

Delicious, Autumn One Pot Meals
THE FOODIE MAMA'S
COOKBOOK

This Autumn's cookbook is where simplicity meets
delicious creativity for busy mamas.

MAMA'S



KITCHEN



HELLO!

Welcome to Mama's Kitchen

Welcome to this season's cookbook!

This cookbook is designed to guide you through easy-to-make recipes that will impress your friends and family this autumn.

So, pour yourself a glass of wine and let's dive into the world of cooking with confidence.



NUTRITIONAL

Disclaimer

These recipe ideas may not be appropriate for all individuals. It is strongly recommended to consult your doctor or registered dietician before beginning any exercise or diet program.

The recipes and/or information provided is for informational purposes only and is not intended to substitute or replace your physician's orders.

If you engage in these recipe ideas, you agree to do so at your own risk and assume all risk of injury to yourself and agree to release and discharge the assigned health coach from any and all claims of action known or unknown arising.

Each person is different, and the way you react to a certain food or product may be extremely different from the way other people react. The user of this guide assumes all responsibility and risk for any injury, loss or damage caused or alleged, directly or indirectly by using any information described in this guide.

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Your support means the world to our family!



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WEEKLY MEAL PLANNER

WEEK OF:

DATE:

<p>MONDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>	<p>FRIDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>
<p>TUESDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>	<p>SATURDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>
<p>WEDNESDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>	<p>SUNDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>
<p>THURSDAY</p> <p>B</p> <p>L</p> <p>D</p> <p>S</p>	<p>Create a Complete Plate</p> <p>When creating your meal plan, remember to include Complete Plate ingredients Protein - Veggies (Carbs) - Healthy Fats</p> <p>.....</p>

Breakfast



Apple Cinnamon Oatmeal

INGREDIENTS:

- 1 cup steel-cut oats
- 2 medium apples, peeled, cored, and diced
- 1 ½ tsp cinnamon
- 1 tbsp. maple syrup (optional)
- ¼ tsp nutmeg
- 4 cups water or unsweetened almond milk
- 1 tsp vanilla extract
- Optional toppings: chopped nuts, chia seeds, extra apples

DIRECTIONS:

1. Add oats, diced apples, cinnamon, nutmeg, water (or almond milk), and vanilla extract to your Slow Cooker.
2. Stir everything together.
3. Cook on low for 6-8 hours or overnight until the oats are creamy and the apples are tender.
4. Stir in maple syrup if using and serve with your choice of toppings.



Veggie Egg Casserole

INGREDIENTS:

- Cooking spray
- 2 cups frozen hashbrowns
- 12 slices pork or Chicken bacon (optional)
- 2 cups frozen veggies (spinach, kale, carrots)
- 1 medium-sized red onion, diced
- 16 large eggs
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup cheddar cheese, grated

DIRECTIONS:

1. Cook bacon over med-high heat in a large skillet, about 5-10 minutes until cooked through
2. Spray inside of slow cooker with cooking spray, then add frozen hashbrowns, cooked bacon, peppers, onion, and veggies in two even layers. Mix salt and pepper with eggs, then pour overtop of other layers and top with cheese.
3. Cook on high for 4 hours. Serve and enjoy!

Note:

This can be made ahead of time up to 3 days in advance.



Overnight Quinoa Breakfast Bowls

INGREDIENTS:

- 1 cup quinoa uncooked, rinsed and drained
- 1 1/2 cups cold water
- 1 3/4 cup milk (almond, oat, regular)
- 2 tablespoons maple syrup or honey
- 1/4 teaspoon salt
- Splash of any milk optional
- Nuts, berries, fruit, honey, maple syrup, vanilla extract, cinnamon for toppings, use any

DIRECTIONS:

1. Add rinsed quinoa, water, coconut milk, maple syrup and salt to a slow cooker. Give it a stir and cover with a lid.
2. Cook on Low heat for 6-8 hours or on High for 3-4 hours.
3. Serve hot, adding in more milk if needed.
4. Add toppings of choice. Fresh fruit, nuts, nut butter



Pumpkin Spice Steel-Cut Oats

INGREDIENTS:

- cooking spray or avocado oil (for coating the slow cooker)
- 1 cup steel-cut oats
- 2 ½ cups water
- 1 ½ cups unsweetened milk (almond, oat, regular)
- 1 cup canned pumpkin or homemade pumpkin puree
- 3 Tablespoons maple syrup
- 1 teaspoon vanilla
- 1 teaspoon pumpkin pie spice
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- chopped pecans, maple syrup and almond milk for serving

DIRECTIONS:

1. Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well.
2. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm.
3. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.
4. Let the oatmeal cool and place into a sealed container in the fridge for up to a week. You can reheat the oatmeal on the stovetop or microwave. Just add a little additional milk to loosen the oatmeal, if needed.



French Toast Casserole

INGREDIENTS:

- 2 whole eggs
- 2 egg whites
- 1 1/2 cups 1% milk
- 2 tablespoon honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 9 whole grain bread slices

Filling

- 3 cups apple pieces finely diced, uncooked
- 3 tablespoon honey
- 1 teaspoon lemon juice
- 1/3 cup pecans raw, diced
- 1/2 teaspoon cinnamon

DIRECTIONS:

1. Add the first 6 ingredients to a medium mixing bowl, whisk to combine. Lightly spray the inside of the slow cooker with nonstick cooking spray.
2. Add all the filling ingredients in a small mixing bowl and stir to coat apple pieces, set aside.
3. Cut bread slices into triangles (that's in half, just triangle shaped). Place one layer of bread (6 triangles) on the bottom of the slow cooker, add 1/4 of the filling and repeat until there are 3 layers of bread. Add the remaining filling to the top.
4. Pour egg mixture over bread. Cover and cook on high 2 to 2-1/2 or low 4 hours, or until bread has soaked up the liquid.
5. Serve hot and top with favorite toppings

Note: 3 Bananas (diced) can be substituted for apples.

Lunch



Light Sloppy Joes

INGREDIENTS:

- 1,2 kgs. ground chicken
- 1/2 cup chopped onion
- 1 medium bell pepper (chopped)
- 6 oz. tomato paste
- 1/2 cup ketchup
- 2 Tbsp. Dijon mustard
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. honey
- 1 1/2 Tbsp. chili powder
- 2 tsp. paprika
- 2 tsp. salt
- 1/4 cup coconut aminos

DIRECTIONS:

1. In a large skillet, brown the ground chicken over medium heat. Transfer the ground chicken, remaining ingredients, plus ½ cup water to your slow cooker.
2. Stir and cook on low for 3-4 hours.
3. Serve your sloppy joes on your favourite buns.



Chicken and Sweet Potato Chili

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 pound lean ground Chicken
- 1 large yellow onion chopped
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 1 tablespoon chilli powder
- 2 teaspoons chipotle chilli pepper
- 2 teaspoons cumin
- 3 small sweet potatoes (or 2 large) peeled and diced (about 1 pound)
- 1 cup uncooked quinoa
- 1 can (28 ounces) crushed tomatoes
- 1 can (15 ounces) black beans rinsed and drained
- 1 can (12 ounces) of beer, or substitute additional chicken stock
- 2-3 cups low-sodium chicken stock
- For serving: cilantro, avocado, shredded cheese, tortilla chips, and sour cream or plain Greek yogurt

DIRECTIONS:

1. Heat the olive oil in a large skillet over medium-high heat. Add the chicken, onion, salt, garlic powder, and black pepper. Cook and stir, breaking up the Chicken as you go, until the Chicken is no longer pink, about 5 minutes. Stir in the chilli powder, chipotle chilli powder, and cumin, then transfer to the bottom of a large slow cooker.
2. To the slow cooker, add the chopped sweet potatoes, quinoa, beer, 2 cups chicken stock, crushed tomatoes, and black beans. Cover and cook on high for 3-4 hours or low for 5-6 hours, until the potatoes are tender. Stir in additional chicken stock if the chilli is thicker than you would like. Serve warm with desired toppings.



Vegetable Stew

INGREDIENTS:

- 225g portabella mushrooms, sliced
- 225g button mushrooms, sliced
- 1 cup yellow onion, diced
- 1 cup carrots, diced
- 2 cups potato, diced
- 2 cloves garlic, finely chopped
- 1 teaspoon dried thyme
- 1 teaspoon ground sage
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 1 cup vegetable broth
- ½ cup dry red wine/grape juice
- 400g canned diced tomatoes
- 2 tablespoons tomato paste
- ½ teaspoon liquid smoke
- 2 tablespoons flour

DIRECTIONS:

1. Clean and pare all of the vegetables first. Cut up the potatoes last so they don't have time to turn brownish.
2. Add all of the vegetables to a large Slow Cooker. One that's at least 6 qts.
3. Measure and add the vegetable broth, wine, diced tomatoes and tomato paste, kitchen bouquet and liquid smoke. Do NOT add the flour yet.
4. Now add in all of the seasonings and spices. It won't look like you have enough juices at this point but believe me a lot of liquid cooks out of the mushrooms and you will have plenty after it cooks a while.
5. Stir well and cover. Cook on high 4 to 5 hours or low 8 to 10 hours.
6. Now about the flour - sometime after the juices are hot on up to about a half-hour to an hour before serving -scoop out some of the juices into a cup. Add the flour to the hot juices in the cup. Stir well until the flour is blended. Pour it all back into the stew and stir well. Cover and let finish cooking. This thickens the juices.



Mac 'n Cheese

INGREDIENTS:

- 2 $\frac{2}{3}$ cups butternut squash puree/mashed sweet potato (see note)
- 4 cups unsweetened almond milk or milk of choice
- 500g whole grain pasta (small, such as shells or macaroni)
- 3 – 4 cups sharp cheddar, shredded
- 1 $\frac{1}{2}$ tsp salt, to taste
- $\frac{1}{4}$ tsp pepper
- 1 tsp garlic powder
- 1 tsp dried parsley

DIRECTIONS:

1. Spray large slow cooker with nonstick spray.
2. In the slow cooker, whisk together butternut squash puree and almond milk until there are no chunks remaining. Add the pasta, cheese, and seasonings and mix until well combined.
3. Cover and cook on low for 3 – 4 hours. Do not stir. Serve when all liquid has been absorbed and noodles are cooked through.

*Note: You can purchase frozen butternut squash. Cook it, let it cool, and mash it into puree

Soups



White Bean Soup

INGREDIENTS:

- 2 Tbsp extra virgin olive oil
- 5 garlic cloves, minced
- 1 yellow onion, chopped
- 4 carrots, sliced
- 4 ribs celery, sliced
- 500g dry white navy beans
- 1 bay leaf
- 1 tsp dried rosemary
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- black pepper, to taste
- 6 cups filtered water
- 2 tsp sea salt, or to taste

DIRECTIONS:

1. Add the oil, garlic, onion, celery and carrots to a large slow cooker.
2. Rinse the beans in a strainer, then add them to the slow cooker with the seasonings and spices.
3. Add the water and stir to combine. Place the lid on and cook on low for 8-9 hours or high for 4-5 hours.
4. After 8 hours on low or 4 hours on high, stir the soup and mash some of the beans to thicken it. Taste and adjust salt as needed.
5. Serve hot with crackers or crusty bread for dipping and enjoy!



Wild Rice Veggie Soup

INGREDIENTS:

- 1 medium onion, chopped
- 1 cup wild rice, uncooked
- 1 butternut squash, cubed
- 1 can white beans, drained & rinsed
- 4 ribs celery, chopped
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/8 tsp black pepper
- 1 bay leaf
- 6 cups low sodium veggie broth
- 6 cups kale or spinach, chopped

DIRECTIONS:

1. Add all ingredients to the slow cooker except for the broth and kale.
2. Pour the broth into the slow cooker and gently stir to combine.
3. Cook on low for 6 hours or on high for 3-1/2, until the rice is tender. Near the end of cook time, check to see if the rice is done.
4. Remove the bay leaf. Stir in the greens and serve.



Minestrone Soup

INGREDIENTS:

- 1 medium carrot, diced
- 1 medium onion diced
- 2 celery ribs, diced
- 1 zucchini, cut into half moons
- 400g green beans, cut into 2cm pieces
- 5 garlic cloves, minced
- 1 can kidney beans, drained & rinsed
- 1 can white beans, drained & rinsed
- 1 can diced tomatoes, with juice
- 1 tsp dried basil
- 1 tsp dried oregano
- 3 bay leaves
- pinch of red pepper flakes
- 5 cups veggie broth
- A big handful of spinach
- 1 cup spiral or elbow pasta
- sea salt & black pepper, to taste

*optional garnish - lemon juice and fresh parsley leaves

DIRECTIONS:

1. Add all ingredients to the slow cooker except for the spinach and pasta, end with the broth last. Stir well.
2. Cook on high for 4-5 hours or on low for 7-8 hours.
3. Add spinach during the last 30 minutes of cooking.
4. Cook the pasta according to the package directions then add to the soup once it is finished cooking.
5. Remove bay leaves and serve with lemon juice and parsley on top if desired.



Lasagna Soup

INGREDIENTS:

- 1 Tbsp extra virgin olive oil
- 1 medium onion, diced
- 4 garlic cloves, minced
- 5 cups veggie broth
- 1 cup dried brown lentils
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 (14oz) can diced tomatoes
- 1 (14oz) can crushed tomatoes
- 8 lasagna noodles, broke in pieces
- 3 cups spinach, chopped
- Ricotta
- 1 cup raw cashews, soaked overnight
- 1/4 cup unsweet almond milk
- 1/4 lb organic extra firm tofu, pressed
- 4 Tbsp pesto
- 1-2 Tbsp lemon juice
- sea salt & black pepper, to taste

DIRECTIONS:

1. Place the broth, onion, garlic, basil, oregano and lentils in your slow cooker and stir to combine.
2. Set to high and cover. Cook until lentils are just on the firm side, about 2 hours.
3. Add in the tomatoes and stir. Continue cooking for 2-3 more hours.
4. Prepare the ricotta by placing the cashews and milk in a food processor and blend until smooth. Add the tofu and pulse a few times until it has a ricotta like texture. Add the pesto, lemon juice, salt and pepper.
5. Then add the noodles and spinach to the slow cooker and stir. Cook for 15 more minutes. Taste and season as desired.
6. Divide the soup into bowls and top each with a dollop of ricotta and enjoy!



Potato & Corn Soup

INGREDIENTS:

- 6 cups yellow potatoes, cut into chunks
- 2 cans corn, drained
- 2 jalapenos, deseeded & sliced
- 1/2 tsp sea salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp ground coriander
- 3 cups veggie broth

- *before serving:
- 1 cup unsweet almond milk
- juice of 1 lime
- chives or fresh parsley, chopped

DIRECTIONS:

1. Place the potatoes, corn, jalapenos, seasonings and broth in a large slow cooker. Cook on low for 6-8 hours or on high for 4 hours.
2. Before serving, scoop out at least 6 cups and place them in a large bowl. Add the milk and mash the potatoes until almost smooth but still a bit chunky. Return to the pot with the lime juice.
3. Taste and adjust as needed. Serve and enjoy!



Spicy Pumpkin Soup

INGREDIENTS:

- 8 heaping cups of pumpkin, diced
 - 1 cup onion, diced
 - 5 garlic cloves, minced
 - 2 red jalapeno peppers, chopped
 - 1 cup raw cashews
 - 5 cups veggie broth
 - 1/4 tsp sea salt
 - 1/4 tsp black pepper
 - 1 Tbsp fresh lemon juice
- *optional garnish - pumpkin seeds, sliced jalapenos, red pepper flakes, croutons

DIRECTIONS:

1. Roughly chop your pumpkin and then cut it into dice. Once cut, add everything (except the lemon juice) into the slow cooker and mix well to combine. Close the lid and cook on low or 6-8 hours or on high for 3-4 hours.
2. When the soup is done, add in your lemon juice and transfer the mixture to a high-speed blender or food processor. Blend until smooth. You may need to do this in batches.
3. Top with your favorite garnishes and enjoy!



Broccoli Potato Soup

INGREDIENTS:

- 7-8 idaho potatoes, peeled & chopped
- 1 medium onion, chopped
- 32oz of veggie broth
- pinch of sea salt & black pepper
- 2-1/2 cups fresh broccoli, chopped
- 2 cups unsweet almond milk
- 1/2 cup dairy-free sour cream

- *optional garnish - chives and dairy-free cheese shreds

DIRECTIONS:

1. Add the potatoes, onion, broth, salt and pepper to your slow cooker. Cover and cook on low for 4-5 hours or until potatoes are fork tender.
2. Using an immersion blender, blend until soup reaches your desired thickness.
3. Add the milk and sour cream. Stir in the broccoli, cook on high for 1-2 hours more.
4. Top with extra salt, pepper and your garnishes.



Taco Lentil Soup

INGREDIENTS:

- 1 tsp extra virgin olive oil
- 5 garlic cloves, minced
- 1 red bell pepper, thinly sliced
- 1 white onion, diced
- 1 jalapeno, deseeded & diced
- 1 cup green or brown lentils
- 1 800g can crushed tomatoes
- 4 cups veggie broth
- 1 425g can black beans, rinsed & drained
- 2 Tbsp chilli powder
- 1 Tbsp cumin
- 1 tsp dried oregano
- 1/2 tsp paprika
- 1/4 tsp onion powder
- 1/2 tsp cayenne pepper
- 1 tsp sea salt
- black pepper, to taste
- 1 cup frozen organic corn

*for topping - dairy-free cheese shreds, chopped cilantro, sliced jalapeno and tortilla strips

DIRECTIONS:

1. In a medium skillet over medium high heat add the oil, garlic, bell pepper, onion and jalapeño; sauté for 5 minutes or until onions begin to brown and soften. Transfer to the slow cooker.
2. Add in the remaining ingredients (except for the corn) to the slow cooker. Stir together to combine, then cover and cook for 3-4 hours on high or 7-8 hours on low. 20 minutes before serving, stir in frozen corn.
3. Once done, divide into bowls and top with your favorite toppings and enjoy!



Vegetable Barley Soup

INGREDIENTS:

- 1 yellow onion, chopped
- 2 carrots, sliced
- 2 stalks of celery, chopped
- 1 sweet potato, peeled & cubed
- 5 garlic cloves, minced
- 1-1/2 cups green beans
- 3/4 cup pearled barley
- 1 tsp paprika
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 punnet of plum tomatoes, diced
- 6 cups low-sodium veggie broth
- 2 cups filtered water
- 1/4 cup flat-leaf parsley, minced

DIRECTIONS:

1. Combine all ingredients except for the parsley in a large slow cooker. Cook on low until the barley is tender, about 8 hours.
2. Taste and adjust seasonings as desired. Stir in the parsley and serve.



Classic Tomato Soup

INGREDIENTS:

- 1 Tbsp extra virgin olive oil
- 1 small onion, coarsely chopped
- 1 red bell pepper, coarsely chopped
- 1 tsp minced garlic
- 2 (28oz) cans diced tomatoes
- 1 cup veggie broth
- 1/2 tsp sea salt, or to taste
- red pepper flakes, to taste

*for garnish - chopped fresh basil

DIRECTIONS:

1. In a large skillet, heat the oil to medium-high. Cook and stir garlic, onions, and bell peppers until softened, about 5 minutes.
2. Combine sauteed vegetables, tomatoes, broth, salt, and red pepper flakes in your slow cooker. Cover and cook on low for 8 hours.
3. Using an immersion blender, blend soup until smooth. Serve immediately with fresh basil as a garnish.



Lentil & Spinach Soup

INGREDIENTS:

- 2 cups dried green lentils, rinsed
- 8 cups veggie broth
- 2 stalks celery, diced
- 4 medium carrots, diced
- 1 medium onion, diced
- 1 shallot, diced
- 4 garlic cloves, minced
- 1 200g sun-ripened tomatoes
- 1 bay leaf
- 1/2 tsp dried thyme
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp ground black pepper
- 2 tsp sea salt
- 9oz bag fresh spinach, chopped
- 1 Tbsp red wine vinegar

DIRECTIONS:

1. In a large slow cooker, add all of the ingredients except the spinach and red wine vinegar. Stir and cover.
2. Cook on low for 7-8 hours or on high for 3-4 hours. About 15 minutes before the soup is finished, remove the bay leaf and add the spinach and vinegar. Stir and allow the spinach to wilt, about 10 minutes.
3. Divide into bowls and top as desired. Enjoy!



Black Bean Soup

INGREDIENTS:

- 1 large white onion, chopped
- 2 red bell peppers, chopped
- 2 carrots, chopped
- 6 garlic cloves, minced
- 1-2 jalapeno peppers, deseeded & diced
- 4 cups veggie broth
- 4 (15oz) can black beans, drained & rinsed
- 1 bay leaf
- 2 tsp ground cumin
- 2 tsp chili powder
- 2 tsp sea salt
- 1/2 tsp cayenne pepper
- *optional toppings - chopped cilantro, tortilla chip strips, diced avocado, dairy-free sour cream & cheese

DIRECTIONS:

1. Combine all ingredients in the slow cooker and stir to combine. Cook on low for 6-8 hours or on high for 3-4 hours until all the veggies are cooked and tender.
2. Remove the bay leaf and serve as desired.



Chicken Tortilla Soup

INGREDIENTS:

- 500g boneless, skinless chicken breasts
- 1 400g can diced tomatoes (no salt added)
- 1 400g can black beans, drained and rinsed
- 1 cup frozen or fresh corn
- 1 small onion, chopped
- 3 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 tbsp chilli powder
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste
- Optional toppings: avocado slices, fresh cilantro, lime wedges, tortilla strips

DIRECTIONS:

1. Place the chicken breasts at the bottom of the Slow Cooker. Add the tomatoes, black beans, corn, onion, and garlic on top.
2. Pour in the chicken broth and add the spices: chili powder, cumin, paprika, salt, and pepper.
3. Stir everything together and cook on low for 6-8 hours.
4. Once done, remove the chicken, shred it with two forks, and stir it back into the soup.
5. Serve with optional toppings like avocado, cilantro, and lime wedges.



Minestrone Soup

INGREDIENTS:

- 1 400g can white beans, drained, rinsed
- 32 oz container reduced-sodium chicken or veggie broth
- 2 tsp olive oil
- 1/2 cup chopped onion
- 1 cup diced carrots
- 1/2 cup diced celery
- 2 garlic cloves, minced
- 1 punnet of plum tomatoes, diced
- Parmesan cheese rind, optional
- 1 fresh rosemary sprig
- 2 bay leaves
- 2 tbsp chopped fresh basil
- 1/4 cup chopped fresh Italian parsley
- 1/2 tsp kosher salt and fresh black pepper
- 1 medium zucchini, 8 oz each, diced
- 2 cups chopped fresh, or frozen defrosted spinach
- 2 cups cooked small pasta such as ditalini, al dente
- extra parmesan cheese for garnish, optional

DIRECTIONS:

1. Puree beans with 1 cup of the broth in a blender. Heat oil in a large nonstick skillet over medium-high heat. Add the carrots, celery, onion, and garlic, and sauté until tender and fragrant, about 15 minutes.
2. Transfer to the Slow Cooker along with the remaining broth, tomatoes, pureed beans, parmesan cheese rind, salt and pepper. Add the rosemary, bay leaves, basil and parsley, cover, and cook on low for 6 to 8 hours.
3. Forty minutes before the soup is done cooking, add zucchini and spinach. Cover and cook 30 more minutes. Remove the bay leaves, rosemary sprig, and parmesan rind, and season to taste with salt and black pepper. Ladle 1-1/4 cups soup into 8 bowls with 1/4 cup pasta in each and top with extra parmesan cheese if desired.



Easy Butternut Squash Soup

INGREDIENTS:

- 2 1/2 cups butternut squash, fresh (peeled, seeded, and cubed)
- 2 medium carrots, cleaned and diced
- 2 medium onions quartered
- 2 cup chicken or vegetable broth
- 3/4 cup light coconut milk or cashew milk
- pinch nutmeg
- chives or pumpkin seeds for garnish

DIRECTIONS:

1. Place the squash, carrots, onions, and broth in the slow cooker.
2. Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
3. Stir in coconut milk and nutmeg.
4. Blend in a blender or use an immersion blender.
5. Season to taste with salt and pepper and garnish if desired.

*Note: If transferring to a blender, be careful. You can let the squash cool some before adding to the blender.

Dinner

I D E A S



Lemon Garlic Chicken

INGREDIENTS:

- 1kg of red potatoes (quartered)
- 1 sweet yellow onion (quartered)
- 500g carrots (sliced into 4cm sticks)
- 6 bone-in skin-on chicken thighs
- 3 Tablespoons lemon juice
- 4 cloves garlic (pressed)
- 1 lemon (sliced)
- 2 tsp rosemary
- 6 sprigs fresh thyme leaves
- Kosher salt
- Fresh ground pepper

DIRECTIONS:

1. Place the potatoes, onions, and carrots in the bottom of a large slow cooker. Sprinkle generously with salt and pepper. Stir in two cloves of garlic and half of the fresh herbs.
2. Sprinkle the chicken thighs generously with salt and pepper, then nestle them in with the potatoes and carrots. Squeeze the lemon juice on top, then spread the remaining garlic over the chicken. Place the lemon slices on top.
3. Cook on high for four hours or on low for 6-8 hours. When the chicken is finished, remove the sliced lemon and squeeze it over the top of the chicken if you want extra lemony flavour.
4. Preheat the broiler and place the chicken thighs on a pan under the broiler for 3-4 minutes or until browned and crisp. Serve immediately with the vegetables from the slow cooker.



Slow Cooker Beef and Broccoli

INGREDIENTS:

- 2 pounds round steak (cut into bite-sized pieces)
- 1 cup beef broth
- 1/2 cup low-sodium soy sauce or tamari sauce
- 1 Tablespoon minced garlic
- 1/3 cup brown sugar
- 2 Tablespoons Sesame oil
- 2 Tablespoons cornstarch
- 2 Tablespoons cold water
- 1 Broccoli Crown (cut into bite-sized pieces)
- 1 tablespoon sesame seeds (optional)

DIRECTIONS:

1. Place the steak in a slow cooker. In a small mixing bowl, whisk together the beef broth, soy sauce, minced garlic, brown sugar and sesame oil. Pour this mixture on top of the steak in the Slow Cooker.
2. Cover and cook on low for 5-6 hours or on high for 3 hours until the beef is tender.
3. Whisk together the cornstarch and cold water in a small mixing bowl. Stir this mixture into the slow cooker.
4. Then stir in the broccoli and cook on low for about 30 minutes or until sauce is thickened and broccoli is cooked through.
5. Sprinkle with sesame seeds and serve immediately over rice.



Balsamic Chicken and Brussels Sprouts

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 2 cups Brussels sprouts, halved
- 1 red onion, sliced
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp honey or maple syrup
- 1 tsp dried thyme
- Salt and pepper to taste

DIRECTIONS:

1. Place the chicken breasts at the bottom of the Slow Cooker. Add Brussels sprouts and onion on top.
2. In a small bowl, whisk together balsamic vinegar, olive oil, honey, thyme, salt, and pepper.
3. Pour the balsamic mixture over the chicken and vegetables.
4. Cook on low for 6-8 hours or until the chicken is tender and fully cooked.
5. Serve with a side of quinoa or brown rice for a balanced meal.



Pulled Chicken Tacos

INGREDIENTS:

- 4 boneless skinless chicken breasts
- 1 cup salsa
- 1 cup canned diced tomatoes with chilies drained or 1 10 oz can
- 1 package taco seasoning or 2 Tablespoons homemade taco seasoning
- ½ onion diced

DIRECTIONS:

1. Combine salsa, canned tomatoes, and taco seasoning.
2. Place onions & chicken in the slow cooker and top with tomato mixture.
3. Cook on low 7-8 hours or high 3-4 hours.
4. Remove chicken from slow cooker and shred. Return to slow cooker and stir in juices.
5. Serve in taco shells, on salads, pizzas or in bowls over rice!



Stuffed Bell Peppers

INGREDIENTS:

- 6 large bell peppers
- 500g ground beef (at least 80% lean)
- 1 cup finely chopped onions
- 1 teaspoon salt
- 1 teaspoon black pepper
- 6 cloves garlic, finely chopped
- 1 1/2 cups cooked brown rice
- 1 can (15 oz) organic tomato sauce
- 2 cups shredded cheddar cheese

DIRECTIONS:

1. Spray an oval slow cooker with cooking spray. Trim the tops off bell peppers; remove ribs and seeds. Set aside.
2. In a 30cm nonstick skillet over medium-high heat, cook beef, onions, salt, and pepper for 8 to 10 minutes, stirring frequently, until the beef is cooked through and the onions soften. Add garlic; cook 15 seconds. Drain.
3. Stir rice and 1/2 cup of the tomato sauce into the beef mixture in the skillet; mix to combine. Stir in 1 cup of the cheese. Stuff the peppers with the beef mixture; arrange in the slow cooker. Pour remaining tomato sauce over peppers.
4. Cover; cook on Low heat setting 4 1/2 to 5 1/2 hours or until peppers are soft. Top peppers with remaining 1 cup cheese. Cover; cook 3 to 8 minutes longer or until cheese is melted.
5. Use slotted spoon to lift peppers from slow cooker.



BBQ Chicken

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 1 cup low-sugar BBQ sauce
- 2 tbsp honey (optional, for a sweeter flavor)
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste
- Whole grain hamburger buns or slider buns for serving

DIRECTIONS:

1. Place the chicken breasts in the Slow Cooker. Season with garlic powder, paprika, salt, and pepper.
2. In a small bowl, mix the BBQ sauce, honey, and apple cider vinegar together.
3. Pour the BBQ sauce mixture over the chicken.
4. Cook on low for 4-5 hours, until the chicken is tender and easy to shred.
5. Shred the chicken with two forks and stir it into the sauce.
6. Serve on whole grain buns or slider buns.



Cheeseburger Soup

INGREDIENTS:

- 4 cups low-sodium chicken or beef broth
- 3 medium potatoes, peeled and diced
- 2 large carrots, diced
- 2 celery stalks, diced
- 2 cups shredded cheddar cheese
- 1 cup milk (or non-dairy milk)
- ¼ cup all-purpose flour (or cornstarch for gluten-free)
- 1 tbsp Worcestershire sauce
- Salt and pepper to taste
- Optional toppings: extra cheese, bacon bits, chopped green onions

DIRECTIONS:

1. In a skillet, brown the ground beef over medium heat until fully cooked. Drain the excess fat and transfer the beef to the Slow Cooker.
2. Add the diced onion, garlic, potatoes, carrots, and celery to the Slow Cooker.
3. Pour in the chicken or beef broth, Worcestershire sauce, and season with salt and pepper.
4. Cook on low for 6-7 hours or until the vegetables are tender.
5. In a small bowl, whisk together the milk and flour until smooth. Slowly stir this mixture into the soup to thicken it.
6. Add the shredded cheddar cheese and stir until melted and fully incorporated.
7. Cook for an additional 20-30 minutes on low until the soup thickens.
8. Serve warm with your choice of toppings, like extra cheese, bacon bits, or green onions.



Veggie Lasagna

INGREDIENTS:

- 2 700g jars or cans of Italian tomato sauce
- 9 thick lasagna noodles with wavy edges
- 700g part-skim ricotta cheese OR cottage cheese
- 3–4 cups chopped vegetables of choice
- Pesto (Optional - add for extra taste)
- 2 cups shredded Mozzarella or Provolone cheese
- Parmesan cheese for topping

DIRECTIONS:

1. Spray the Slow Cooker with nonstick cooking spray. Spread 1/2 cup tomato sauce to the bottom so the noodles don't stick.
2. Trim noodles so that they fit and mostly cover the bottom. They will fit a little weird, but it will be OK. Cover with about one third of the ricotta, veggies, pesto, sauce, cheese, and end with noodles. Repeat layers two more times for a total of three complete layers. End with a layer of noodles on top, covered with a thin layer of sauce and a little bit more shredded cheese.
3. Cover and cook on high for 3 hours or on low for 5-6 hours. Turn the Slow Cooker off completely and let the lasagna sit for at least one hour. This allows all the moisture to get soaked into the lasagna, skip this part and you may end up with lasagna soup – still good, but not pretty. Depending on how long you let it sit, you can either scoop pieces out or just cut with a knife like normal lasagna.



Steak Fajitas

INGREDIENTS:

- 1 yellow onion, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 1 ½ lb flank steak
- 2 tablespoons taco seasoning
- 4 cloves garlic, minced
- 1 lime, juiced
- 10 oz diced tomato with green chilli, 1 can, drained
- flour tortilla, or corn tortilla
- fresh cilantro, for garnish, optional

DIRECTIONS:

1. Place onions, peppers, and whole flank steak in the slow cooker. Top with taco seasoning, garlic, lime, and diced tomatoes.
2. Cover and cook on high for 4 hours or on low for 8 hours.
3. Remove steak from the slow cooker.
4. Optional: broil steak for 4-5 minutes until crisp for added texture.
5. Slice steak across the grain into thin strips.
6. Add the steak back into the slow cooker and combine with other ingredients.
7. Plate with tortillas of your choice and garnish



Jackfruit Veggie Stew

INGREDIENTS:

- 3 565g cans of young jackfruit, in water
- 1 Tbsp toasted sesame oil
- 2 Tbsp avocado oil
- 2 tsp ground ginger
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1-1/4 cup sweet onion, chopped
- 1-1/4 cup carrots, chopped
- 1-1/4 cup celery, chopped
- 1 (13oz) can unsweet coconut cream
- 1/2 cup coconut sugar
- 1/2 cup tamari
- 1 Tbsp arrowroot starch (or cornstarch)
- 1 tsp sriracha

DIRECTIONS:

1. Drain and rinse the jackfruit. You can cut off the top thick part if you prefer and discard.
2. Place the jackfruit in a large bowl with the oils, dinger, garlic, salt, onion and pepper. Toss to coat.
3. Spray the bottom and sides of your slow cooker with avocado oil. Add the jackfruit along with the onion, carrots, celery, coconut cream, sugar, tamari, starch and sriracha.
4. Cover and cook on low for 6-8 hours.
5. When 2 hours are remaining, use a fork to press the jackfruit pieces against the side to shred it.
6. Cover and keep cooking until done.
7. Taste and adjust seasoning as desired. Then serve with your favorite toppings.

TIP: In South Africa, I use this Jackfruit: <https://helloasia.co.za/products/chef-s-choice-young-green-jackfruit-in-brine-565g>



Classic Vegetable Stew

INGREDIENTS:

- 1 tsp sage
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1/8 tsp cayenne pepper
- 1 cup veggie broth
- 1/2 cup dry red wine
- 400g canned diced tomatoes
- 1/2 tsp liquid smoke
- 2 Tbsp flour
- 225g baby cremini mushrooms, sliced
- 225g button mushrooms sliced
- 1 cup carrots, diced
- 1 cup yellow onion, diced
- 2 cups potato, chopped
- 1/4 cup green bell pepper, chopped
- 1/4 cup red bell pepper, chopped
- 4 garlic cloves, minced
- 1 tsp dried thyme

DIRECTIONS:

1. Add all of the vegetables to a large crockpot.
2. Then add the broth, wine, tomatoes, and liquid smoke. Do NOT add the flour yet.
3. Now add in all of the seasonings and spices. It won't be juicy, but once the mushrooms cook they will release a lot of liquid.
4. Stir well and cover. Cook on high 4 to 5 hours or low 8 to 10 hours.
5. When 30 minutes remain before serving, scoop out some of the juices into a cup. Add the flour to the hot juices. Stir well until the flour is blended. Pour it all back into the stew and stir well. Cover and let finish cooking.
6. Taste and adjust seasonings and serve.



Italian Chickpea Stew

INGREDIENTS:

- 2 tsp extra virgin olive oil
- 1 large yellow onion, diced
- 4 garlic cloves, minced
- 1-1/2 tsp dried oregano
- 1/2 tsp red pepper flakes
- 1 (28oz) can crushed tomatoes
- 1 (14oz) can petite diced tomatoes
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 2 (14oz) cans chickpeas, drained & rinsed
- 1/4 cup flat leaf parsley, minced
- sea salt & black pepper, to taste

*optional for serving - dairy-free cheese, rice or quinoa

DIRECTIONS:

1. Heat the oil in a non-stick skillet over medium heat. Add the onion and cook, stirring occasionally, until the onion is tender, about 5 minutes. Add the garlic, oregano and red pepper flakes, and cook for 1 minute.
 2. Stir in all the tomatoes, salt and pepper. Transfer to a slow cooker. Stir in the chickpeas.
 3. Cook on LOW for 6 to 8 hours or on HIGH for 4 to 5 hours.
 4. Stir in the parsley. Season to taste with salt and pepper.
 5. Divide into bowls as is and top as preferred!
- *Can also be enjoyed over quinoa or rice.



Vegetable Gumbo Stew

INGREDIENTS:

- 1 yellow onion, diced
- 1 green bell pepper, diced
- 2 celery stalks, diced
- 5 garlic cloves, minced
- 3 cups veggie broth
- 850g diced tomato in a can
- 850g red kidney beans, drained & rinsed
- 1-1/2 cups asparagus, chopped
- 1-1/2 cups mushrooms, quartered
- 2 Tbsp soy sauce
- 2 Tbsp cajun seasoning
- 1/4 tsp sea salt
- 1/2 tsp dried thyme
- 2 Tbsp tomato paste
- 2 cups brown rice, cooked
- 1/4 cup fresh parsley, chopped

*optional for serving - dairy-free cheese

DIRECTIONS:

1. Combine all ingredients, except tomato paste, rice, and parsley, in a slow cooker. Cook on low for 8 hours or high for 4 hours.
2. Stir in the paste and cook for 30 minutes on high or until thickened.
3. Spoon rice into serving bowls, add gumbo over rice and top with parsley. Serve and enjoy!



Root Veggie Stew

INGREDIENTS:

- 1 large white onion, chopped
- 1 lb butternut squash, cubed
- 1 lb carrots, chopped
- 1 lb parsnips, chopped
- 1 lb sweet potato, chopped
- 1 lb gold potatoes, chopped
- 2 celery stalks, chopped
- 6 garlic cloves, thinly sliced
- 3 cups veggie broth
- 1 bay leaf
- 1 Tbsp fresh sage leaves, chopped
- 2 cups chopped kale
- 1 tsp black pepper
- 1/2 tsp sea salt, or to taste

DIRECTIONS:

1. Add the first 11 ingredients to a slow cooker and stir to combine. Cook on low for 6-8 hours or until veggies are tender.
2. Remove the bay leaf and carefully stir in the kale. Let it cook for 10 minutes more until kale is wilted.
3. Taste and season with black pepper and salt. Serve immediately and enjoy.



Mushroom Barley Stew

INGREDIENTS:

- 1 yellow onion, diced
- 3 large carrots, sliced
- 3 stalks celery, sliced
- 1/2 cup green beans, chopped
- 4 garlic cloves, minced
- 450g white mushrooms, sliced
- 1 cup pearled barley, dry
- 6-8 cups veggie broth
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp sea salt, more to taste

DIRECTIONS:

1. Add the veggies and barley to a slow cooker with the broth (add 6 cups if you want it thick and 8 cups if you want it more soupy), bay leaves, dried thyme and salt. Stir, cover and cook for 3-4 hours on high or 6-8 hours on low.
2. Taste before serving and add salt & pepper to taste. Enjoy with warm crunchy bread if desired.



VEGETABLE CHICKPEA CURRY

INGREDIENTS:

- 1 Tbsp extra virgin olive oil
- 1/2 cup white onion, chopped
- 6 garlic cloves, minced
- 2-1/2 cups potatoes, cubed
- 2 cups carrots, sliced
- 1 cup bell pepper, chopped
- 1 can diced tomatoes
- 1 can lite coconut milk
- 3 cups low-sodium veggie broth
- 1 can of chickpeas
- 1 tsp cumin
- 3/4 tsp coriander
- 2 tsp curry
- 1/4 tsp cinnamon
- 1/2 tsp turmeric
- sea salt & black pepper, to taste
- 1 cup kale, chopped

*for garnish - cilantro

DIRECTIONS:

1. Heat the oil in a large saucepan. Add the onion and garlic. Sauté until fragrant, about 3 minutes. Add the potatoes, carrots, pepper, and chickpeas. Cook for another 2 minutes.
2. Pour in the tomatoes, coconut milk, broth and spices. Bring to a boil. Once boiling, turn down to a simmer and cover. Cook until potatoes are tender, about 20-30 minutes.
3. When ready to serve, stir in the kale and transfer into bowls. Serve garnished with cilantro if you like and enjoy!



HEARTY ONE POT CHILLI

INGREDIENTS:

- 1 large red onion, diced
- 5 garlic cloves, minced
- 1 cup mushrooms, thinly sliced
- 2-3 tsp chili powder
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 can diced tomatoes
- 3 Tbsp tomato puree
- 1/2 cup veggie broth
- 2 cups plant-based ground meat alternative*

- 1 can sweet corn, drained
- 1 can red kidney beans
- 1 can of black beans

*Use your favourite brand or crumbled tofu

TOPPINGS:

- fresh cilantro
- jalapenos
- lime juice
- tortilla chips

DIRECTIONS:

1. Saute the onion in a skillet over medium heat. Stir and cook for a few minutes then add in the garlic.
2. Next mix in the mushrooms and cook until the water has evaporated.
3. Add the seasonings and stir.
4. Pour in the tomatoes. Fill the can with water and add it in too.
5. Stir in the remaining ingredients and leave to gently simmer for 20 minutes.
6. The sauce should thicken and be dark in color.
7. Remove from heat and serve with your favorite toppings!



CREAMY SPINACH PASTA

INGREDIENTS:

- 1 Tbsp plant-based butter
- 5 garlic cloves, minced
- 500g penne pasta
- 3 cups veggie broth
- 250g plant-based cream cheese
- 1/4 tsp black pepper
- 1/2 tsp onion powder
- sea salt, to taste
- 2 cups spinach, packed
- 2 tsp fresh lemon juice
- plant-based parmesan, optional

DIRECTIONS:

1. In a large pan over medium heat, melt the butter and saute the garlic for about one minute.
2. Stir in the pasta and veggie broth, and bring to a boil. Reduce to medium-low heat, cover, and simmer for 6-8 minutes until the pasta is al dente.
3. If the water is all soaked up but if the pasta is not tender, add a little more broth and continue cooking.
4. Once cooked, stir in the cream cheese, onion powder, black pepper, and sea salt. Reduce heat to low.
5. Fold in the spinach a handful at a time. Cover the pan until it has wilted.
6. Mix in the lemon juice. If the sauce is too thick, add more broth or non-dairy milk to thin.
7. Serve warm and topped with parmesan if you desire. Enjoy!



ONE POT MEXICAN QUINOA

INGREDIENTS:

- 1 Tbsp extra olive oil
- 3 garlic cloves, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup veggie broth
- 1 can black beans, drained & rinsed
- 1 can fire-roasted diced tomatoes
- 1 cup corn kernels, fresh, frozen or canned
- 1 tsp chili powder
- 1/2 tsp cumin
- sea salt & black pepper, to taste
- 1 avocado, diced
- juice of 1 lime
- 2 Tbsp cilantro, chopped

DIRECTIONS:

1. Heat the oil in a large skillet over medium-high heat. Add the garlic, jalapeno and cook stirring frequently for about a minute.
2. Stir in the quinoa, broth, beans, tomatoes, corn, and seasonings. Bring to a boil; cover, reduce heat, and simmer until the quinoa is cooked through. Roughly 20 minutes. Remove from heat.
3. Stir in the avocado, lime juice, and cilantro. Serve immediately and enjoy!



EASY LENTILS & SPINACH

INGREDIENTS:

- 1 Tbsp extra olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 roma tomatoes, diced
- 2 Tbsp tomato paste
- 1/4 cup parsley & cilantro, chopped
- 1 tsp sea salt
- 1 tsp allspice
- 1/2 tsp dried coriander
- 1 tsp turmeric
- 1 tsp paprika
- 3 cups veggie broth
- 1 cup red or brown lentils
- 5 cups fresh spinach leaves
- 1/4 cup parsley & cilantro, chopped

DIRECTIONS:

1. In a medium-sized pot, saute the onion and garlic with oil until soft. Then add in the tomatoes and paste. Keep cooking until the tomatoes have released all the water and until it has almost evaporated.
2. Add the herbs and spices. Cook for another few minutes until it is a thick paste.
3. Add the broth and bring it to a boil. Add in the lentils and cover. Cook for 15 minutes or until they start to soften.
4. Add in the spinach and cover. Allow to cook for 10 more minutes until spinach is wilted and lentils are cooked through.
5. Add in the remaining herbs. Taste and adjust as needed. Serve immediately and enjoy!



ONE POT SLOPPY JOES

INGREDIENTS:

- 1 green bell pepper, chopped
 - 1 small yellow onion, chopped
 - 1 Tbsp extra virgin olive oil
 - 1 cup dried brown lentils
 - 3 cups filtered water
 - 1/2 head of cauliflower, cut into small pieces
 - 200g tomato paste
 - 2 Tbsp vegan Worcestershire sauce
 - 1 Tbsp soy sauce
 - 3 tsp garlic powder
 - 1 Tbsp dijon mustard
 - 2 Tbsp brown sugar
 - sea salt & black pepper, to taste
- *optional toppings: red onion slices, cabbage mix or coleslaw

DIRECTIONS:

1. In a medium-sized pot, saute the pepper and onion in oil until soft and translucent.
2. Add in the lentils and 3 cups of water. Bring to a boil, then reduce to a simmer. Cover and let simmer for 15 minutes.
3. Add the remaining ingredients and stir well. Bring back to a simmer, then cover. Cook for 10 more minutes or until the lentils and cauliflower are tender. Stir frequently. Add a little water if necessary.
4. Serve on a toasted bun with your favourite toppings!



MUSHROOM STROGANOFF

INGREDIENTS:

- 3-1/2 cups mushrooms, roughly chopped
- 2 medium red onions, finely sliced
- 5 garlic cloves, minced
- 2 cans coconut milk
- 2 tsp dijon mustard
- 2 tsp paprika
- juice of 1 large lemon
- handful of fresh parsley

DIRECTIONS:

1. Heat a large shallow pan with oil. Add the garlic, onion, mushrooms, and a pinch of sea salt and black pepper. Cook for 5 minutes and stir often.
2. Once the mushrooms are soft, add the coconut milk, mustard, paprika, and lemon. Stir well.
3. Cook on high heat for 20-25 minutes or until desired consistency. Keep stirring every 5 minutes.
4. Remove from heat, add in the freshly chopped parsley, and stir. Add some for garnish and enjoy!



TOMATO RISOTTO

INGREDIENTS:

- 10oz baby tomatoes
- 1 shallot, minced
- 3 garlic cloves, minced
- 1 tsp sage
- 2 Tbsp tomato puree
- 1 cup arborio rice
- 3-1/4 cups veggie broth

DIRECTIONS:

1. Heat a large non-stick pan with oil and add in the whole tomatoes. Fry for 2-3 minutes or until they start to soften.
2. Press down on the tomatoes with a fork to extract the juices. Then add in the shallot, garlic, sage, puree and rice. Cook together for 2 minutes.
3. Add the broth and reduce heat to a low simmer for 20-25 minutes or until the desired consistency has been reached. Stir frequently.
4. Once the rice has absorbed the liquid, sprinkle some sea salt, black pepper, and herbs. Enjoy!



“CHICKEN” NOODLE SOUP

INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 1 yellow onion, chopped
- 4 carrots, sliced
- 2 stalks of celery, chopped
- 5 garlic cloves, minced
- 8 cups filtered water
- 3 cubes of veggie stock
- 2 bay leaves
- 1/2 tsp black pepper
- sea salt, to taste
- 8oz noodles, your choice
- 1/4 cup fresh parsley, chopped

DIRECTIONS:

1. In a large soup pot, heat the oil over medium heat. Add in the carrots, celery, and onion. Cook until carrots are tender, about 5 minutes.
2. Stir in the garlic and cook for another minute.
3. Add the water, bouillon, bay leaves, pepper, and salt. Bring to a simmer on medium-high.
4. Add in the noodles and chkn shreds if using. Cook until the noodles are al dente.
5. Remove from heat. Stir in the fresh parsley and serve.



ONE POT SIMPLE PASTA

INGREDIENTS:

- 500g linguine pasta
- 500g cherry or grape tomatoes, halved
- 1 onion, thinly sliced
- 5 garlic cloves, thinly sliced
- 1/2 tsp red pepper flakes
- 2 sprigs basil, torn, plus garnish
- 2 Tbsp extra virgin olive oil
- 2 tsp sea salt
- 1/4 tsp black pepper
- 4-1/2 cups filtered water

DIRECTIONS:

1. Combine the pasta, tomatoes, onion, garlic, red pepper flakes, basil, oil, sea salt, black pepper, and water in a large straight-sided skillet.
2. Bring to a boil over high heat. Stir and turn pasta frequently with tongs or a fork until pasta is al dente and water has nearly evaporated, about 9 minutes.
3. Season to taste and divide among four bowls. Garnish with basil and serve.



THAI RED CURRY CHICKPEAS

INGREDIENTS:

- 1 can chickpeas, drained & rinsed
- 3 garlic cloves, minced
- 1/4 onion, finely chopped
- sea salt & black pepper, to taste
- 1-2 tsp Thai red curry paste
- 3/4 cup light coconut milk
- 1/2 Tbsp pure maple syrup
- 1 tsp lime juice
- sesame seeds & green onion, for garnish

*pair with a grain and vegetable of your choice!

DIRECTIONS:

1. In a pan, saute the garlic and onion in oil for 3 minutes over medium-low heat.
2. Once the onions are slightly translucent, add in the chickpeas and some salt and pepper.
3. Lay the chickpeas flat in the pan and cook them for 5 minutes to let them get a little crispy. Toss the chickpeas and repeat one more time.
4. Add the thai red curry paste into the pan and toss the chickpeas in it to coat.
5. Pour the coconut milk in with the syrup and lime juice. Mix around and simmer over medium-low heat to thicken for 5 minutes.
6. Once done, remove from heat and serve with your desired grain and vegetable.



ONE POT TACO PASTA

INGREDIENTS:

- 1 tsp extra virgin olive oil
- 1 small yellow onion, diced
- 2-1/2 cups plant-based meat crumbles
- 2 Tbsp taco seasoning
- 1-1/2 cups salsa
- 500g dry rotini pasta
- 3-1/4 cups veggie broth
- 1-1/2 cups non-dairy cheese shreds
- 1/3 cup fresh cilantro, chopped

*optional toppings - diced avocado, crushed tortilla chips, diced tomatoes, diced red onions, jalapeno, corn and black beans

DIRECTIONS:

1. Over medium-high heat, add the oil to a large pot. Once hot, add the onions and saute until soft. About 4 minutes.
2. Add the meat crumbles and saute for another minute.
3. Add the taco seasoning and stir to coat the onions and crumbles.
4. Add the salsa and stir again. Add the pasta and broth and mix well. Bring the mixture to a boil and stir. Lower the temperature, cover, and simmer.
5. When pasta has absorbed the liquid is cooked through, remove the pot from the heat.
6. Add the cheese shreds and stir to combine. Add the cilantro or parsley and stir again. Serve immediately with your favorite toppings and enjoy.



TOFU TACO “MEAT”

INGREDIENTS:

- 1 400g block of organic extra-firm tofu, drained and pressed
- 1 Tbsp extra virgin olive oil
- 2-1/2 Tbsp taco seasoning

DIRECTIONS:

1. Chop the pressed tofu into small pieces or crumble it with your hands. Toss with the oil and taco seasoning.
2. Heat a pan to medium-low heat. Add in the tofu and saute until warm and crispy. About 5-8 minutes.
3. Assemble your tacos with your other favourite toppings and enjoy!



CREAMY GARLIC PASTA

INGREDIENTS:

- 1/2 Tbsp extra virgin olive oil
- 5 garlic cloves, minced
- 1 shallot, finely chopped
- 2 cups low-sodium veggie broth
- 1-1/2 cups unsweet plant milk
- 1 tsp sea salt, plus more to taste
- 250g dry fettuccine
- black pepper, to taste
- dried oregano, to taste
- red pepper flakes, to taste
- fresh basil, chopped

DIRECTIONS:

1. Heat the oil in a large skillet over medium heat. Choose a pan that is large enough to fit the pasta.
2. Add the garlic and shallot with salt and stir. Cook for 2 minutes, stirring occasionally or until the garlic is softened and the shallot is translucent.
3. Add the broth and milk. Stir. Add the pasta and gently submerge it under the liquid.
4. Bring to a boil, then reduce to a simmer. Stir occasionally, gently separating any pasta that starts to stick together. Cook for 20 minutes or until the sauce has thickened onto the pasta and the texture is your desired consistency.
5. Adjust seasoning to taste and serve with fresh herbs.



CHICKEN TERIYAKI

INGREDIENTS:

- 3 large, boneless skinless chicken breasts
- 1/2 cup soy sauce
- 1/4 cup apple cider vinegar
- 1/4 cup honey
- 1/4 cup brown sugar
- 2 cloves garlic, minced
- 2 tablespoons cornstarch + 1/4 cup water rice or quinoa, for serving
- sesame seeds, for garnish
- sliced green onions, for garnish

DIRECTIONS:

1. Place chicken breasts on bottom of slow cooker. Combine soy sauce, vinegar, honey, brown sugar, and garlic in a small bowl or measuring cup. Pour over chicken breasts. Cook on high for 3-4 hours or on low for 6-8 hours, until the chicken breasts are tender. Remove chicken from the slow cooker and shred with a fork. Set aside. Pour sauce into a small saucepan.
2. Combine cornstarch with water, and add to the sauce. Over medium heat, bring sauce to a low boil, stirring often, and cook another minute, until sauce is thickened. Pour thickened sauce over shredded chicken.
3. Serve over rice or quinoa, topped with sesame seeds and sliced green onions. Enjoy!



INDIAN BUTTER CHICKEN

INGREDIENTS:

- 500g. boneless, skinless chicken breast (or chicken thighs)
- 1 medium onion, diced
- 2 tsp coconut oil
- 4 cloves garlic, finely minced
- 1 tsp fresh ginger, finely minced
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp cardamom
- 1/2 tsp salt
- 1/4–1/2 tsp cayenne pepper (optional)
- 1 400g can coconut milk (full fat, please)
- 1 200g can tomato paste
- juice of 1 lime
- 1/4 cup cilantro, or to taste

DIRECTIONS:

1. In a medium saute pan, heat coconut oil over medium heat. Add onion and sauté until translucent and fairly tender. Add garlic, ginger, spices, and salt. Cook 1 minute longer, till all the spices are fragrant and amazing. Stir in coconut milk and tomato paste, and stir until well combined.
2. Add chicken to the slow cooker. Pour the sauce over everything. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.
3. Shred or dice chicken into the sauce, squeeze in lime juice, top with cilantro, and serve with your favourite vegetable, rice, naan or cauliflower rice.



CREAMY GARLIC PASTA

INGREDIENTS:

For the pulled pork:

- 2kg pork shoulder (bone-in or boneless)
- 1/2 cup chicken broth
- 1/2 cup balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

For the coleslaw:

- 1/2 head of green cabbage
- 1/2 head of purple cabbage
- 1 tablespoon apple cider vinegar
- 1 tablespoon avocado oil (or olive oil)
- Enough mayo to make it the consistency of your preference (about 1/2 cup)

For the pineapple salsa:

- 2 cups fresh pineapple, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup red pepper, finely chopped
- 1/2 cup fresh cilantro, chopped
- 1 Serrano pepper, seeded and finely chopped
- Juice of 1 lime
- 1/8 teaspoon of salt
- Optional: BBQ to top the pulled pork

DIRECTIONS:

1. Place pork in the slow cooker. Season the meat with salt and pepper. Pour in chicken stock and balsamic. Cover and cook on low for 6-8 hours or until pork pulls apart easily. Remove from the slow cooker and shred
2. Add cabbage to a large bowl. Prepare the pineapple salsa if making it yourself. Add pineapple salsa to the bowl. Add oil, vinegar, and mayo. Stir to combine so that the coleslaw is evenly mixed. For best results, refrigerate for an hour prior to serving to let the flavours combine
3. Top pulled pork with BBQ sauce and coleslaw, and serve!
4. REALLY YUMMY WITH SWEET POTATO FRIES



TACO CHICKEN BOWLS

INGREDIENTS:

- 500g chicken breasts
- 1 500g jar salsa
- 1 400g can black beans, drained
- 250g frozen corn
- 1 Tbsp chilli powder
- ½ Tbsp cumin
- ½ Tbsp minced garlic
- ½ tsp dried oregano
- ¼ tsp cayenne pepper
- ¼ tsp salt to taste, cracked pepper
- 2 cups dry rice
- 8 oz. shredded cheddar
- ½ bunch cilantro (optional)

DIRECTIONS:

1. Add everything except the rice, cheese, and cilantro to the slow cooker along with ¼ cup of water (for good measure). Give everything a good stir, and make sure the chicken is fully coated in the mixture. Secure the lid on your slow cooker and cook on low for 8 hrs.
2. Near the end of the cooking time, cook the two cups of rice according to the package directions (Bring the rice and 3 cups of water to a boil in a medium pot with a lid in place, as soon as it reaches a boil, reduce the heat to low and let simmer for 20 minutes. Fluff with a fork before serving).
3. After 8 hours of cooking, carefully remove the lid of the slow cooker. Stir with a fork to shred the chicken (it should be super tender and will shred easily).
4. Build the taco bowls by placing rice on the bottom, then the taco chicken mix, shredded cheese and fresh cilantro.



CHICKEN, POTATOES & GREEN BEANS

INGREDIENTS:

- 1kg Boneless Skinless Chicken Breasts
- 2.5. fresh green beans trimmed
- 4 cups. diced red potatoes,
- 1/4 cup olive oil
- 1 tsp. dried oregano
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. onion powder
- 2 garlic cloves minced

Homemade dressing ingredients:

- 1/3 cup fresh lemon juice

DIRECTIONS:

1. Start by placing the chicken in the centre of a slow cooker. Next, add the green beans on one side. Then, for the potatoes, mound them high on the other side.
2. In a medium-sized bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper, onion powder, and garlic cloves.
3. Pour this mixture evenly over the chicken, green beans and potatoes. Cover and cook on high for 4 hours or on low for 7 hours, without opening the lid during cooking.
4. Note: Do NOT use lemon juice out of a squeeze bottle; the recipe will not turn out correctly.

Desserts



Berry Cobbler

INGREDIENTS:

- 500g of frozen mixed berries
- 1 tbsp. of cornstarch
- 1/4 of a lemon juiced
- 1/2 tbsp. of vanilla
- 1 box of white or vanilla cake mix
- 1 stick of butter salted (8 Oz.)

DIRECTIONS:

1. Spray your Slow Cooker with nonstick spray
2. Add frozen berries (no need to thaw), vanilla, cornstarch, and juice of 1/4 of a lemon to the Slow Cooker and mix well
3. Top with 1 box of white cake mix as evenly as possible. (DO NOT MIX)
4. Then, top the cake mix with slices of butter; try to cover evenly
5. Set the Slow Cooker to high and let it go for 2-2.5 hours or until browned
6. Top with whipped cream, ice cream, or cool whip! DELICIOUS!



Brownies

INGREDIENTS:

- 1 ¼ cups all-purpose flour (spooned and levelled)
- ¼ cup unsweetened cocoa powder
- ¾ teaspoon baking powder
- ½ teaspoon coarse salt
- ½ cup (1 stick) unsalted butter, cut into pieces
- 250g bittersweet chocolate, chopped
- 1 cup sugar
- 3 large eggs, lightly beaten
- 1 cup walnut halves, coarsely chopped
- 1 cup semisweet chocolate chips

DIRECTIONS:

1. Lightly coat a slow-cooker insert with cooking spray. Line the bottom of the pan with parchment paper and lightly coat with spray. In a small bowl, whisk together flour, cocoa, baking powder, and salt.
2. Place butter and chocolate in a medium microwave-safe bowl and microwave in 30-second increments, stirring after each, until chocolate is melted. Add sugar; stir to combine. Stir in eggs. Add flour mixture, walnuts, and chocolate chips and stir just until moistened (do not overmix). Transfer to a slow cooker.
3. Cover and cook on low, 3 1/2 hours. Uncover and cook for 30 minutes. Remove insert from slow cooker and run a knife around the edge to loosen brownies. Let cool completely in the insert on a wire rack, about 2 hours. Turn out onto a work surface and cut into 14 brownies. Store in an airtight container, up to 2 days.



Cinnamon Poached Pears

INGREDIENTS:

- 6 pears, any variety
- 1 cup apple juice
- 2 Tbsp. maple syrup
- 3 Tbsp. brown sugar
- $\frac{1}{8}$ tsp. ground cloves
- $\frac{1}{2}$ tsp. ground cinnamon
- 2 cinnamon sticks

DIRECTIONS:

1. Peel the pears, leaving the stem on.
2. In a small bowl whisk together the apple juice, maple syrup, cloves, cinnamon and brown sugar.
3. Add the pears to the slow cooker on their sides. Pour over the juice mixture. Add the cinnamon sticks.
4. Cook on low for 4 hours, turning the pears at the half way point. If your pears are over ripe you won't have to cook as long.
5. Serve whole or cut in half with the seeds removed with ice cream or whipped cream. Drizzle over the sauce from the slow cooker.



Chocolate Protein Cake

INGREDIENTS:

- 1 ½ cups oat flour (or ground oats)
- ½ cup chocolate protein powder (whey or plant-based)
- ¼ cup unsweetened cocoa powder
- 1 tsp baking powder
- ½ tsp baking soda
- ½ cup unsweetened almond milk (or dairy milk)
- ¼ cup maple syrup or honey
- 2 large eggs
- ¼ cup coconut oil (melted)
- 1 tsp vanilla extract
- ¼ cup dark chocolate chips (optional)
- Pinch of sea salt

DIRECTIONS:

1. Lightly grease the Slow Cooker with cooking spray or line it with parchment paper.
2. In a large bowl, whisk together the oat flour, protein powder, cocoa powder, baking powder, baking soda, and sea salt.
3. In another bowl, whisk the eggs, almond milk, maple syrup (or honey), coconut oil, and vanilla extract.
4. Slowly mix the wet ingredients into the dry ingredients until combined.
5. Fold in the dark chocolate chips (if using).
6. Pour the batter into the Slow Cooker and spread it evenly.
7. Cook on low for 2-3 hours, or until a toothpick inserted into the centre comes out clean.
8. Once the cake is done, let it cool slightly before slicing.



Banana Bread

INGREDIENTS:

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- $\frac{2}{3}$ cup chopped walnuts
- $\frac{1}{2}$ cup unsalted butter, softened
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups mashed ripe bananas, about 3 large or 4-5 small

DIRECTIONS:

1. Use a 4.5 quart Slow Cooker. Switch the slow cooker to high and remove the interior stoneware crock. Spray the interior of the stoneware with Pam or grease it with shortening, and set it aside. (This is an important step - we are preheating the "oven" by switching the Slow Cooker to high while we mix up the dough.)
2. In a small bowl, combine flour, soda, salt and walnuts.
3. In a mixer, or large bowl, beat softened butter and sugar until fluffy. Add eggs, vanilla extract, and mashed bananas, then mix again. Add dry ingredients and stir just until blended - don't over mix.
4. Pour the batter into the stoneware crock and place it in the warmed Slow Cooker liner. Cover and bake on high for 3 hours. Check at about 2.5 hours. The bread is done when a toothpick inserted in the centre comes out clean.
5. Switch Slow Cooker to off and remove stoneware. Gently loosen the edges with a knife and invert onto a cooling rack.



Snacks



Slow Cooker Trail Mix Clusters

INGREDIENTS:

- 1 cup mixed nuts (almonds, cashews, walnuts)
- ½ cup dried cranberries
- ½ cup dark chocolate chips
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- ¼ tsp sea salt

DIRECTIONS:

1. Add the mixed nuts and dried cranberries to the Slow Cooker.
2. Melt the chocolate chips and coconut oil in a microwave-safe bowl, then stir in the vanilla extract.
3. Pour the melted chocolate mixture over the nuts and cranberries. Stir to coat everything evenly.
4. Cook on low for 1-2 hours, stirring occasionally.
5. Drop spoonfuls of the mixture onto parchment paper and let it set at room temperature or in the fridge.



Cinnamon Almonds

INGREDIENTS:

- 2 cups raw almonds
- 1 egg white
- ¼ cup honey or maple syrup
- 1 tbsp cinnamon
- ½ tsp vanilla extract
- Pinch of salt

DIRECTIONS:

1. In a bowl, whisk the egg white until frothy. Stir in the honey, vanilla extract, cinnamon, and salt.
2. Toss the almonds in the mixture until well coated.
3. Place the coated almonds into the Slow Cooker and cook on low for 2-3 hours, stirring occasionally to prevent burning.
4. Let the almonds cool on a baking sheet until they harden.



Sweet and Spicy Chickpeas

INGREDIENTS:

- 2 cans chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp cinnamon
- 1 tsp chili powder
- 1 tbsp maple syrup
- ½ tsp salt

DIRECTIONS:

1. In a bowl, mix the chickpeas with olive oil, cinnamon, chili powder, maple syrup, and salt.
2. Transfer the chickpeas to the Slow Cooker and cook on high for 2-3 hours, stirring occasionally, until crispy.
3. Let them cool before enjoying.



Apple Chips

INGREDIENTS:

- 4-5 apples, thinly sliced (leave the skin on for extra fiber)
- 1 tsp cinnamon
- 1 tbsp lemon juice
- 1 tbsp coconut sugar (optional)

DIRECTIONS:

1. Toss the apple slices in lemon juice, cinnamon, and coconut sugar (if using).
2. Lay the apple slices flat in the Slow Cooker (you may need to layer them).
3. Cook on low for 4-6 hours, flipping occasionally, until the apples are dry and crispy.
4. Let cool on wire racks to harden into chips.



Peanut Butter Protein Balls

INGREDIENTS:

- 1 cup rolled oats
- ½ cup peanut butter (or almond butter)
- ¼ cup honey or maple syrup
- ¼ cup protein powder (vanilla or chocolate)
- 2 tbsp chia seeds
- 1 tsp vanilla extract

DIRECTIONS:

1. Add all the ingredients into the Slow Cooker and stir until well combined.
2. Cook on low for 1-2 hours, stirring occasionally.
3. Once the mixture is thick and well combined, let it cool slightly.
4. Roll the mixture into bite-sized balls and refrigerate until firm.

BONUS!
INSTANT POT

Pressure
Cooker
Meals



Carne Asada Street Tacos

INGREDIENTS:

- 1 ½ kg of steak
- 1 white onion chopped (I keep chopped onion in the freezer)
- 2 fresh limes plus extra for toppings (this is what I use to get all the lime juice out)
- ½ cups of beef stock
- a bundle of cilantro
- 1 teaspoon of salt
- 1 Teaspoon of pepper
- 1/2 stick of butter
- mini corn tortillas

DIRECTIONS:

1. Drain and rinse the jackfruit. You can cut off the top thick part if you prefer and discard.
2. Place the jackfruit in a large bowl with the oils, dinger, garlic, salt, onion and pepper. Toss to coat.
3. Spray the bottom and sides of your slow cooker with avocado oil. Add the jackfruit along with the onion, carrots, celery, coconut cream, sugar, tamari, starch and sriracha.
4. Cover and cook on low for 6-8 hours.
5. When 2 hours are remaining, use a fork to press the jackfruit pieces against the side to shred it.
6. Cover and keep cooking until done.
7. Taste and adjust seasoning as desired. Then serve with your favorite toppings.



Honey Garlic Meal Prep Bowls

INGREDIENTS:

- 1 tbsp olive oil
- 2 medium-sized chicken breasts, diced
- 2 tbsp low-sodium soy sauce
- 2 tbsp honey
- 1 tsp rice vinegar
- 4 cloves garlic, minced
- 1/2 cup water
- 1 head Broccoli, chopped into very small florets
- Cornstarch slurry
- 1 tbsp cornstarch
- 1 tbsp water
- Rice
- 1 cup white rice
- 2 cups water
- 1 tsp butter
- 1 pinch salt

DIRECTIONS:

1. Thinly slice the steak. Then chop into bite-sized pieces. Place the steak in the Instant Pot. Add half the onions to the pot. Save the rest of the onions in a small bowl. Meanwhile, season with salt and pepper. Pour the beef stock over the beef. Squeeze the juice of two fresh limes over the meat and onion mixture. (This is what I use to get all the lime juice out.)
2. Lock the lid on and make sure the valve is set to the sealing position. Set the pressure to high pressure for 15 minutes. While the steak is cooking, melt the butter in another skillet, or I used an electric skillet. Fry the mini corn tortillas in the melted butter for 1 minute, until soft. Allow them to cool slightly.
3. You will need 2 mini corn tortillas per taco. Once the pressure is up, do a quick release and stir. Spoon the meat mixture on the tortillas. Top with cilantro, fresh onions, and serve with limes.



Sausage & Chicken Jumbalaya

INGREDIENTS:

- 2 tbs olive oil
- 350g Andouille sausage (sliced into circular pieces)
- 500g chicken breasts (boneless, skinless, cut into 2cm cubes)
- 1 medium, green bell pepper (diced)
- 1 medium, white onion (diced)
- 1 medium celery stalk (chopped)
- 5 garlic cloves (chopped)
- ½ tsp of cayenne pepper
- 2 tsp of paprika
- 3 sprigs of fresh thyme
- 2 bay leaves
- 1 cup chicken broth
- 1 400g can diced tomatoes
- 1 cup long Grain White Rice
- Salt and pepper (to taste)

DIRECTIONS:

1. Set the Instant Pot to "Saute." Add the oil, sausage, and chicken. Use a wooden spoon to turn, while scraping the bottom of the Instant Pot. Cook for 3-5 minutes or until the outside of the chicken is white. Remove the sausage and chicken and drain on paper towels.
2. Add the onions, pepper, and celery, stirring with the wooden spoon while scraping the bottom. Cook for about 3-5 minutes or until vegetables are soft. Add the garlic and cook for an additional 30 seconds, stirring continuously. Add the spices, thyme, bay leaves, cooked sausage and chicken, rice, tomatoes, and broth. Stir to combine.
3. Close the lid, make sure the valve is set to "sealing," and set the Instant Pot to high pressure (manual/pressure cook) for 10 minutes. Allow the Instant Pot to natural release for 5 minutes before completing a quick release. Remove lid and stir. Serve immediately or store in an airtight container in the refrigerator for up to 3 days.



Chicken Taco Soup

INGREDIENTS:

- 700g boneless skinless chicken breasts
- 2 tbsp olive oil
- 1/2 green bell pepper, chopped
- 1/2 small onion, chopped
- 3 garlic cloves, minced
- 5 cups chicken broth or bone broth
- 400g can diced tomatoes with chillies
- 2 tbsp butter
- 2 tsp chilli powder
- 1 tsp cumin
- 1 tsp oregano
- 1 pack dry ranch seasoning mix
- 120g cream cheese, softened
- salt & pepper to taste

DIRECTIONS:

1. In a skillet, heat olive oil on medium heat, then add green peppers, onion, and minced garlic. While you are sautéing the veggies, add all the other ingredients to the pressure cooker except the cream cheese. Dairy ingredients like cream cheese often break down when slow-cooked; therefore, we won't add the cream cheese until the very last step after the soup has slow-cooked.
2. Add the sauteed veggies to the pressure-cooker and stir to combine. Slow-cook on low for 8 hours or on high for 4 hours. Remove the chicken and shred it into chunks, then add it back to the pressure-cooker.
3. If you cooked the soup on low, turn the pressure-cooker to high now. If you slow-cook on high, leave the setting on high. Remove about 1 cup of the broth from the soup and combine it with the softened cream cheese in a bowl. You can use a whisk or an immersion blender.
4. Then add the mixture back to the pressure-cooker and stir to combine. Cook on high for 30 minutes with the lid on. Add salt and pepper to taste. Enjoy!



Meatloaf and Potatoes

INGREDIENTS:

For the potatoes:

- 1kg Little Potatoes
- 1 cup chicken broth or water
- 2 tsp minced garlic
- 4 tbsp salted butter sliced
- 1/2 cup shredded Parmesan cheese
- dried parsley optional

For the meatloaf:

- 1 pound lean ground beef 93% lean
- 3/4 cup milk
- 1 egg

- 3 slices of bread cut up into small pieces
- 1 tablespoon Worcestershire sauce
- 1/2 tablespoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon dry ground mustard
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder

For the meatloaf glaze:

- 1/2 cup ketchup
- 1 tbsp. balsamic vinegar optional

DIRECTIONS:

1. Spray the bottom of an electric pressure cooker with nonstick cooking spray or wipe with a bit of butter. Add Little Potatoes to the bottom of the insert. Pour chicken broth over the potatoes. Stir in minced garlic. Top potatoes with pats of butter. Place the rack insert on top of the potatoes.
2. In a bowl, combine all the meatloaf ingredients. It's best to use your (very clean!) hands to mix this up. Place the meatloaf mixture onto a sheet of nonstick aluminium foil. Shape the loaf into a rectangle, then fold up the sides of the foil to form a little meatloaf boat.



Meatloaf and Potatoes Continue...

DIRECTIONS:

3. In a small bowl, combine the meatloaf glaze ingredients and stir well. Spread half of this glaze mixture onto the meatloaf (we'll use the rest later). Place the meatloaf on top of the rack insert. Place the lid onto the pressure cooker and lock it into place. Make sure the valve on the lid is turned to "Sealing". Set to manual high pressure for 30 minutes.
4. **Optional:** Using oven mitts, carefully remove your 'meatloaf boat' and place it on a baking sheet. Set your oven to "High" broil. Spread the remaining meatloaf glaze over the cooked meatloaf. Then slide the meatloaf under the broiler for a couple of minutes, just until it starts to bubble.
5. Meanwhile, add Parmesan cheese to cooked potatoes to melt while the meatloaf is in the oven. Sprinkle with dried parsley (optional) and stir well. Remove the meatloaf from the oven. Carefully place the meatloaf on a serving plate using a large spatula. Spread the potatoes around the meatloaf. Then serve!

MAMA'S



KITCHEN

THANK YOU

Enjoy cooking and sharing these delightful
recipes with your loved ones.

Happy cooking!