



SLOW COOKER RECIPE GUIDE

Here are six of my favorite throw-it-in-the-slow-cooker-and-go recipes. The slow cooker is a lifesaver when it comes to incorporating Paleo into your hectic life. You can find them for \$20-25 (and up if you want to get fancy). I use a 5.5-quart Crock Pot brand model with a digital timer like [this one](#). Print this out, and hang it on your fridge for quick reference. For troubleshooting your slow cooker recipes, [click here](#).

CHICKEN SOUP

You need:

- Chicken carcass or other bones
- Water
- 1 onion, chopped
- 2-3 carrots, chopped
- 1 bay leaf, optional
- Salt and pepper, to taste

To make:

- Save the bones from a whole chicken. You can freeze bones until you have the chance to make soup.
- Add bones to slow cooker with onions and carrots. Add enough water to fully cover the ingredients.
- Cook on low for 24 hours for best results.
- Strain or skim the excess fat and remove veggies and bones.
- Add salt and pepper to taste.

SHREDDED PORK

You need:

- 2-3 lb. pork roast
- 2 cups salsa

To make:

- Add pork and salsa to slow cooker.
- Cook on low for 5-6 hours.
- Shred meat with two forks.

BEANLESS CHILI

You need:

- 2 lb. ground meat (beef, bison, pork)
- 1 can (14 oz.) olives
- 1 can (14 oz.) fire-roasted diced tomato
- 1 can (4 oz.) chopped green chilis
- 1 medium onion, diced
- 2 Tablespoons chili powder
- 1 Tablespoon garlic powder
- 1 Tablespoon smoked paprika
- Salt and pepper, to taste

To make:

- Brown meat in a pan.
- Add to slow cooker along with all the other ingredients.
- Cook on high for 2-3 hours or low for 5-6 hours.

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CURRIED BEEF STEW

You need:

- 3 lb. beef stew chunks
- 1 can (14 oz.) full-fat coconut milk
- 3 cups beef broth
- 2 medium onions, diced
- 4-6 carrots, chopped
- 1 Tablespoon cumin
- 2 teaspoons ground coriander
- 2 teaspoons ground ginger
- 2 teaspoons garlic powder
- 1 teaspoon red pepper flakes
- 1 teaspoon cinnamon
- Salt and pepper, to taste

To make:

- If you have time, brown the meat in a pan first. If not, throw it into the slow cooker raw.
- Add the rest of the ingredients to the slow cooker, stir to combine, and cook on low for 5-6 hours. Finish the last hour with the lid off.
- If it seems to thick, add a bit more beef stock.

ROASTED CHICKEN

You need:

- 1 whole chicken
- 1 lemon, sliced
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

To make:

- Rinse and dry the chicken. Add it to the slow cooker.

- Sprinkle with salt and pepper (inside the cavity and outside).
- Put some lemon slices inside the cavity and some on top of the chicken.
- Cook on low for 4-5 hours.

TURKEY BREAST

You need:

- 2-3 lb. turkey breast
- 1 cup chicken broth (or water)
- 1 medium onion, sliced
- 3-4 carrots, sliced thick
- 1 cup fresh cranberries
- 1 lemon or orange, sliced
- 1 Tablespoon dried rosemary
- 1 Tablespoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

To make:

- Add 1 cup of chicken broth to the slow cooker.
- Add sliced onion and carrots.
- Put the turkey breast on top of the onion and carrots.
- Sprinkle with salt, pepper and dried rosemary and thyme. Put lemon or orange sliced on top.
- Pour cranberries over the top.
- Cook on low for 4-5 hours.

