon garlic powder

- Fresh chopped parsley
- 1 red bell pepper, seeded, thinly sliced
- ½ cup chopped tomatoes
- 1 yellow onion, diced
- 1 cup broccoli florets
- 1/8 teaspoon chili powder
- Cooking spray

Directions:

1. Use cooking spray on the inside of cooker.
2. In a mixing bowl, mix all of the ingredients together and whisk to combine.
3. Put the ingredients to your slow cooker and close the lid.
4. Set the slow cooker to high heat, and cook for 2 hours.
5. Turn off the slow cooker and cut the omelet into pieces and serve hot.

Nutritional Facts per serving:

Calories: 189

Total fat: 8.2g

Cholesterol: 260mg

Sodium: 250mg

Fiber: 3g

Protein: 11g

Oats Slow Cooker Style



This recipe is healthy, it is full of nutrition making it a real winner!

Cook time: 6 hours on low

Prep time: 15 minutes

Servings: 6

Ingredients:

- 1 cup apples, peeled and chopped into small pieces
- 1 tablespoon ground cinnamon
- ½ cup raisins
- 1 teaspoon vanilla extract
- 3 ½ cups water
- 2 tablespoons butter
- 2 tablespoons brown sugar

- 1 cup steel oats
- Maple syrup for topping

Directions:

1. Peel and dice apples into small pieces.
2. In a mixing bowl, mix the ingredients to combine and then add them into your slow cooker.
3. Close the lid to the cooker, and allow the oats to cook for 6 hours on low.
4. Serve warm and top with some maple syrup for topping.

Nutritional Facts per serving:

Calories: 190

Total fat: 6g

Sodium: 35mg

Cholesterol: 10mg

Fiber: 4g

Protein: 5g

Coconut Milk & Quinoa



The nutritious quinoa and the fresh fruit topping in this recipe will help kick-start your day!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 4

Ingredients:

- 1 cup quinoa

- ¼ teaspoon salt
- 1 cup coconut milk
- Berries as needed
- Nuts of your choice as needed
- 1 teaspoon vanilla extract
- 2 cups water
- 2 tablespoons honey
- Maple syrup for topping

Directions:

1. Rinse the quinoa under cold running water.
2. In a mixing bowl, mix all of the ingredients and blend well. Place the ingredients to your slow cooker and close the lid.
3. Put the heat setting to low, and cook for 8 hours.
4. Serve the dish hot, and top with maple syrup.

Nutritional Facts per serving:

Calories: 420

Total fat: 21g

Sodium: 170mg

Carbohydrate: 52g

Fiber: 9g

Sugar: 9g

Hard Boiled Eggs



Use the method of slow cooking to make some perfect hard-boiled eggs!

Cook time: 3 hours on low

Prep time: 1 minute

Servings: 6

Ingredients:

- 6 eggs
- 4 cups water

Directions:

1. Add the water to your slow cooker, then carefully place your eggs into the water.
2. Close the lid and set on low heat, and cook for 3 hours.
3. You can serve the hard-boiled eggs hot or cold!

Nutritional Facts per serving:

Calories: 70

Total fat: 5g

Sodium: 80mg

Cholesterol: 210mg

Protein: 7g

Paleo Meatloaf Breakfast



This recipe offers a delightful mixture of herbs and spices!

Cook time: 3 hours on low

Prep time: 10 minutes

Servings: 4

Ingredients:

- 1 teaspoon red pepper flakes, crushed
- 2 lbs. ground pork
- 1 tablespoon fresh sage

- 2 eggs
- 3 garlic cloves, minced
- 2 teaspoons sea salt
- 1 teaspoon Marjoram
- ¼ cup almond flour
- 1 tablespoon coconut oil
- 1 tablespoon smoked paprika
- 1 teaspoon oregano, dried
- 1 yellow onion, diced
- Fresh chopped green peppers for garnish

Directions:

1. In a pan, sauté the onions in coconut oil over medium-high heat until softened.
2. Add the garlic in with onions and continue to sauté for another 4 minutes.
3. In a mixing bowl, mix the rest of the ingredients and add the garlic and onions in with them and stir
4. Shape the pork mixture into a loaf shape and place into the slow cooker, and close the lid.
5. Set the heat to low, then cook for 3 hours.
6. Once the meatloaf is cooked, let it cool and cut into slices.
7. The next morning cook a slice in a bit of coconut oil and lightly brown on both sides.
8. Serve warm and top with fresh chopped green peppers for garnish.

Nutritional Facts per serving:

Calories: 720

Total fat: 57g

Sodium: 1340mg

Fiber: 2g

Protein: 44g

Mozzarella Spinach Frittata



This recipe with its mozzarella flavored spinach frittata is truly excellent!

Cook time: 1 ½ hours on low

Prep: 10 minutes

Servings: 6

Ingredients:

- 1 cup mozzarella cheese, shredded
- ½ cup yellow onion, diced
- 1 tablespoon extra virgin olive oil

- 3 eggs
- 3 egg whites
- 2 tablespoons milk, 1%
- White pepper and black pepper as needed
- Salt to taste
- 1 Roma tomato, diced
- 1 cup fresh chopped spinach, stems discarded
- Cooking spray

Directions:

1. Sauté the onions in a pan with some oil for about 5 minutes
2. In a mixing bowl, combine the onions, cheese and the rest of the ingredients and whisk to combine.
3. Coat the inside of slow cooker with cooking spray.
4. Pour the egg mixture into your slow cooker and close the lid.
5. Place heat on low, and cook for 1 ½ hours.

Nutritional Facts per serving:

Calories: 139

Total fat: 8g

Fiber: 1g

Protein: 32g

Cholesterol: 94mg

Apple Pie Oatmeal



This recipe for apple pie oatmeal is rich in fiber and protein!

Cook time: 6 hours on low

Prep time: 20 minutes

Servings: 4

Ingredients:

- 2 apples, peeled and diced
- ½ teaspoon salt
- ½ teaspoon apple pie spice
- ½ cup protein powder
- 1 cup old fashioned oats
- 1 teaspoon cinnamon
- ½ cup unsweetened applesauce
- ½ cup unsweetened almond milk
- 1 cup water
- 2 tablespoons low-sugar maple syrup
- ¼ cup Truvia

Directions:

1. Mix all your ingredients in a mixing bowl, then add to your slow cooker.
2. Close the lid to your cooker, and set on low heat, and cook for 6 hours.
3. Once cooked stir well and serve warm topped with some maple syrup.

Nutritional Facts per serving:

Calories: 225

Total fat: 4g

Carbs: 35g

Fiber: 8g

Protein: 13g

Banana Oatmeal



You can throw the ingredients for this recipe into your slow cooker the previous night, and you will have breakfast ready and waiting for you in the morning!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 4

Ingredients:

- 1 cup steel cut oats
- 1 mashed ripe banana
- ½ teaspoon salt
- ½ teaspoon nutmeg

- 1 teaspoon vanilla
- 2 teaspoons cinnamon
- 2 tablespoons flax seed meal
- 2 cups water
- 2 cups skim milk
- ¼ cup walnuts, chopped
- Banana slices and some walnuts for garnish

Directions:

1. Place all the ingredients into slow cooker, except for the banana slices and some walnuts for garnish and stir to combine. Close the lid of the slow cooker.
2. Set on low, then cook for 8 hours.
3. Stir well, and divide among serving bowls and top with banana slices and walnuts for garnish and enjoy!

Nutritional Facts per serving:

Calories: 290

Total fat: 7g

Sodium: 366mg

Carbs: 42g

Protein: 11g

Fiber: 6.6g

Sweat Potato Breakfast Pie



This is a tasty breakfast casserole that tastes great!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 4

Ingredients:

- 1 shredded sweet potato, peeled
- 1 lb. turkey bacon

- Salt and pepper to taste
- 1 teaspoon basil, dried
- 1 teaspoon ground cinnamon
- 1 small sweet onion, diced
- 9 eggs
- Cooking spray
- Fresh chopped green onions for garnish

Directions:

1. Grease your slow cooker with cooking spray.
2. Shred the sweet potato, and cut the bacon into small pieces.
3. In a mixing bowl, whisk all of the ingredients and pour into your slow cooker. Close the lid to your slow cooker.
4. Set to low heat, and cook for 8 hours.
5. Serve warm, by cutting it in slices or cutting in squares. Add some fresh chopped green onions on top for garnish.

Nutritional Facts per serving:

Calories: 245

Total fat: 11.5g

Carbs: 7.5g

Fiber: 3.9g

Sodium: 189mg

Protein: 9.6g

Spicy Italian Sausage Breakfast Dish



This recipe for a breakfast casserole will undoubtedly delight your family's taste buds!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 12

Ingredients:

- ½ lb. bulk crumbled Italian sausage
- 1 teaspoon oregano, dried
- 1 teaspoon garlic powder
- 1 cup almond milk
- 18 eggs

- 1 red bell pepper, seeded and chopped
- 2 garlic cloves, minced
- 2 green onions, chopped
- Salt and black pepper to taste
- Cooking spray

Directions:

1. Grease your slow cooker with cooking spray.
2. In a pan over medium-high heat on your stovetop, cook the Italian sausage with green onions, and garlic for about 12 minutes. Drain the fat.
3. Add the sausage, onions, garlic and red bell pepper to your slow cooker.
4. In a mixing bowl. Combine eggs, seasonings, and almond milk. Place the mixture into slow cooker and stir to combine. Close the lid to cook.
5. Put on low, then cook for 8 hours. Serve warm.

Nutritional Facts per serving:

Calories: 255

Total fat: 11.5g

Sodium: 119mg

Fiber: 4g

Protein: 11.2g

Breakfast Turkey Meatloaf



This is such a tasty and nutritious breakfast that you can grab a slice before work in the morning, giving your protein intake!

Cook time: 4 hours on high

Prep time: 10 minutes

Servings: 6

Ingredients:

- 2 lbs. ground turkey
- Salt and pepper to taste
- 2 eggs
- 1 teaspoon basil, dried
- 1 teaspoon oregano, dried
- ¼ cup coconut flour

- 1 teaspoon garlic powder
- 2 garlic cloves, minced
- 1 small red onion, chopped
- Coconut oil

Directions:

1. In a pan heat the oil, then cook the onion and garlic in the pan over medium-high heat on the stovetop for about 5 minutes then set aside.
2. In a mixing bowl, add the ground turkey, garlic, onions, spices, flour, eggs and mix well. Use your hands to mix thoroughly.
3. Grease the inside of cooker with cooking spray.
4. Form the meat mixture into a loaf, then place it at the bottom of the slow cooker and close the lid.
5. Set the cooker to high heat setting, and cook for 4 hours.
6. Serve this dish topped with some ketchup for garnish.

Nutritional Facts per serving:

Calories: 195

Total fat: 7.5g

Sodium: 119mg

Carbs: 5.5g

Fiber: 5g

Protein: 9.2g

Mexican Breakfast Casserole



Cook this recipe the night before so that you will have this tasty Mexican casserole ready for you to start your day!

Cook time: 8 hours on low

Prep time: 15 minutes

Servings: 4

Ingredients:

- ½ packet of taco seasoning
- ½ lb. turkey bacon

- jalapeno chilies
- 1 yellow onion, chopped
- 1 red bell pepper, seeded and sliced
- 8 ounces mushrooms, sliced
- 1 sweet potato, cubed
- 8 eggs whisked
- Salsa and Guacamole to serve with the dish
- Coconut oil

Directions:

1. In a pan, over medium-high heat on the stovetop, fry the turkey bacon in some coconut oil and crumble bacon when it has cooled. Put the onions into pan, and fry until they are soft.
2. In a mixing bowl combine all ingredients, except for taco seasoning, jalapeno chilies, salsa and guacamole, and transfer into your slow cooker.
6. Sprinkle the taco seasoning on top of mixture and close cooker lid.
7. Set on the low heat setting, and cook for 8 hours.
8. Serve warm with jalapeno chilies, salsa, and guacamole.

Nutritional Facts per serving:

Calories: 430

Total fat: 23g

Sodium: 1570mg

Fiber: 4g

Protein: 33g

Pumpkin Pie with Sorghum



Sorghum is a nutrient that is very beneficial for type 2 Diabetes patients it is considered beneficial to have in breakfast.

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup

- 1 cup unsweetened almond milk
- 1 cup Sorghum
- $\frac{3}{4}$ cup pumpkin puree
- Sprinkle top with cinnamon for garnish

Directions:

1. In your slow cooker add all of the ingredients, and mix well.
2. Add 2 cups water to it and mix again.
3. Set your slow cooker to low, and cook for 8 hours with the lid on.
4. Serve dish hot, and sprinkle top with ground cinnamon for garnish.

Nutritional Facts per serving:

Calories: 221

Total fat: 3g

Carbs: 27g

Fiber: 5g

Protein: 6g

Breakfast Frittatas



This recipe is filled with goodness, and is easy to prepare!

Cook time: 3 hours on high

Prep time: 5 minutes

Servings: 6

Ingredients:

- ½ tablespoon black pepper
- 6 sausages, diced
- ¾ cup spinach, chopped, stems discarded
- 1 ½ cups bell peppers, seeded and thinly sliced
- ¼ cup yellow onion, diced
- 1 teaspoon sea salt
- 8 eggs
- Cooking spray

Directions:

1. In a mixing bowl, blend all of your ingredients and combine well.
2. Grease the inside of your cooker with cooking spray. Pour the frittata mixture into your slow cooker. Close the lid on the slow cooker.
3. Set to high heat, and cook for 3 hours. Serve dish hot.

Nutritional Facts per serving:

Calories: 590

Total fat: 7g

Carbs: 16g

Fiber: 1g

Protein: 12g

Veggies & Sausage Casserole



This recipe is a great traditional breakfast casserole that I am sure you will enjoy!

Cook time: 6 hours on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 2 teaspoons garlic cloves, minced

- 6 sweet potatoes, peeled and cubed
- 1 ½ cups beef sausage, chopped
- 1 cup kale, chopped
- 1 leek, chopped
- 2 tablespoons coconut oil
- Cooking spray
- Fresh chopped green onions

Directions:

1. Sauté garlic, kale, leeks in coconut oil over medium-high heat in a skillet until softened.
2. In a mixing bowl, mix remaining ingredients. Add in the sautéed veggies and mix.
3. Grease inside of your slow cooker with cooking spray. Add the mixture into slow cooker and close lid.
4. Set heat setting to low, and cook for 6 hours.
5. Serve warm topped with fresh chopped green onions for garnish.

Nutritional Facts per serving:

Calories: 448

Total fat: 35g

Carbs: 18g

Fiber: 1g

Sodium: 649

Protein: 25g

Fruity Breakfast Risotto



This is a delightful and tasty dish filled with a lovely mixture of fruits that will liven up your morning!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 4

Ingredients:

- 1 ½ cups Arborio rice
- 3 cups milk

- 1/3 cup brown sugar
- 2 large apples, cored and diced
- 1 cup apple juice
- ½ cup dried fruit (strawberries, pineapple, cranberries, etc.)
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt

Directions:

1. Combine all the ingredients in slow cooker, except the fruit.
2. Set on low heat, and cook for 8 hours with the lid on the pot.
3. Serve warm, just before serving stir in the mixed dried fruit and enjoy!

Nutritional Facts per serving:

Calories: 295

Total fat: 7.3g

Sodium: 332mg

Protein: 12.3g

Fiber: 6.7g

Gluten-Free Cereal



This recipe is full of healthy nutrients that will supply you with the energy you need to start your day!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 1

Ingredients:

- 3 tablespoons millet
- 3 tablespoons rolled oats
- 3 tablespoons quinoa
- 1 cup water
- 4 ½ teaspoons Amaranth
- Salt and pepper to taste
- 2 tablespoons yeast
- 1 cup milk
- ½ teaspoon paprika

Directions:

1. In a small mixing bowl, combine millet, rolled oats, quinoa, paprika, yeast, salt, and pepper. Mix well.
2. Add this mixture into slow cooker and add water, milk, and Amaranth into the cooker and stir to combine. Close the lid to slow cooker.
3. Set on the low heat setting, and cook for 8 hours.
4. Serve warm, and enjoy!

Nutritional Facts per serving:

Calories: 162

Total fat: 3.2g

Sodium: 153mg

Protein: 6.2g

Fiber: 2.3g

Trail Mix Quinoa



This is a simple and easy breakfast to prepare—simply put into the slow cooker the previous night, and you will have a nutritious breakfast ready and waiting for you when you get up!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 1

Ingredients:

- 1 ½ cups raw quinoa, rinsed
- ½ cup raisins
- ½ cup mixed seeds and nuts of your choice
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 2 tablespoons brown sugar
- 2 ¼ cups water

Directions:

1. Add quinoa, water, brown sugar and vanilla extract to slow cooker and stir to combine. Close lid to slow cooker.
2. Set on the low heat setting, and cook for 8 hours.
3. Once the dish is cooked, stir in the remaining ingredients and serve warm.

Nutritional Facts per serving:

Calories: 154

Total fat: 3.1g

Fiber: 2.5g

Protein: 5.2g

Sodium: 122mg

Quinoa with Fruit



Use your favorite fruits in this dish—or try new combinations of fruits!

Cook time: 8 hours on low

Prep time: 5 minutes

Servings: 1

Ingredients:

- 1 ½ cups raw quinoa, rinsed
- 2 ¼ cups water
- 1 cup chopped blueberries, mango,
- and green apple
- ¼ teaspoon salt
- ½ teaspoon vanilla
- ¼ teaspoon ground cinnamon
- 2 tablespoons maple syrup

Directions:

1. Add the quinoa, water, salt, vanilla and ground cinnamon into the slow cooker and stir to combine. Close the cooker lid.
2. Place on low setting, then cook for 8 hours.
3. Once cooking is done, mix in the fruit and put into serving dish.
4. Top with maple syrup and enjoy!

Nutritional Facts per serving:

Calories: 134

Total fat: 3.2g

Fiber: 2.4g

Sodium: 135mg

Protein: 5.6g

Gingerbread Oatmeal



This is a great breakfast oatmeal for the gingerbread lovers!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 1

Ingredients:

- 1 cup steel cut oats
- 3 cups water
- 2 tablespoons brown sugar
- ½ cup orange juice
- 1 teaspoon ground ginger
- ½ teaspoon ground cinnamon
- Fresh blueberries for topping

Directions:

1. Mix all of the ingredients, except blueberries in the slow cooker, and close the lid.
2. Set the heat to low setting, and cook for 8 hours.
3. Serve dish warm and top with fresh blueberries and enjoy!

Nutritional Facts per serving:

Calories: 143

Total fat: 2.4g

Fiber: 2.1g

Protein: 5.3g

Sodium: 132mg

Chapter 2. Lunch Slow Cooker Recipes

Chili Recipes

Hawaiian Chicken Chili



This recipe is a perfect balance between spices and sweetness, sure to please family and friends!

Cook time: 1 ½ hours on high

Prep time: 20 minutes

Servings: 12

Ingredients:

- 2 lbs. Chicken breasts,
- boneless and skinless
- 1 cup barbeque sauce
- 2 tablespoons butter, divided
- 1 (20 ounces) can pineapple chunks

- ½ teaspoon Truvia
- 1 tablespoon vanilla extract
- 1 teaspoon ground ginger
- 1 tablespoon ground cumin
- 1 tablespoon ancho Chile powder
- 3 tablespoons chili powder
- 1 (6 ounces) can tomato paste
- 1 large roasted red pepper, chopped
- 2 cloves garlic, minced
- 1 large onion, diced
- 1 (15 ounces) can kidney beans, drained
- Salt and pepper to taste
- 1 (24 ounces) jar chipotle salsa
- 1 (28 ounces) can chopped tomatoes, drained
- 1 (15 ounces) can black beans, drained

Directions:

1. Marinate the chicken breasts in barbeque sauce for about 30 minutes.
2. Chop chicken into small pieces, and cook in the pan in 1 tablespoon butter over medium-high heat on the stovetop. Cook the chicken until no pink meat remains. Add the cooked chicken to your slow cooker.
3. Use the remaining butter to sauté your onion, red pepper, and garlic in the pan over medium-high heat on the stovetop, until onion becomes translucent for about 5 minutes.
4. Add into the pan the tomato paste, cumin, Truvia, vanilla, chili powders, ginger and cook for about to minutes and stir to combine. Add mixture to your slow cooker.
5. Add the juice from pineapple can into the slow cooker, along with beans and mix well to combine ingredients. Close the lid of your

slow cooker.

6. Cook the chili for about ½ an hour on the high heat setting, then switch to simmer for about 1 hour.
7. Add the pineapple chunks to the chili and stir to combine well.
8. Allow the chili to simmer for an additional 15 minutes before serving.

Nutritional Facts per serving:

Calories: 249

Total fat: 4g

Protein: 20g

Sodium: 808mg

Carbs: 33g

Green Chili



This veggie stuffed recipe for chili is packed with nutrients and flavor!

Cook time: 5 hours on low

Prep time: 30 minutes

Servings: 8

Ingredients:

- 3 Anaheim chili peppers, seeded and halved
- 4 fresh tomatillos, husked, peeled, halved
- 1 medium green bell pepper, sliced in half lengthwise, seeded
- 1 teaspoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon fresh parsley, chopped

- 2 tablespoons fresh oregano, chopped
- 1 beef bouillon cube
- 4 cloves garlic, chopped
- 2 tomatoes, chopped
- Salt and black pepper to taste
- 1 ½ cups pork shoulder, cut into 1-inch chunks
- 2 tablespoons olive oil
- 1 tablespoon olive oil, or as needed
- 4 ounces cream cheese, at room temperature
- 1 medium onion, halved
- 3 jalapeno peppers, seeded and halved lengthwise

Directions:

1. Place the tomatillos, onion, chilies, jalapenos, bell peppers on a baking sheet, and cover with 1 tablespoon olive oil.
2. Put baking sheet into oven, and roast mixture at 425°Fahrenheit until crisp, for about 30 minutes.
3. Cut the vegetables into pieces.
4. In a pan cook the pork over medium-high heat on the stovetop. Cook the pork until no pink meat remains, season with salt and pepper.
5. Combine all of the ingredients in slow cooker, except for the cream cheese.
6. Cover your slow cooker and cook for 5 hours on low. The dish will be ready when the pork is tender.
7. In a mixing bowl mix the cream cheese with the liquid from your slow cooker.
8. Slowly stir the cream cheese mixture back into the chili. Stir well to combine.
9. Serve dish hot and enjoy!

Nutritional Facts per serving:

Calories: 174

Total fat: 12g

Carbs: 9g

Protein: 8g

Sodium: 172mg

Vegetarian Chili



This chili recipe is full of vegetables and is just bursting with flavor that is sure to delight you!

Cook time: 2 hours on high

Prep time: 10 minutes

Servings: 8

Ingredients:

- 1 (19 ounces) can black bean soup
- 1 (15 ounces) can kidney beans,
- rinsed and drained
- 1 (15 ounces) can garbanzo beans,

- rinsed and drained
- 1 (16 ounces) can vegetarian baked beans
- 1 tablespoon basil, dried
- 1 tablespoon oregano, dried
- 1 tablespoon parsley, dried
- 1 tablespoon chili powder, or to taste
- 2 cloves garlic, chopped
- 2 stalks celery, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 (15 ounces) can whole kernel corn, drain
- Chopped fresh green onions for garnish
- 1 (14.5 ounces) can chopped tomatoes in puree

Directions:

1. Combine all of the ingredients in slow cooker.
2. Cover your slow cooker with the lid and set to high heat setting, and cook for 2 hours.
3. You can keep the chili set on low in slow cooker for 8 hours.
4. Serve the chili hot and top with some chopped green onions for garnish and enjoy!

Nutritional Facts per serving:

Calories: 260

Carbs: 52g

Total fat: 2g

Protein: 12g

Sodium: 966mg

Pumpkin Coconut Chili



This delightful chili recipe is a little spicy and super creamy!

Cook time: 6 hours on high

Prep time: 15 minutes

Servings: 3

Ingredients:

- 2 stalks celery, diced
- ½ cup onion, diced

- 2 carrots, peeled and diced
- 2 cups pumpkin, peeled and diced
- 4 cloves garlic, minced
- Salt and pepper to taste
- 2 tablespoons tomato paste
- 2 cups vegetable stock
- 1 teaspoon oregano, dried
- 1 tablespoon cumin powder
- 1 cup low fat coconut milk
- 1 (15 ounces) can black beans, washed and drained
- Shredded unsweetened coconut for garnish
- Fresh chopped cilantro for garnish
- 2 apples, peeled and diced

Directions:

1. Transfer all ingredients into your slow cooker and stir to combine. Close the lid to slow cooker.
2. Cook on high heat for 6 hours, and stir once and awhile during the cooking process.
3. Serve dish hot, and top with some shredded coconut and fresh chopped cilantro, and serve with your favorite rice.

Nutritional Facts per serving:

Calories: 359

Total fat: 4.5g

Fiber: 17g

Protein: 16g

Sodium: 610mg

Turkey Pumpkin Chili



This chili recipe is great for those cold winter days!

Cook time: 7 hours on low

Prep time: 15 minutes

Servings: 8

Ingredients:

- 2 lbs. ground turkey

- 1 small yellow onion,
- peeled and sliced
- 1 teaspoon coconut oil
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- ½ teaspoon pumpkin pie spice
- 1 tablespoon ground cinnamon
- 1 cup vegetable stock
- 1 (15 ounces) can pumpkin puree
- 1 (14.5 ounces) can fire roasted tomatoes, diced

Directions:

1. Cook the ground turkey in oil in large pan over medium-high heat on the stovetop. Cook the turkey meat until it is browned. Drain and add turkey meat to your slow cooker.
2. Add the rest of the ingredients into your slow cooker and mix to combine ingredients.
3. Cover slow cooker with the lid, then cook on low for 7 hours.
4. Stir dish well before serving hot and enjoy!

Nutritional Facts per serving:

Calories: 220

Carbs: 10g

Total fat: 9g

Sodium: 289mg

Protein: 25g

Chicken & Corn Chili



This chili recipe offers a rich texture chili for those cold days that make a delectable meal!

Cook time: 8 hours on low

Prep time: 15 minutes

Servings: 6

Ingredients:

- 4 chicken breast halves, boneless and skinless
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 teaspoons garlic powder
- 1 (16 ounces) jar salsa
- 1 (15 ounces) can pinto beans
- 1 (11 ounces) can Mexican-style corn
- Salt and black pepper to taste
- Shredded cheddar cheese for garnish
- Light sour cream for garnish
- Olive oil as needed

Directions:

1. Mix the salsa, cumin, salt, pepper, and garlic powder in your slow cooker. Close the lid of the slow cooker.
2. Thinly slice chicken breasts and cook in the large pan in olive oil, over medium-high heat on the stovetop. Cook chicken until no longer pink. Remove chicken from pan to plate and shred chicken into pieces and add shredded chicken to slow cooker.
3. Place slow cooker on low, then cook for 8 hours on low.
4. Stir in the beans and corn into the slow cooker, and simmer for an additional 30 minutes.
5. Serve the dish hot, and garnish with a dollop of sour cream in each serving bowl, along with some shredded cheddar and enjoy!

Nutritional Facts per serving:

Calories: 188

Carbs: 23g

Total fat: 2g

Protein: 20g

Sodium: 1012mg

Sweet Chicken Chili



This is an excellent mild chili that is perfect for any occasion!

Cook time: 5 hours

Prep time: 30 minutes

Servings: 8

Ingredients:

- 6 chicken breast halves, skinless
- and boneless, cooked and shredded
- 1 (15 ounces) can black beans, undrained

- ½ cup shredded cheddar for garnish
- Salt and pepper to taste
- 1 tablespoon Asian chili black bean sauce
- 2 tablespoons seasoned rice vinegar
- 1/3 cup brown sugar
- 1 (6 ounces) can tomato paste
- 1 green bell pepper, coarsely chopped
- 2 onions, cut into chunks
- 1 (15 ounces) can pinto beans, undrained
- 1 (15 ounces) can red kidney beans, undrained

Directions:

1. Mix all of the ingredients in slow cooker. Stir well, and cover with lid.
2. Cook on high for an hour, then cook an additional 4 hours on low.
3. Stir the chili, then divide into serving bowls and top with shredded cheddar cheese and enjoy!

Nutritional Facts per serving:

Calories: 262

Carbs: 30g

Protein: 26g

Total fat: 5g

Sodium: 702mg

Buffalo Chili



This is a tasty and exotic chili recipe made from buffalo meat. This yummy and tender meal will have people talking!

Cook time: 8 hours on low

Prep time: 30 minutes

Servings: 6

Ingredients:

- 1 lb. ground buffalo meat
- 1 (14.5 ounces) can kidney beans, drained
- Salt and pepper to taste
- ½ teaspoon ground cumin
- 1 teaspoon red pepper flakes
- 2 tablespoons chili powder
- 1 poblano chili pepper, chopped
- 1 Anaheim chili pepper, chopped
- ½ teaspoon garlic, minced
- ½ medium onion, chopped
- 1 (15 ounces) chili beans, drained
- 1 (10.75 ounces) can tomato soup
- 1 (10 ounces) can tomatoes, diced, with green chilies
- Pinch of cayenne pepper
- Olive oil as needed
- Chopped fresh chives for garnish

Directions:

1. In a pan over medium-high heat on stovetop, cook buffalo meat in olive oil, cooking on all sides until no pink remains in the meat. Add cumin and cayenne pepper while cooking. After cooked, drain meat. Then add meat to your slow cooker.
2. Mix the remaining ingredients into your slow cooker and stir to combine.
3. Close the slow cooker lid, and set to low heat, and cook for 8 hours.
4. Stir and then divide into serving bowls, and top with fresh chopped chives for garnish and enjoy!

Nutritional Facts per serving:

Calories: 219

Total fat: 3g

Protein: 22g

Sodium: 725mg

Carbs: 30g

Soup Recipes

Tangy Greek Chicken Soup



This soup recipe offers you the beautiful Mediterranean flavors!

Cook time: 6 hours on low

Prep time: 15 minutes

Servings: 4

Ingredients:

- 3 chicken breasts, boneless,
- skinless, cubed

- 3 large potatoes, diced
- 1 cup marinated artichoke hearts, drained, chopped
- 2 tablespoons fresh oregano
- 2 cans (15 ounces) chicken broth
- ½ teaspoon Truvia
- ¼ teaspoon onion powder
- ¼ teaspoon lemon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ cup white wine vinegar
- 1 onion, coarsely chopped
- 1 cup white wine
- Juice of 1 lemon
- 3 garlic cloves, minced
- 1 fresh lemon sliced thinly for garnish

Directions:

1. Mix all of the ingredients into slow cooker. Stir well to combine. Close the lid.
2. Set on high heat, and cook for an hour, then adjust heat setting to low and cook for an additional 5 hours.
3. Once cook time is complete, serve hot, and garnish top of the soup with slices of fresh lemon and enjoy!

Nutritional Facts per serving:

Calories: 560

Total fat: 3.3g

Sodium: 739mg

Fiber: 12.3g

Protein: 32.2g

Red Lentil Soup



This is an easy vegetarian recipe that you can prepare with little effort and be left with a hearty tasting soup!

Cook time: 4 hours on high

Prep time: 15 minutes

Servings: 4

Ingredients:

- 1 ½ cup red lentils

- 4cm slice fresh ginger, peeled and finely chopped
- 3 teaspoons ground cumin
- 2 teaspoons olive oil
- 3 teaspoons ground coriander
- 2 carrots, sliced
- 2 garlic cloves, thinly sliced
- 2 celery stalks, diced
- 1 brown onion, diced
- 1-liter Campbell's Real Stock Vegetable
- Greek yogurt, plain for garnish
- Fresh coriander, chopped for garnish
- Warmed garlic whole-wheat naan bread, to serve

Directions:

1. Add the olive oil into a non-stick pan over medium heat on your stovetop. Add the onion, celery, and carrot, and cook for about 5 minutes stirring often.
2. Place the ginger and garlic; cook for another minute or so, add the cumin and coriander then cook for approximately another 30 seconds or until it becomes fragrant. Transfer this mixture into your slow cooker.
3. Add 2 cups of cold water, the stock, and the lentils into your slow cooker. Season with salt and pepper, then close the lid to cook.
4. Set to low heat setting, then cook for 4 hours.
5. Once soup has finished cooking, ladle it into serving bowls, and top with a dollop of Greek yogurt and a sprinkle of freshly chopped coriander. Serve this soup with some warmed naan bread and enjoy!

Nutritional Facts per serving:

Calories: 342

Total fat: 6.5g

Sodium: 875mg

Protein: 21.2g

Fiber: 11.2g

Paleo Pumpkin Soup



This recipe calls for raw pumpkin—if need be use pumpkin puree instead—it will result in healthy soup either way that tastes great!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 2 lbs. Raw pumpkin,
- chopped into small chunks
- 2 cups almond milk
- ½ teaspoon ground cinnamon
- ½ teaspoon nutmeg
- 1 tablespoon cilantro, dried
- 1 cup turkey or chicken broth
- Salt and pepper to taste

Directions:

1. Mix all of the ingredients into slow cooker, finish by pouring in the milk and broth, then stir.
2. Cover cooker with lid, and set to low heat setting, and cook for 8 hours.
3. Serve soup hot perhaps with a slice of naan bread to serve.

Nutritional Facts per serving:

Calories: 146

Total fat: 2.1g

Sodium: 25mg

Fiber: 7.9g

Protein: 3.5g

Hearty Turkey Noodle Soup



This is not a soup recipe that you only make if you are feeling under the weather, on the contrary, it is a delicious turkey soup to have at any time!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 2 large sliced carrots
- 2 celery stalks, chopped
- 1 leek, chopped
- 4 turkey breast or legs
- Salt and pepper to taste
- 4 cups turkey broth
- ½ teaspoon thyme, dried
- ½ teaspoon rosemary, dried
- 1 teaspoon oregano, dried
- 1 tablespoon lemon juice
- Fresh chopped parsley for garnish

Directions:

1. Add all of the vegetables into your slow cooker first. Next, add the turkey and herbs into the slow cooker.
2. Finally, add the turkey broth into the slow cooker. Close the lid to the cooker.
3. Set to low heat setting, and cook for 8 hours.
4. When cook time is completed, remove the turkey and separate the meat from the bones. Add the turkey meat back into the slow cooker and stir to combine.
5. Serve soup hot and season with salt and pepper to taste and top with some fresh chopped parsley for garnish.

Nutritional Facts per serving:

Calories: 196

Total fat: 2.1g

Sodium: 119mg

Fiber: 3.9g

Protein: 7.9g

Onion Soup



This is a classic recipe for onion soup—filled with yummy tasting onions!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 4 cups beef broth
- 1 garlic clove
- 4 large onions, thinly sliced
- ¼ cup butter (as needed)
- Salt and pepper to taste
- Shredded cheddar cheese for garnish

Directions:

1. Melt butter in pan over medium-high heat, on the stovetop.
2. 2 cups raw pumpkin, diced
3. Sauté the onion and pumpkin in pan for about 15-minutes. Transfer the onion mixture into your slow cooker.
4. Add in the remaining ingredients into your slow cooker and stir to combine. Close the lid.
5. Place the heat setting to low, and cook for 8 hours.
6. Serve soup hot, divide into serving bowls, and top with shredded cheddar for garnish and enjoy!

Nutritional Facts per serving:

Calories: 112

Carbs: 8.6g

Protein: 3.5g

Fiber: 1.7g

Sodium: 585mg

Coconut Milk & Sweet Potato Soup



This soup recipe has the aroma of coconut milk and the goodness of sweet potato making it a very popular soup!

Cook time: 4 hours on low

Prep time: 10 minutes

Servings: 8

Ingredients:

- 2 lbs. sweet potatoes, peeled, cubed
- Sea salt to taste
- 2 teaspoons thyme, dried
- 2 cans coconut milk
- 1 cinnamon stick
- Pepper to taste
- Chopped fresh chives for garnish

Directions:

1. Place all of the ingredients into slow cooker. Close the lid to cook.
2. Set on low heat, and cook for 4 hours. Remove the cinnamon stick.
3. Blend soup in a blender until smooth.
4. Serve hot and top with fresh chopped chives for garnish and enjoy!

Nutritional Facts per serving:

Calories: 110

Total fat: 9g

Sodium: 60mg

Protein: 1g

Ham & Carrots Soup



This soup recipe is so tasty it not only offers the goodness of ham and carrots but also split pea making it a nutritious and filling soup!

Cook time: 8 hours on low

Prep time: 20 minutes

Servings: 4

Ingredients:

- 10 cups water
- 3 celery ribs, diced
- 3 sprigs thyme
- 4 carrots, peeled and sliced
- 3 lbs. ham on the bone
- 2 cups split peas
- 1 yellow onion, chopped
- Fresh chopped parsley for garnish

Directions:

1. Place all of the ingredients into slow cooker, except the carrots, and cook on high for 4 hours.
2. Once cooked, remove thyme sprigs and onions, and add carrots to soup.
3. Cover with lid, then cook for 6 hours on low.
4. Remove the meat from the bones, add the meat back into the soup.
5. Serve hot, topped with fresh chopped parsley for garnish.

Nutritional Facts per serving:

Calories: 380

Total fat: 2.3g

Sodium: 105mg

Protein: 26g

Chicken & Potato Chowder



This is a great recipe to serve, especially on a day that has been a hard one!

Cook time: 30 minutes

Prep time: 10 minutes

Servings: 6

Ingredients:

- 2 cups potatoes, cooked and diced

- 5 chicken tenderloins, cooked and cubed
- 1 bay leaf
- ½ tablespoon thyme, dried
- 2 cups milk
- 5 cups chicken stock
- Dash of pepper and salt to taste
- ¼ cup flour
- 1 medium onion, diced
- 1 stalk celery, diced
- 2 carrots, diced
- 4 tablespoons unsalted butter
- 1 cup frozen corn
- Shredded cheddar cheese for garnish

Directions:

1. In your slow cooker, melt the butter with vegetables. Cook for approximately for 7 minutes or until the onions are translucent.
2. Slowly add the flour, stirring until it browns a little, for about 3 minutes, add in the spices. Stir to combine.
3. Add liquids, and stir to combine, or until the flour melds into a thickened sauce.
4. Add the remaining ingredients into slow cooker. Put the pot lid on, cooking for about 15 minutes or until heated through. Stir often.
5. Serve hot, and ladle into serving bowls, then top with shredded cheese for garnish and enjoy!

Nutritional Facts per serving:

Calories: 232

Total fat: 5.2g

Sodium: 212mg

Protein: 26.2g

Venison Noodle Soup



This recipe is a family favorite that is enjoyed by all after a successful hunt!

Cook time: 1 hour on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 1 large package thin noodles,
- like Vermicelli
- 8 cups tomato juice
- 1 onion, chopped
- 2 cups venison, cooked and cubed
- Salt and pepper to taste
- Fresh chopped chives for garnish

Directions:

1. In slow cooker simmer the meat and onion in juice for about 30 minutes, and season to taste.
2. Stir in the noodles and cook for an additional 30 minutes.
3. Serve hot, and top with chopped fresh chives and enjoy!

Nutritional Facts per serving:

Calories: 243

Total fat: 7.2g

Sodium: 235mg

Protein: 26.2g

Chicken, Corn & Lentil Soup



This soup recipe is yummy with the corn adding a tinge of sweetness to the soup!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 8 cups low sodium chicken stock
- 1/3 cup cilantro, finely chopped
- 3 handfuls spinach, chopped, stems removed
- 3 cups frozen corn
- 2 lbs. chicken breasts, skinless and boneless
- 1 ½ cups green lentils, dry
- 1 ¼ teaspoon Himalayan pink salt
- 2 teaspoons garlic powder
- 14 ounce can full-fat coconut milk
- 3 sprigs fresh green onions, chopped for garnish
- Crushed tortilla chips for garnish

Directions:

1. Combine all of the ingredients into slow cooker, except for cilantro, spinach, corn, onions, and tortilla chips.
2. Set on low heat, then cook for 8 hours with the lid on the cooker.
3. Remove chicken, shred it using two forks and return it back to the stove.
4. Add the cilantro, corn, spinach into the cooker and stir to combine. Cover cooker with lid and allow to simmer for 20 minutes or so.
5. Serve hot, and top with fresh chopped green onions and crushed tortilla chips for garnish.

Nutritional Facts per serving:

Calories: 467

Total fat: 17.4g

Sodium: 619mg

Carbs: 42g

Protein: 46.2g

Japanese Noodle Soup



This noodle soup recipe is full of rich flavor and will make a nice, light meal!

Cook time: 8 hours on low

Prep time: 20 minutes

Servings: 4

Ingredients:

- 4 sprigs green onions, chopped
- 2 teaspoons sesame seeds
- 4 teaspoons sesame oil
- 2 cups snow peas
- 4 cups Udon noodles, cooked

- 3 carrots, thinly sliced
- 2 cups shitake mushrooms, thinly sliced
- 2 teaspoons organic evaporated cane juice
- 3 tablespoons Mirin
- 3 tablespoons reduced sodium tamari
- 7 slices fresh sliced ginger
- 5-inch pieces dried Kombu-2 pieces
- Garlic head chopped in half

Directions:

1. Put the garlic into slow cooker.
2. Add the white portions of green onions, along with mirin, ginger, tamari, cane juice, kombu and 8 cups of water.
3. Set heat to low setting, and cook for 8 hours with the lid on cooker.
4. Strain so that you can discard the solids and return the broth to the cooker.
5. Add in the mushrooms and carrots and cook for an additional hour.
6. Serve hot, while serving, divide the noodles into serving bowls, add snow peas on top and ladle the soupy broth on top. Garnish with green onions, sesame seeds, and sesame oil.

Nutritional Facts per serving:

Calories: 289

Total fat: 2.3g

Sodium: 588mg

Fiber: 7g

Protein: 8g

Creamy Pumpkin Soup



This pumpkin soup recipe will surely warm you up on those chilly days!

Cook time: 5 hours on low

Prep time: 15 minutes

Servings: 6

Ingredients:

- ½ cup heavy cream
- 2 cinnamon sticks
- 2 bay leaves
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 sprig fresh sage
- 4 cups chicken broth
- 1 medium sugar pumpkin, peeled, seeded and cubed
- 1 medium onion, chopped
- 1 tablespoon olive oil
- Fresh chopped chives for garnish

Directions:

1. In a pan, heat the oil over medium-high heat on the stovetop.
2. Add the pumpkin and onion to pan, and sauté for about 5 minutes.
3. Transfer your pumpkin mixture into your slow cooker.
4. Add the broth into the slow cooker to cover pumpkin mixture.
5. In a cheesecloth, tie the remaining ingredients inside of it, except for the cream. Place the cheesecloth over the pumpkin mixture in broth.
6. Set the cooker on low, and cook for 4 hours with the cooker lid on.
7. Remove the lid of the cooker, and remove cheesecloth and discard along with contents, and stir in the cream to cooker. With an immersion blender process until smooth.
8. Serve this dish hot and top with some fresh chopped chives for garnish.

Nutritional Facts per serving:

Calories: 129

Total fat: 7.7g

Carbs: 15.3g

Protein: 2.7g

Sodium: 265mg

Chapter 3. Dinner Slow Cooker Recipes

Stuffed Cabbage Leaves



This beef recipe is a hearty dish made with ground beef, rice, tomatoes and cabbage that will delight your taste buds!

Cook time: 8 hours on low

Prep time: 25 minutes

Servings: 6

Ingredients:

- 1 lb. lean ground beef
- 1 (14 ounces) can tomato sauce
- 1 (16 ounces) tomatoes, diced, undrained
- ¼ teaspoon pepper

- 1 teaspoon salt
- 6 large cabbage leaves
- ¼ cup water
- ¼ cup cooked rice
- ¼ cup onion, finely chopped
- ¼ cup green bell pepper, diced

Directions:

1. Soften cabbage leaves in boiling water for about 2 minutes. Drain well. Slice the veins off from the leaves, so they lie flat.
2. Mix the ground beef and remaining ingredients, except tomato sauce, and diced tomatoes in mixing bowl.
3. Divide meat mixture into 6 equal parts, shaping into a loaf shape.
4. Wrap each loaf in a cabbage leaf, folding the ends and sides.
5. Pour half of the tomato sauce and diced tomatoes with liquid into your slow cooker. Add the cabbage rolls into slow cooker. Pour the remaining tomato mixture over top of cabbage rolls. Close the lid to the cooker.
6. Cook on low for 8 hours.
7. Serve hot, and pour some of the tomato sauce over cabbage rolls in serving bowls.

Nutritional Facts per serving:

Calories: 436

Total fat: 12.3g

Carbs: 6.7g

Sodium: 876mg

Protein: 32g

Slow Cooked Beef with Eggplant



This beef recipe is a great slow cooker version of a Greek stew that is scrumptious!

Cook time: 8 hours on low

Prep time: 15 minutes

Servings: 8

Ingredients:

- 2 lbs. lean cut stewing beef, cut into ½-inch chunks
- 8 pieces Japanese eggplants, long thin and purply and striated white ones
- ¾ teaspoon sugar
- 1 tablespoon red wine vinegar
- ½ teaspoon cinnamon
- ¼ cup olive oil
- ¼ cup parsley, minced
- 1/8 teaspoon allspice
- 1/8 teaspoon ground cloves
- 2 garlic cloves, minced
- 2 medium onions, sliced thin
- 1 cup beef stock
- ½ cup feta cheese, cubed for garnish
- 1 can tomato sauce

Directions:

1. Wash the eggplants. Cut the tails and tops; cut into 1-inch thick segments.
2. In a pan, heat olive oil over medium-heat on the stovetop. Add the beef, eggplant, garlic, and onion to the pan. Cook for about 5 minutes or until food is a dark brown; drain and put into slow cooker.
3. In a mixing bowl, mix tomato sauce, beef stock, sugar, vinegar, spices and season with salt and pepper to taste. Add mix to the slow cooker and stir to combine. Close the lid to the cooker.
4. Set on low, then cook for 8 hours.
5. Suggest serving hot, overcooked pasta. Pour the beef, eggplant, and the sauce over the pasta. Sprinkle the top with parsley and feta cheese for garnish.

Nutritional Facts per serving:

Calories: 587

Total fat: 8.5g

Carbs: 21.2g

Fiber: 11.2g

Protein: 36.2g

Barbecued Brisket



This brisket recipe is delicious and easy to prepare with a nice spice rub!

Cook time: 8 hours on low

Prep time: 20 minutes

Servings: 8

Ingredients:

- 3 lbs. beef brisket, fat trimmed

- 2 cups barbecue sauce
- 2 medium onions, sliced
- 1 lb. fettuccine, cooked and warm
- ½ cup water
- ¼ cup light brown sugar
- Spice rub (recipe follows)

Directions:

1. Rub the spice rub all over brisket, then place it in the slow cooker.
2. Add the rest of the combined ingredients, except for fettuccine.
3. Close lid to cooker. Cook on low for 8 hours. Turn heat to high setting for the last 30 minutes of cook time.
4. Place brisket on a serving platter and allow it to stand for 10 minutes covered in foil.
5. Slice and serve hot with barbecue sauce, onions, over fettuccine.

For Spice Rub: Mix the following Ingredients: (makes about 2 tablespoons)

- 2 tablespoons parsley, minced
- ½ teaspoon ground ginger
- ½ teaspoon seasoned salt
- 1 teaspoon garlic, minced
- ½ teaspoon pepper
- ½ teaspoon nutmeg

Mix spice ingredients in a small mixing bowl then spread spice mix over brisket. Nutritional Facts per serving:

Calories: 432

Total fat: 14.2g

Carbs: 7.4g

Sodium: 785mg

Protein: 33g

Whole-Meal Pot Roast



This roast recipe is great for those cold weather days with some wine for extra flavor!

Cook time: 8 hours on low

Prep time: 15 minutes

Servings: 8

Ingredients:

- ½ cup dry red wine or beef broth

- ½ small head cabbage, cut into eight wedges
- 1 lb. carrots, thickly sliced
- 8 medium red potatoes, unpeeled
- 2 large onions, sliced
- 1-ounce onion soup mix
- 3 lbs. beef chuck roast
- Salt and pepper to taste
- Fresh chopped chives for garnish

Directions:

1. Add the beef and onions into the slow cooker and sprinkle with onion soup mix.
2. Place the vegetables around the beef, and sprinkle with salt and pepper.
3. Add the wine to slow cooker. Close the lid to cook.
4. Set on low, then cook for 8 hours.
5. Serve beef and vegetables with broth, or make a gravy (instructions on how to make gravy below).

To make gravy:

1. Measure the broth into a saucepan and heat over medium-high heat on the stovetop.
2. For every cup of broth whisk in 2 tablespoons of flour mixed with ¼ cup cold water.
3. Whisk the gravy until it is thickened, about 1 minute.

Nutritional Facts per serving:

Calories: 432

Total fat: 15.2g

Carbs: 11.2g

Sodium: 562mg

Protein: 34g

Curried Beef Stew with Chive Biscuits



This beef recipe offers a lovely aromatic stew that will be enjoyed by all!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 8

Ingredients:

- 2 lbs. lean beef stew meat, cubed
- 1 ½ cups onion, chopped
- 1 ½ teaspoons curry powder

- 1 ½ cups beef broth
- Salt and pepper to taste
- 2 bay leaves
- Margarine as needed
- 4 biscuits, baked and halved
- Fresh chopped chives
- 1 package (10 ounces) thawed frozen peas
- 1 large tomato, coarsely chopped

Directions:

1. Chop beef into cubes. Combine the beef with tomato, curry powder, onions, beef broth, bay leaves in slow cooker. Close the cooker lid.
2. Cook on low for 8 hours.
3. Discard the bay leaves.
4. Season to taste with salt and pepper. Add the peas.
5. Brush biscuits lightly with margarine, sprinkle with chive and place biscuits on top of beef with chive side facing up.
6. Cover and cook for 15 more minutes. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 436

Total fat: 17.2g

Carbs: 8.2g

Sodium: 562mg

Protein: 30.1g

Slow Cooker BBQ Meatballs



This meatball recipe will liven up your favorite meatballs, and will be a real crowd pleaser!

Cook time: 8 hours on low

Prep time: 25 minutes

Servings: 4

Ingredients:

- 1 lb. meatballs, cooked
- 1 ½ cups (12 ounces) chili sauce
- 1 cup grape jelly or jam
- 2 teaspoons Dijon mustard

Directions:

1. Mix together the grape jelly, chili sauce and mustard in your slow cooker and stir well.
2. Cover cooker with lid, and cook on high while preparing meatballs.
3. Place the cooked meatballs into the sauce in the slow cooker. Stir to coat the meatballs.
4. Cook on low for 8 hours.

Nutritional Facts per serving:

Calories: 467

Total fat: 11.2g

Carbs: 6.7g

Sodium: 452mg

Protein: 32g

Lamb Pita-Greek Style Meatballs



This lamb recipe makes delicious lamb meatballs that go well with cucumber or yogurt dressing!

Cook time: 4 hours on high

Prep time: 10 minutes

Servings: 4

Ingredients:

- 1 egg
- $\frac{3}{4}$ cup breadcrumbs
- Salt and pepper to taste
- 1 teaspoon oregano, dried
- 1 lb. ground lamb
- $\frac{1}{4}$ cup onion, chopped
- $\frac{3}{4}$ cup chicken broth

Directions:

1. Mix all the ingredients to form meatballs.
2. Put meatballs in your slow cooker and close the lid.
3. Set on high and cook for 4 hours.
4. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 422

Total fat: 12g

Carbs: 7.8g

Sodium: 567mg

Protein: 34g

Lamb Curry



This lamb recipe would be great to serve on special occasions!

Cook time: 5 hours on low

Prep time: 20 minutes

Servings: 8

Ingredients:

- 1 lb. ground lamb
- Olive oil for cooking
- Salt and pepper to taste

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder
- 1 teaspoon cayenne pepper
- 2 cups green beans
- 1 cup tomato sauce
- 1 large can diced tomatoes
- 2 potatoes, peeled and chopped
- 3 cloves garlic, minced
- 1 red onion, chopped

Directions:

1. In a pan, brown the lamb first over medium-high heat on the stovetop, along with onion, and garlic in some olive oil.
2. Transfer after draining the fat, into the slow cooker.
3. Put all ingredients into the slow cooker. Stir to mix. Close the cooker lid.
4. Cook on 5 hours on low.
5. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 216

Total fat: 8.1g

Carbs: 7.1g

Sodium: 219mg

Protein: 17.7g

Mediterranean Lamb Shanks



This lamb recipe creates an amazing dish with its flavors of Mediterranean!

Cook time: 6 hours on low

Prep time: 15 minutes

Servings: 4

Ingredients:

- 4 large lamb shanks, trimmed

- 2 garlic cloves, thinly sliced
- 2 red bell peppers, chopped into 1-inch pieces
- 2 sticks celery, thickly sliced
- 2 tablespoons fresh oregano, chopped
- 2 tablespoons tomato paste
- 2 tablespoons whole-wheat flour
- 2 medium zucchinis, halved, thickly sliced
- 2 cans (14 ounces each) tomatoes, chopped
- Pink Himalayan salt flakes, to season
- 1 cup beef stock
- 1 large red onion, chopped
- 1 small eggplant, diced
- 1 tablespoon olive oil
- ½ cup red wine
- ¼ cup fresh basil, shredded
- Cooked pasta for serving

Directions:

1. In medium mixing bowl, add the lamb and flour and toss to coat lamb with flour.
2. In a pan on the stovetop, add oil, over medium-high heat. Add the lamb to pan and cook for about 6 minutes per side, or until browned all over.
3. Transfer the browned lamb meat into your slow cooker. Add bell peppers, onion, garlic, eggplant, zucchini and celery into the pan that you browned the lamb in. Cook for about 5 minutes, stirring until veggies begin to brown. Add the mixture into slow cooker. Cover the cooker with lid.
4. Cook on low for 6 hours.
5. Before serving, stir in the oregano, basil, salt, and pepper to taste.

Serve over cooked pasta and enjoy!

Nutritional Facts per serving:

Calories: 626

Total fat: 16.3g

Carbs: 18.2g

Sodium: 544mg

Protein: 37g

Slow Cooked Lemony Lamb



This lamb recipe is a melt in your mouth kind of dish to come home to on a cold rainy night!

Cook time: 6 hours (2 hours on high and 4 hours on low)

Prep time: 20 minutes

Servings: 4

Ingredients:

- ½ of a lamb leg
- 1 lemon rind, chopped
- Juice of one lemon
- 1 large onion, peeled, cut into wedges
- 2 large potatoes, sliced and peeled into wedges
- 4 garlic cloves, crushed
- 2 tablespoons olive oil
- ½ teaspoon salt
- 1 tablespoon all-purpose Greek seasoning
- Freshly squeezed lemon juice

Directions:

1. In a pan, heat the oil, over medium-high heat on the stovetop. Add the lamb to pan and brown the meat on all sides.
2. Place the garlic, onion, potatoes, and lemon in the slow cooker. Season with salt pepper and lemon juice.
3. Add the browned lamb on top of the veggie layer in slow cooker and season with Greek seasoning. Close the cooker lid.
4. Cook on high for 2 hours and 4 hours on low, or until the lamb meat is falling off the bone.

Nutritional Facts per serving:

Calories: 181

Total fat: 7.9g

Carbs: 8.2g

Sodium: 382mg

Protein: 32g

Greek Lamb & Artichoke Stew



This lamb dish is great to come home to when served hot with cooked orzo and topped with feta cheese!

Cook time: 8 hours on low

Prep time: 20 minutes

Servings: 8

Ingredients:

- 3 lbs. Lamb shoulder, boneless,
- fat-trimmed, cut into 1-inch cubes
- 1 tablespoon lemon rind, grated
- 1 tablespoon olive oil
- ½ cup feta cheese
- ¼ cup tomato paste
- ¼ teaspoon salt
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons whole-wheat flour
- 3 onions, sliced
- 1 can artichoke hearts, drained, quartered
- 6 cloves garlic, minced
- 1 ½ cups beef stock
- 1 pinch allspice
- 1 pinch cinnamon
- 1 tablespoon dried oregano

Directions:

1. Heat the oil over in pan, over medium-high heat on the stovetop. Add the lamb and brown meat, adding the browned meat to your slow cooker.
2. Drain the fat from the pan. Add the rind, onion, garlic, cinnamon, allspice, and salt into the pan, cooking for about five minutes over medium heat.
3. Sprinkle flour into the pan. Stir to combine. Add into pan, the tomato paste and beef stock, and bring to a boil. Pour the mixture into your slow cooker. Close the lid.
4. Cook on low for 8 hours.
5. Stir the artichoke hearts into the slow cooker and cook for an

additional 15 minutes.

6. Serve hot and sprinkle top with feta and parsley for garnish and enjoy!

Nutritional Facts per serving:

Calories: 545

Total fat: 17.2g

Fiber: 4.2g

Sodium: 610mg

Protein: 32.4g

Spiced Lamb Stew with Apricots



This lamb recipe offers a wonderful flavor with the combination of apricots and spices!

Cook time: 5 hours on high

Prep time: 15 minutes

Servings: 5

Ingredients:

- 2 lbs. lamb stew meat, cut into cubes
- $\frac{3}{4}$ cup dried apricots
- 3 tablespoons butter
- 2 teaspoons paprika
- 2 teaspoons ground cinnamon

- 2 teaspoons ground allspice
- 1 teaspoon ground cardamom
- ½ cup chicken broth
- ½ cup orange juice
- 1 ½ cups sweet onion, chopped
- Salt and pepper to taste
- Serve with cooked hot couscous
- Chopped dried apricots for garnish
- Olive oil for cooking

Directions:

1. Over medium-high heat on the stovetop, heat the olive oil. Add the lamb into the pan, and brown the lamb. Transfer the browned lamb into your slow cooker.
2. In the same pan, sauté the onion in butter, adding in apricots, broth, orange juice, and seasoning. Stir well. Pour the mixture into your slow cooker over lamb. Close the cooker lid.
3. Cook on high for 5 hours. Serve hot with hot cooked couscous and topped with dried chopped apricots for garnish!

Nutritional Facts per serving:

Calories: 404

Total fat: 8.7g

Carbs: 24g

Sodium: 975mg

Protein: 38g

Sloppy Joes with Turkey Meat



This turkey meat recipe is one that will surely delight your family!

Cook time: 4 hours on high

Prep time: 20 minutes

Servings: 8

Ingredients:

- 1 lb. lean ground turkey meat
- 1 tablespoon brown sugar
- ¼ teaspoon black pepper
- 8 hamburger buns, split
- 2 tablespoons prepared mustard

- 10 ounces condensed tomato soup (undiluted)
- ½ cup ketchup
- ½ cup chopped celery
- ¼ cup green pepper, chopped
- 1 small onion
- Cooking spray

Directions:

1. In a large pan, cook the turkey meat in cooking sprayed pan, along with onions, celery, pepper. Make sure to cook the meat until it is not pink in color.
2. Discard excess juices and mix the mustard, tomato soup, ketchup, pepper and brown sugar in small mixing bowl. Mix well to combine. Add mixture into pan and stir. Add to slow cooker. Close the lid to cooker.
3. Cook on high for 4 hours.
4. Serve hot, in between a bun and serve.

Nutritional Facts per serving:

Calories: 452

Total fat: 14.3g

Carbs: 12.3g

Sodium: 567mg

Protein: 33.2g

Chicken Infused with Lemon & Thyme



This chicken recipe gives a lovely lemon and thyme flavored goodness to this dish!

Cook time: 8 hours on low

Prep time: 15 minutes

Servings: 6

Ingredients:

- 6 chicken thighs
- ½ cup water
- 1 onion, chopped
- 3 tablespoons fresh chopped parsley

- Salt and pepper to taste
- Lemon (cut into thin slices)
- Olive oil to drizzle
- 3 tablespoons thyme

Directions:

1. Add salt and pepper to season chicken thighs.
2. Add the remaining ingredients to your slow cooker. Close lid to slow cooker.
3. Cook on low for 8 hours.
4. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 460

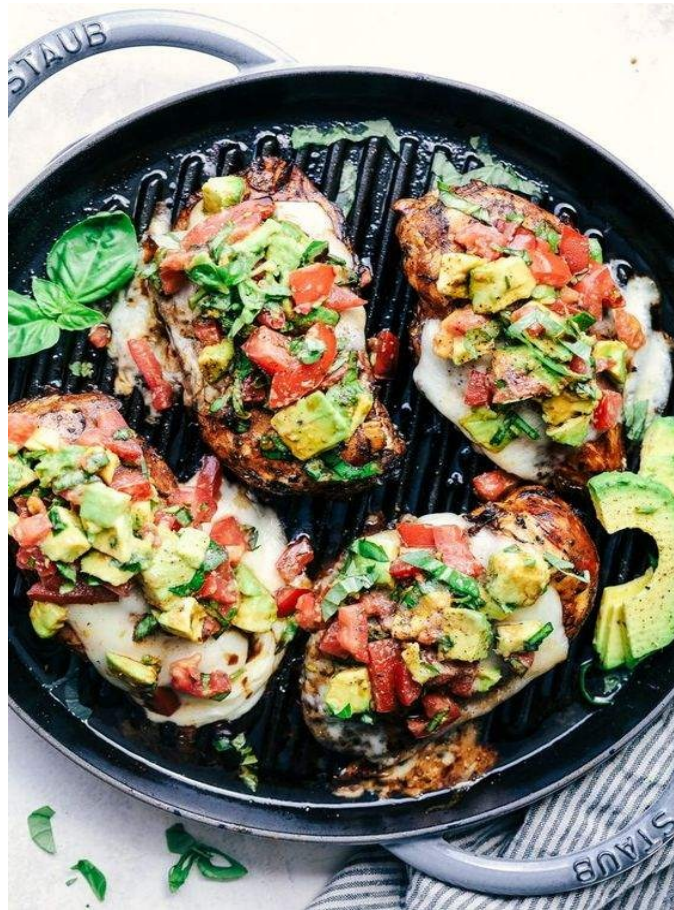
Total fat: 32g

Carbs: 14g

Sodium: 567mg

Protein: 34g

Balsamic Infused Chicken



This chicken recipe with its assortment of herbs and spices offers a delicious flavor to the chicken!

Cook time: 4 hours on high

Prep time: 10 minutes

Servings: 4

Ingredients:

- 8 chicken thighs
- ¼ cup coconut oil
- ½ onion, chopped
- 1 teaspoon onion powder

- Salt and pepper to taste
- ¼ cup balsamic vinegar
- 1 bunch fresh rosemary
- 1 tablespoon basil, chopped
- 4 cloves garlic, minced

Directions:

1. Place the coconut oil at the bottom of slow cooker. Add the onion and minced garlic.
2. Place the chicken on top of onion and garlic.
3. In a small mixing bowl, mix remaining ingredients and add mixture to slow cooker. Close the cooker lid.
4. Cook on high for 4 hours.
5. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 970

Total fat: 16g

Carbs: 7.5g

Sodium: 645mg

Protein: 31.2g

Spicy Jerk Chicken



This chicken recipe will give you moist and well-cooked delicious chicken!

Cook time: 6 hours on low

Prep time: 20 minutes

Servings: 4

Ingredients:

- 4 chicken breast halves, boneless, skinless
- 2 tablespoons thyme

- ½ cup molasses
- 1 Jalapeno chilies
- 4 teaspoons allspice
- 2 bunches scallions
- 1/3 cup coconut oil
- ½ teaspoon ground cardamom
- 6 cloves garlic, minced
- A piece of ginger

Directions:

1. Except for chicken, mix all the ingredients in a mixing bowl, and blend.
2. Coat the chicken with ¾ of the mixture and keep the remaining mixture in the fridge.
3. Place the chicken inside of slow cooker on a rack. Close the cooker lid.
4. Cook on low for 6 hours.
5. Brush the refrigerated sauce over the chicken. Flip chicken and cook for an additional 10 minutes.
6. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 240

Total fat: 7.6g

Carbs: 8.3g

Sodium: 1810mg

Protein: 36g

Teriyaki Chicken in Lettuce Wrap



This chicken recipe is extremely healthy and very delicious!

Cook time: 8 hours on low

Prep time: 10 minutes

Servings: 6

Ingredients:

- 2 chicken breasts, boneless, skinless
- ¼ cup water
- ½ teaspoon ground ginger
- 3 garlic cloves, minced
- ¼ cup red wine vinegar
- 1 tablespoon arrowroot powder
- ½ cup coconut
- ½ cup honey

- 1 onion, chopped
- Lettuce leaves

Directions:

1. Combine all of your ingredients in a mixing bowl, except the arrowroot powder and lettuce leaves. Add mixture to your slow cooker.
2. Cook on low for 8 hours with the lid on cooker.
3. Once cooked, in a small bowl mix arrowroot powder with some water and add mixture to slow cooker after removing the chicken.
4. Now, cook for an additional 30 minutes on high.
5. Add the chicken to the sauce and mix. Serve on top of lettuce leaves.

Nutritional Facts per serving:

Calories: 310

Total fat: 8.2g

Carbs: 7.8g

Sodium: 432mg

Protein: 35g

Pork Chops in Chicken Broth



This pork recipe offers a yummy combination of pork and chicken broth that is nutritious and healthy!

Cook time: 2 hours on high

Prep time: 10 minutes

Servings: 4

Ingredients:

- 1 onion, chopped
- $\frac{3}{4}$ teaspoon poultry seasoning
- 4 Center cut pork chops
- Salt and pepper to taste
- 1 $\frac{1}{2}$ cups chicken broth
- $\frac{1}{2}$ cup flour
- 2 tablespoons olive oil

Directions:

1. Take the flour and pork and mix them well.
2. Heat the olive oil in a pan, that is over medium-high heat on the stovetop. Brown the pork chops in the pan on all sides.
3. Add $\frac{1}{2}$ cup of chicken broth into the pan and stir the pork in it.
4. Place all of the ingredients into your slow cooker. Close the lid to the cooker.
5. Cook on high setting for 2 hours.
6. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 240

Total fat: 8.3g

Carbs: 7.6g

Sodium: 456mg

Protein: 34g

Pulled Pork Mexican Style



This pork recipe is a real winner at the dinner table!

Cook time: 6 hours on high

Prep time: 10 minutes

Servings: 8

Ingredients:

- 3 ½ lbs. boneless pork shoulder, shredded
- ¼ teaspoon cinnamon
- 1 teaspoon garlic powder
- 1 teaspoon cayenne
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon onion powder
- A pinch of ground cloves
- 1 tablespoon brown sugar
- 4 tablespoons chili powder

Directions:

1. Take a large pan, heat the oil over medium-high heat on the stovetop. Brown the pork in the oil.
2. Add the ingredients to your slow cooker. Close the cooker lid.
3. Let cook on high heat setting for 6 hours.
4. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 430

Total fat: 8.9g

Carbs: 7.8g

Sodium: 546mg

Protein: 34g

Pork Infused with Orange Juice



This pork recipe is a refreshing dish for a summer feast!

Cook time: 8 hours on low

Prep time: 15 minutes

Servings: 5

Ingredients:

- 1 orange cut in half
- 2 teaspoons oregano
- 1 sweet onion, chopped
- ½ teaspoon chili powder
- Salt and pepper to taste

- 2 lbs. boneless pork shoulder
- 2 tablespoons olive oil
- ¼ teaspoon red pepper flakes
- ½ teaspoon paprika
- 1 Jalapeno chilies
- 3 garlic cloves, minced

Directions:

1. In small mixing bowl mix the spices and oil. Rub mix over the pork.
2. Take the orange and squeeze juice from both halves over the pork meat.
3. Now add the remaining ingredients to your slow cooker. Close the cooker lid.
4. Let cook on low for 8 hours.
5. Serve hot and enjoy!

Nutritional Facts per serving:

Calories: 340

Total fat: 8.5g

Carbs: 6.8g

Sodium: 489mg

Protein: 36g

Conclusion

I would like to thank you for choosing to download this book! I hope that you and your loved ones will enjoy preparing and most of all dining on this collection of healthy slow cooker recipes, for many years to come. It can be very challenging in today's fast-paced world to find the time to prepare a good healthy homecooked meal. Now, with the help of your slow cooker, there are so many wonderful meals that you can let your slow cooker prepare through the day. So, at the end of a long and exhausting day of work/school, you can take comfort in knowing that you will have a healthy warm homecooked meal waiting at home for you! I hope that this slow cooker cookbook will be a helpful tool for you in preparing healthy yet flavorful slow cooker meals for your loved ones!

About the author



Gordon Rock is the author for hundreds of cookbooks on delicious meals that the 'average Joe' can attempt at home . Including, but definitely not limited to, the Amazon Prime bestseller " Smoking Meat : The Essential Guide to Real Barbecue ".

Rock is also known for other well - known titles such as " Making Fresh Pasta " , " Hot Sauce " , " The Paleo Chocolate Lovers " and " Vegan Tacos " , just to name a few .

Rock has been nominated for various awards and has recently been offered a 'Question & Answers' column in Food and Wine Magazine that will give him a greater medium to respond to all the queries readers may have after attempting his recipes . He has also been honored by the Institution of Culinary Excellence for his outstanding recipes .

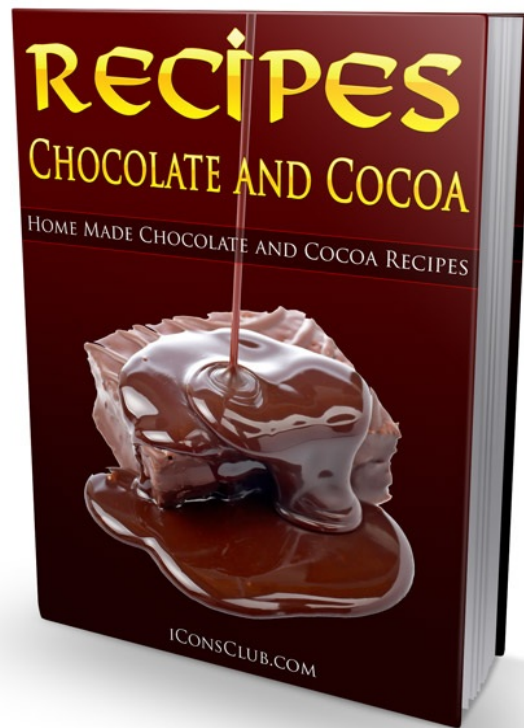
Gordon Rock grew up in the outskirts of Los Angeles in California, where he graduated from the Culinary Institute of America with honors . He still resides there along with his wife and three kids . He operates a non - profit organization for aspiring cooks who are unable to finance their culinary education and spends practically all his spare time either in the kitchen or around his desk writing .



For a complete list of my published books, please, visit my Author's Page ...

<http://amazon.com/author/gordonrock>

Free Bonus Cookbooks



As promised, here you can get a great collection of Chocolate and Cocoa Recipes that I have collected so far . The cookbooks I like and always proud to share with all my readers and followers .

However, even though I love sharing recipes, I would like to make this an exclusive collection to my readers and thus, this will require you to take a few more simple steps in order to get this bonus .

Please click the link below and you will then be directed to my page that will require you to enter your email address . A few minutes after entering the email address, you should receive an email containing the link to download the bonus

cookbooks . Then, what you need to do is just finding a long free time to enjoy the bonus cookbooks .

[CLICK HERE TO GET THE BONUS](#)

**** If you are not able to click the above link, simply copy and paste the following URL into your browser .*

[http :// bit . ly / 1EcVHas](http://bit.ly/1EcVHas)

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book !

I know you could have picked from many other books but you chose this one . So a big thanks for downloading this book and reading all the way to the end .

If you enjoyed this book or received value from it, I'd like to ask you for a favor . Please take a few minutes to post an honest and heartfelt review on Amazon . com . Your support does make a difference and helps to benefit other people .

LEAVE A REVIEW ON AMAZON

[US : Click To Leave a Book Review](#)

To receive an Email when there are " New Book Releases " by Gordon Rock ... [Click on the " FOLLOW " box on the left hand side of Author Page.](#)

Register to be notified of new book releases . Be sure and scroll down to see any new books published or if another book could help you or someone you love .

Amazon gives newer Kindle device readers the opportunity to rate this book and share your thoughts via an " automatic feed to your Facebook and Twitter accounts " . I'd honored and grateful if you Scroll down to the last page to use the automated links with Facebook and Twitter if you are reading in a Kindle Reader .

Thanks for your Reviews !

Gordon Rock