

In the *kitchen*

FAVORITE SLOW COOKER RECIPES

with Chris Bryan



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MIND | BODY | MOTIVATION

the*kitchen* is and always will be my favorite room in the house, and it's in the kitchen where healthy living begins. Of all the things we do, what we feed our bodies has the most significant impact on our health. Giving the body the nutrients it needs allows it to keep us at our best!

This guide of slow cooker recipes is perfect for anyone who lives a busy life and finds themselves without ample time to cook on some days.

Slow cookers allow us to combine nutritious ingredients ensuring that we eat a healthy dinner, give us the opportunity to be creative and most importantly allow us to save time.

Think protein, veggies and spices when putting your slow cooker meals together, and the options are endless.

If you're interested in learning more about how to eat healthy and what the 'Need to Knows' about nutrition are, be sure to read my free e-book *The Power Of Food*. In it we discuss the macro nutrients of fat, carbs and protein so you have a great understanding of what you should be putting into your body. I also share some of my favorite recipes to help you in the kitchen.

Put a nutrition plan in place, be prepared, and when you're on the go, use one of these great slow cooker recipes!

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Chipotle Black Bean Quinoa [Vegan – Gluten Free] Serves 6-8

1 lb of dried organic black beans
3/4 cup uncooked sprouted quinoa
1 can organic diced tomatoes
1 white onion, diced
3 cloves garlic, minced
1 green bell pepper diced
1 red bell pepper, chopped
1 teaspoons allspice
2 teaspoons chile powder
1 teaspoon coriander powder
1/4 cup fresh cilantro
7 cups water
1/2 avocado
1/2 lime
2 dried chipotle peppers

Load all of the ingredients, except the salt, into your slow-cooker, stir to combine. If you wish to saute the onion, garlic and bell pepper first, you can, but I like to make crock-pot cooking as simple and quick as possible. Cook on high for 4 to 6 hours, or on low for 8 to 10 hours, until the black beans are tender. The time to cook the beans can vary based on the strength of your slow cooker and also the freshness of your beans. Add the salt at the very end, as it will affect how the beans cook, if you add it at the beginning.

Garnish with avocado and lime

Chicken Chili Serves 6-8

1 yellow onion chopped
2 organic can kidney beans
1 organic can black beans
1 can organic tomato sauce
2 diced tomatoes
3 tablespoons taco seasoning
1 tablespoon cumin
2 chopped garlic cloves
4 cage free boneless skinless chicken breasts
1 small can Hatch Chillies
Cheddar Cheese
Scallions

Combine onions tomato sauce, beans, taco season, cumin, chili powder, garlic, taco seasoning. Put chicken on top of all and cover with lid. Cook on low for 8 hours or on high for 7 hours. After cooked shred chicken with fork.

Garnish with cheddar cheese and scallions

Slow Cooker Vegetarian Minestrone Soup Serves 8

7 cups organic vegetable broth
1 can crushed tomatoes
1 can kidney beans
1 chopped large onion
2 chopped ribs celery
2 chopped large carrots
1 cup green beans
1 small zucchini
3 cloves garlic diced
1 teaspoons dried oregano
3/4 teaspoon dried thyme
4 cups chopped fresh spinach
1/4 cup grated Parmesan cheese

Combine all ingredients vegetable broth, tomatoes, kidney beans, onion, celery, carrots, green beans, zucchini, garlic, parsley, oregano, salt, thyme, and black pepper in slow cooker.

Cook on Low for 8 hours.

Add spinach at end of 8 hours.

Garnish with grated Parmesan cheese

Beef Barley Risotto with Fennel [Can be prepared without beef] Serves 6

2 small fennel bulbs diced
1 cup pearl barley
1 carrot chopped
1 shallot chopped
2 cloves garlic chopped
4 cups vegetable broth
1 1/2 cups water
1/4 cup dry white wine
2 Julienne cut green beans
1/2 cup grated Parmesan cheese
1/3 chopped cup pitted black olives
2 teaspoons fennel seeds

Combine crushed fennel seeds, diced fennel, barley, carrot, shallot and garlic. Add broth, 1 cup water and white wine, green beans and stir.

Cover and cook until the barley is tender.

Cook for 6 hours on low

Miso Pea Soup Serves 8

5 cups vegetable broth
5 cups water to fill the pot
4 cups dried split peas, rinsed
1 cup chopped carrots
2 cloves garlic, minced
1 large onion, chopped
4 tablespoons white miso paste
3 tablespoons organic coconut oil

Chop all vegetables, onions garlic, carrots and put in pot. Add in the coconut oil and miso paste and mix.

Put the rest of your ingredients in the slow cooker, pouring the liquid on last.

Cook for 5 hours on high.

Sweet Potato Chicken Serves 6

4 cage free chicken breasts,
cut into strips
4 peeled organic sweet potato
2 chopped carrots
1 can organic stewed tomatoes
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 teaspoon paprika
1 teaspoon celery seed
1 cup low sodium chicken broth
1/4 cup fresh basil, chopped

Combine chicken, potatoes, carrots, tomatoes, salt, pepper, cinnamon, nutmeg, paprika, celery seed and broth in slow cooker.

Cover and cook for 8 hours on low.

Slow Cooker Light Chicken Serves 8

6 cups chicken stock
4 cage free boneless skinless
chicken breasts
1 medium onion chopped
3 cloves garlic minced
2 stalks celery chopped
4 cups potatoes (cubed)
1 can corn
2 bay leaves
lemon pepper (to taste)
salt (to taste)

Add all ingredients to your crock pot, stir and cover.

Cook for 8 hours on low.

Texas Chicken Serves 6

6 cage free boneless skinless
chicken breasts
2 sliced fresh jalapeno peppers
1 chopped large onion
1 chopped bunch cilantro
1-1/2 cups salsa
1/4 cup red chili peppers
2 cups brown rice
1 cup of water
1 avocado

Mix all ingredients in slow cooker putting chicken on top.

Cook 6 hours on low.

Pull chicken apart with fork before serving.

Garnish with avocado.

Short Ribs with Mushrooms Serves 8

4 pounds boned beef short ribs
1 chopped onion
1 cup beef or vegetable broth
1/2 cup sherry
1 cup red wine
1/3 cup balsamic vinegar
2 tablespoons soy sauce
1 teaspoon dried thyme OR
2 teaspoons fresh thyme leaves
3 or 4 very thin slices (quarter size)
peeled fresh ginger
1/2 teaspoon Chinese five spice
1 pound mushrooms
2 tablespoons olive oil

Clean fat from meat and cut into small cubes. Combine all ingredients adding meat last.

Cover and cook for 7 hours on low.

Broccoli Chicken Chowder Serves 6

1 can cream of potato soup
1 can cream of chicken soup
4 cage free chicken breasts
12 ounces broccoli
1 cup organic chicken broth
1/4 cup diced red bell pepper or
roasted red bell pepper
1 can chopped mild hatch green chile
1/4 teaspoon dried leaf thyme

Combine all ingredients in slow cooker.

Cover and cook for 6 hours on low.

Lime Chicken Serves 6

4 boneless chicken breast halves
1 red pepper chopped
1 green pepper chopped
1 chopped onion
1/2 bunch cilantro chopped
1 jalapeno chopped
1 can diced organic tomatoes
32 ounces organic chicken broth
2 tablespoons coconut oil
1 tablespoon chili powder
Juice from 1/2 lime

Combine all ingredients in slow cooker.

Cover and cook for 7 hours on low.

Garnish with cilantro, lime and avocado.

BBQ Chicken Serves 8

5 boneless chicken breast halves
2 cups spicy barbecue sauce,
(look for low to no sugar)
1 chopped red onion
1 bunch green onion (scallion)

Combine all ingredients in slow cooker.

Cover and cook for 6 hours on low.

Garnish with scallions

White Bean Chicken Serves 8

2 tablespoons extra virgin olive oil
6 cage free chicken breasts, sliced
1 chopped white onion
4 cloves garlic, minced
2 cans white beans
2 cups salsa
1 cup chicken broth
1 can diced tomatoes
2 tablespoons chopped jalapeno peppers
1 1/2 teaspoons ground cumin

Combine all ingredients in slow cooker.
Cover and cook for 7 hours on low.

Root Veggie Soup Serves 10

6 cups chopped carrots
2 cups chopped celery
2 cups chopped mushrooms
1/2 gallon water
2 cups cooked garbanzo beans
3 cloves minced garlic
2 cup organic Dijon mustard
1 tablespoon extra-virgin olive oil
2 low-sodium vegetable bullion cubes
6 cups fresh spinach

Place all ingredients except spinach in a slow cooker.

Cook for 6 hours or until carrots are soft.

Add spinach last for texture consistency.

Veggie Stew [can also be prepared with chicken or beef] Serves 8

4 large carrots
2 medium turnips
1 chopped large onion
2 garlic cloves, minced
1 can diced tomatoes
1 cup vegetable broth
1 teaspoon kosher salt
1/2 teaspoon ground cumin
1/4 teaspoon]crushed red pepper flakes
1 zucchini, sliced
1 can organic chickpeas

Add carrots, turnips, onion, garlic, tomatoes (with their liquid), broth, cumin, and pepper flakes in the slow cooker.

Cook on low heat for 6 hours .

Add the zucchini and chickpeas and cook 1 hour longer on low.