

19 EASY & HEALTHY
Slow Cooker
RECIPES

From The PaleoHacks Kitchen

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CROCK POT *Cabbage Soup*

L Prep Time: 5 minutes **L** Cook Time: 4 hours **🍴** Serves: 4



Ingredients:

- 2-3 chicken breasts
- 2 T olive oil
- 2 celery stalks
- 3/4 cup carrots, chopped
- 1/2 cup zucchini, chopped
- 3 garlic cloves, minced
- 1 small yellow onion, diced
- 1 t dried basil
- 1/2 t dried oregano
- 4 cups chicken broth
- 1/2 head of cabbage

Instructions:

- 1.** Drizzle Crock Pot with olive oil and then add chicken.
- 2.** Add chopped up celery, carrots, zucchini, garlic, and onion; Next, add basil, oregano, salt, pepper, and broth.
- 3.** Cook soup on HIGH for approximately 2 hours and then add the chopped up cabbage.
- 4.** Cook soup on HIGH for an additional 2 hours before removing from the Crock Pot and enjoying!



CROCK POT ROSEMARY *Citrus Chicken*

L Prep Time: 5 minutes **L** Cook Time: 8 hours **🍴** Serves: 3

Ingredients:

- 1 pound boneless, skinless chicken breast
- 3 T lemon juice
- 2 T fresh squeezed orange juice
- 1 T honey
- 4 orange slices
- 4 sprigs fresh rosemary
- salt & pepper to taste

Instructions:

- 1.** Season the chicken breasts with salt and pepper to taste on each side and place them in the slow cooker.
- 2.** In a small bowl, whisk together the lemon juice, orange juice, and honey until combined. Pour the juice over the chicken.
- 3.** Place the orange slices on top of the chicken breasts, and lay the rosemary over everything.
- 4.** Turn the slow cooker on low for 8 hours, and cover.



THE BEST CROCK POT *Chicken Noodle Soup*

L Prep Time: 5 minutes **L** Cook Time: 4 hours **F** Yield: 3-4

Ingredients:

- 2 chicken breasts
- 2 T olive oil
- 3 full size carrots, sliced
- 2 celery stalks, sliced
- 1 yellow onion, diced
- 2 T fresh parsley
- 2 zucchini
- 1/2 t dried thyme
- 64 oz. chicken broth
- Salt and pepper to taste

Instructions:

1. Cut ends of zucchini; place zucchini through the spiralizer to create zucchini noodles.
2. Drizzle crock pot with olive oil.
3. Place chicken in the bottom of the pot and then top with carrots, celery, zucchini noodles, thyme, chicken broth, salt, and pepper.
4. Cook on high for 4 hours.
5. Chicken should now be easy to cut. Serve noodle soup in bowls; add more salt and pepper to taste.
6. Enjoy!

CROCK POT

Cuban Beef Recipe

L Prep Time: 15 minutes **L** Cook Time: 6 hours **🍴** Serves: 4

Ingredients:

- 2 lb beef chuck roast
- 4 cups cauliflower rice
- 1 poblano pepper (chopped)
- 1 medium white onion (one half thinly sliced, and the other half chopped)
- 1 6-oz can tomato paste
- 1 cup beef broth
- 2 T olive oil
- 2 T cumin
- 1 T oregano
- 1 T garlic
- 1 T smoked paprika
- ½ cup cilantro (chopped)
- 1 lime (cut into wedges)

Instructions:

1. Heat olive oil in a large pan over medium-high heat. Once olive oil is shimmering hot, sear chuck roast for 2 minutes on each side.
2. Place chuck roast (with oil and drippings from pan) in crock-pot. Add poblano pepper and sliced onion. Pour in beef broth and tomato paste. Add cumin, smoked paprika, oregano, and garlic. Stir ingredients. Place lid on crock-pot, and heat on low 6-8 hours.
3. Once beef is fork-tender, shred on a large plate, using two forks. Return to crock-pot for 30 minutes.
4. Serve over cauliflower rice with chopped onion, cilantro, and a lime wedge. Pan-fried plantain slices would also compliment this Cuban dish.



CROCK POT HAWAIIAN

Pulled Chicken Chard Wraps

L Prep Time: 15 minutes **L** Cook Time: 5 hours **🍴** Serves: 5

Ingredients:

- ½ lb. boneless skinless chicken breast
- ½ lb. boneless skinless chicken thighs
- ½ small onion, diced
- 3 garlic cloves, minced
- 8 oz. can crushed pineapple, not drained
- ¼ cup coconut aminos
- 1 lime, juiced
- ½ t ground ginger
- ¼ t red pepper flakes
- ¼ t sea salt
- ¼ t black pepper
- For the wrap: Swiss chard leaves (or leaf lettuce), avocado slices, shredded carrots, shredded cabbage, green onions, fresh cilantro.

Instructions:

1. Place chicken, onions and garlic in a crock pot.
2. In a small bowl, combine pineapple, coconut aminos, lime juice, ground ginger, red pepper flakes, salt and pepper. Stir to mix, and then add to crock pot.
3. Cook on low for 4-6 hours. Remove chicken from crock pot and shred with two forks.
4. Return chicken to crock pot, stir to mix all ingredients, and set temperature to warm (or low) until ready to serve.
5. Assemble Swiss chard wraps with desired ingredients.



CROCK POT SHREDDED CHICKEN SLOPPY JOES

with Sweet Potato Bun

 Prep Time: 15 minutes  Cook Time: 5 hours  Serves: 5

Ingredients:

- 1 lb. boneless skinless chicken breast
- 1 lb. boneless skinless chicken thighs
- 14 oz. can tomato sauce
- $\frac{1}{3}$ cup canned tomato paste
- 3 T yellow mustard
- 2 T apple cider vinegar
- 3 dates, finely chopped
- $\frac{3}{4}$ cup shredded carrots
- $\frac{1}{2}$ t garlic powder
- $\frac{1}{2}$ t onion powder
- $\frac{1}{2}$ t chili powder
- $\frac{1}{4}$ t sea salt
- $\frac{1}{4}$ t black pepper
- 2 sweet potatoes, sliced into $\frac{1}{4}$ -inch rounds
- Olive oil

Instructions:

1. Place all of the ingredients in the crock pot. Mix to combine.
2. Cover and cook on low for 4-6 hours.
3. Remove chicken from crock pot and shred with two forks.
4. Return back to crock pot, stir to mix all ingredients, and set temperature to warm (or low) until ready to eat.
5. While the chicken is cooking, preheat oven (or grill) to 375°F. Brush sweet potato rounds with olive oil and a dash with sea salt. Bake for 15 minute or just until soft. Remove from oven and cool slightly.
6. Place chicken between two sweet potato rounds. Add desired toppings such as pickles, onion, greens, broccoli slaw, mayonnaise, etc.



CROCK POT SHREDDED CHICKEN *with Peach BBQ Sauce*

 Prep Time: 15 minutes  Cook Time: 4 minutes  Serves: 8

Ingredients:

- 4 dates, pitted
- ½ cup boiling water
- 2 T ghee
- ½ cup minced onion
- 3 cloves garlic, minced
- 1 6 oz can tomato paste
- 1 12 oz can diced tomatoes
- 2 peaches, peeled and roughly chopped (may substitute 4 canned peach halves)
- ¼ C apple cider vinegar
- ¼ C dijon mustard
- 1 t smoked paprika
- 1 T chili powder
- ¼ t ground cumin
- 1 pinch ground cloves
- ½ t natural liquid smoke
- Salt and pepper to taste
- 2 lb boneless, skinless chicken breasts
- 1 C Peach BBQ Sauce

Instructions:

1. Place pitted dates in a blender or food processor. Cover with boiling water and set aside for 5 minutes to allow dates to soften.
2. In a small saucepan over medium heat, melt ghee and saute onions 7-8 minutes or until translucent and soft. Add garlic and cook an additional 30 seconds until fragrant.
3. Transfer onion and garlic mixture to blender with the dates.
4. Add remaining ingredients and blend until smooth. Taste and season with salt and pepper as desired.
5. Place chicken breasts in the bottom of crock pot
6. Pour 1 cup BBQ sauce over chicken. Stir to coat each breast then cover with lid and cook on LOW heat for 4 hours or until cooked through.



CROCK POT

Chicken Chile Verde

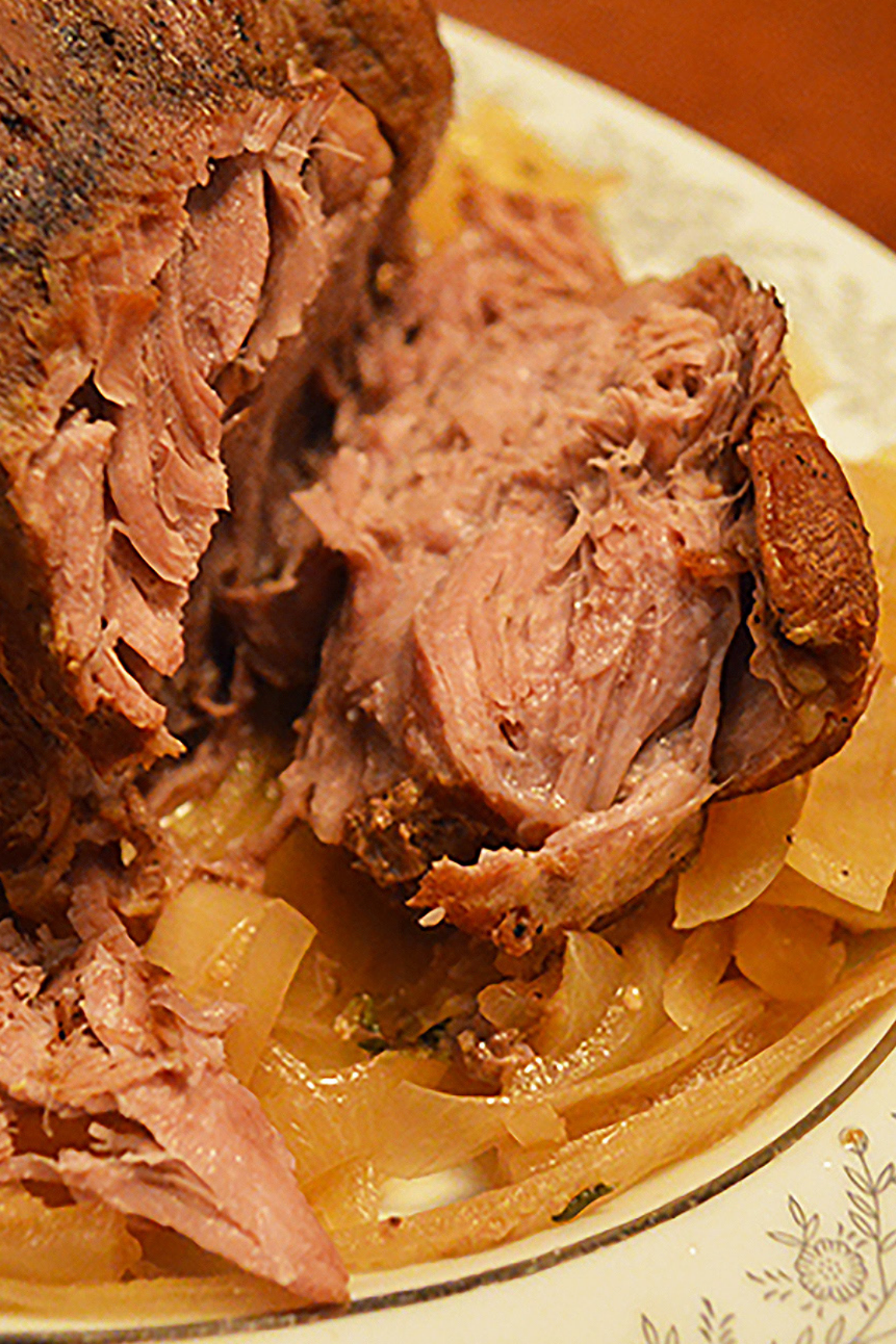
L Prep Time: 5 minutes **L** Cook Time: 4 minutes **🍴** Serves: 8

Ingredients:

- 2 lbs boneless/skinless chicken thighs or breasts (or combination of the two)
- 1 jar Salsa Verde (such as Trader Joe's)
- 1 4 oz can fire roasted green chiles
- ½ t ground cumin
- ½ t dried oregano
- Salt and pepper to taste
- Fresh cilantro and lime wedges, optional
- Cauliflower rice for serving

Instructions:

1. Place chicken in crock pot.
2. In a small bowl, combine salsa, green chiles, cumin and oregano. Pour over chicken.
3. Place lid on crock pot and cook on LOW heat for 4 hours.
4. Remove lid and allow chicken to cool slightly before shredding it with 2 forks right in the crock pot.
5. Transfer to serving dish, top with chopped fresh cilantro and serve with lime wedges, if desired.
6. Serve over cauliflower rice or in lettuce wraps.



CROCK POT

Apple Cider Pork Roast

 Prep Time: 15 minutes  Cook Time: 5 hours  Yield: 6+ servings

Ingredients:

- 6.5 lb pork shoulder
- ¼ cup olive oil
- 2 yellow onions
- 6 cloves garlic
- 2 T Dijon mustard
- 4 cups pure apple cider
- 5 sprigs fresh thyme
- Salt and pepper to taste

Instructions:

- 1.** Liberally season your pork shoulder with salt and pepper on both sides. Heat olive oil in a large dutch oven.
- 2.** Sear pork shoulder in dutch oven until golden brown, about 2 and a half minutes a side.
- 3.** Chop onions and garlic cloves roughly. Add onions, garlic, apple cider, Dijon mustard and thyme to a crock pot. Stir to combine mixture.
- 4.** Nestle in pork roast. Cook on high for 4 to 6 hours, or low for 8 to 10 hours. Flip the roast halfway through cooking time in the crockpot.



PULLED *Chicken Wraps*

L Prep Time: 10 minutes **L** Cook Time: 6 hours **🍴** Yield: 2

Ingredients:

- 2 chicken breasts
- 2 fresh tomatoes
- 2 red onions
- 2 garlic cloves
- 1 tbsp honey
- 1 tsp basil
- 1 tsp chili powder
- 1 tsp whole cloves
- 3 tbsp water
- Extras: Crunchy lettuce leaves. A side salad or grated veg such as carrots and red cabbage. Lime.

Instructions:

1. Cut the onions and tomatoes into chunks.
2. Finely chop the garlic cloves.
3. Place the chicken breasts in the slow cooker.
4. Add the onions, tomatoes, garlic, honey, basil, chilli, whole cloves and water to the slow cooker.
5. Set the slow cooker to low for 6 hours.
6. When ready to serve use two forks to shred the chicken. Stir all the veggies, spices and juices into the chicken until fully combined.
7. Serve with lettuce, other preferred vegetables and a squeeze of the lime juice.



SWEET SHORT RIBS *with Star Anise and Ginger*

L Prep Time: 10 minutes **L** Cook Time: 6 hours **🍴** Yield: 1

Ingredients:

- 1 beef short rib
- 2 small red onions
- 2 garlic cloves, minced
- 1 tsp ground ginger
- 2 star anise
- 1 tbsp honey

Instructions:

- 1.** Prep the ingredients.
- 2.** Chop the onion and crush the garlic cloves.
- 3.** Add the beef short rib to the slow cooker.
- 4.** Add the onions, garlic, ginger, star anise and honey on top.
- 5.** Add approx. 1 inch depth of water from the base of the pot.
- 6.** Put the lid on and set the cooker to auto for 6 to 8 hours.
- 7.** When ready to eat season the meat.
- 8.** Serve with preferred vegetables.



SLOW-COOKED BEEF

with Root Veggies and Kale

 Prep Time: 15 minutes  Cook Time: 6 hours  Yield: 2

Ingredients:

- 14 oz beef braising steak, cut into chunks
- 2 red onions, chopped into chunks
- 2 large carrots, chopped
- ½ celeriac, skin removed and chopped into cubes
- ½ swede, skin removed and chopped into cubes
- 6 garlic cloves
- Sea salt and pepper
- Water
- 4 handfuls of kale
- Optional: add any type of potato

Instructions:

1. Prepare all the ingredients.
2. Add the beef to the slow cooker.
3. Add the onions, carrots, celeriac, swede and garlic to the slow cooker.
4. Season with salt and pepper.
5. Add water. Approximately 2 inch depth, don't fill the pot to the brim.
6. Set the slow cooker to auto and leave to cook for 6 hours.
7. Just before ready to eat place the fresh kale on top of the cooked veg, place the lid back on and let it lightly steam for 5 to 10 minutes.
8. Serve and enjoy!



SLOW COOKER *Chicken Chili*

L Prep Time: 5 minutes **L** Cook Time: 7 hours **🍴** Serves: 4-6

Ingredients:

- 8-12 boneless, skinless chicken thighs
- 1 16-ounce jar salsa
- 1 16-ounce can diced Italian tomatoes
- 1 medium yellow onion, chopped
- 1 large red pepper, chopped
- 2 tablespoons chili powder

Instructions:

- 1.** Chop chicken thighs roughly, into 1-inch pieces, and pop them into the slow cooker.
- 2.** Pour chili powder into the slow cooker and stir to coat chicken.
- 3.** Add vegetables and stir.
- 4.** Pour the salsa and the tomatoes into the mixture and stir.
- 5.** Put the lid on and set your slow cooker for 4-6 hours on high or 6-8 hours on low. This tastes better the longer it cooks!



PERFECT SLOW COOKER *Roast Chicken*

L Prep Time: 5 minutes **L** Cook Time: 4 hours

Ingredients:

- 1 4-to-6 pound whole chicken
- 1 yellow onion
- 1 head of garlic (optional)
- 1 lemon (an orange will also work)
- 1 tablespoon paprika
- 2 teaspoon sea salt
- 2 teaspoon pepper
- 1 teaspoon dried thyme
- 8 inches kitchen twine
- 2 tired old carrots, parsnips, or celery

Instructions:

1. Quarter your onion and your lemon and halve the head of garlic by cutting in around the middle. Notice how pretty that garlic looks.
2. Combine your salt, pepper and thyme into a cute little bowl. This will keep your gross chicken fingers from contaminating your regular salt dish and allow you to pinch and sprinkle like a pro.
3. If you've decided to make use of some tired old carrots, parsnips, or celery, place them on the bottom of the slow cooker like a roasting rack. (Keep these with the carcass for broth.)
4. Unwrap your chicken. Untie the legs and place your chicken in the slow cooker. (You might as well contaminate as few kitchen surfaces as possible.) Remove any giblets that might be inside the cavity.
5. Sprinkle the the inside of the cavity with the salt, pepper and thyme. Use about half.
6. Stuff the cavity with half the head of garlic, a piece or two of onion, and some lemon. Repeat. Try to alternate items and stuff as much in there as you can. Don't worry if all of it doesn't fit, just be sure to use some of each. Finish stuffing with a piece of lemon, leaving it rind side out so it acts as a kind of plug to the cavity.
7. Tie the legs together so that the veg in the cavity stays in place.
8. Sprinkle the rest of the salt, pepper and thyme onto the top of the chicken.
9. Wash your hands, you are now done with chicken ick!
10. Lastly, liberally sprinkle paprika on top of the chicken. The paprika doesn't really do much for flavor, but it really helps the chicken to look "roasted." If you miss this step your chicken will still be delish but it will look sad and anemic.
11. Place the lid on your slow cooker and cook on high for four hours. This makes it easy peasy and you'll only one dish to clean.



PALEO CROCK POT

Chicken Cacciatore Recipe

L Prep Time: 15 minutes **L** Cook Time: 6 hours

Ingredients:

- 2 T of butter or oil of your choice
- 1 large onion, minced
- 1/4 c tomato paste
- 1 1/2 t of dried oregano
- 2 to 3 cloves of garlic, minced (add more if you love garlic)
- 1/4 t of red pepper flakes (more or less depending on your preferences for spicy meals)
- 1 can of diced tomatoes, drained
- 1/2 cup of chicken stock
- 2 lb of cremini or white mushrooms, quartered if large, halved if small
- 1/2 cup of red wine (optional)

Instructions:

1. Cook the butter, onions, tomato paste, oregano, garlic, and red pepper flakes in a small saucepan until the onions are soft.
2. Put the onion mixture into the crockpot.
3. Stir in the tomatoes, chicken stock, mushrooms, and wine, if using.
4. Season the chicken pieces with salt and pepper and add them to the crockpot.
5. Mix everything together.
6. Cover and cook on low for four to six hours.

EASY CROCK POT *Beef Stew Recipe*

 Prep Time: 10 minutes  Cook Time: 8 hours  Serves: 5

Ingredients:

- 2 pounds pastured stewing beef
- 2 cups of beef or chicken stock (or 1 cup stock and 1 cup wine or beer)
- 1 T balsamic vinegar
- 1 medium onion, chopped
- 2 stalks of celery, roughly chopped
- 2 large carrots, peeled and chopped
- 3-5 small potatoes, cubed (optional)
- 1 to 3 cloves of garlic, minced (adjust according to your taste)
- 1 T paprika
- 3 bay leaves
- 1/2 t salt
- 1/2 t black pepper
- 1 t each dried rosemary, basil, and oregano
- 1/8 cup arrowroot powder (if you want to thicken your stew)

Instructions:

1. Place meat into crockpot.
2. Add liquids then all other ingredients except for arrowroot powder on top.
3. Cover and cook on low for eight hours.
4. To thicken: Just before you're ready to eat, use a ladle to spoon out most of the liquid into a small saucepan and bring to a boil.
5. Stir a small amount of the liquid into a small bowl and sprinkle in the arrowroot flour, whisking as you add it. Make sure there are no lumps.
6. Slowly pour the arrowroot mixture into the boiling liquid in the pot and remove from heat as you whisk continuously. Do not reheat, as this will break the bonds of the thickener.
7. If it's not thick enough, use water and some more arrowroot powder in your small bowl, whisk to mix, then slowly add into the gravy.
8. Pour thickened gravy back into slow cooker, stir gently, and serve.





MOROCCAN *Lamb Stew Recipe*

 Prep Time: 10 minutes  Cook Time: 8 hours  Yield: 4-6

Ingredients:

- 2 lb (900g) Lamb (cut/s of choice), diced
- 4 tbsp Ras El Hanout spice blend
- 2 Sweet Potatoes, peeled and diced
- 1 Red Bell Pepper, diced
- 1 cup Apricots, diced
- 1 can crushed Tomatoes
- 3 tbsp Clarified Butter or Ghee

Instructions:

1. Put the Ras El Hanout spice blend in a hot, dry, frying pan and roast it for a little while.
2. Add the lamb and stir so all pieces are coated evenly in the spices.
3. Add the clarified butter/ghee and quickly sear the meat.
4. Put the meat and the rest of the ingredients in a slow-cooker, set it on Low for 7-8 hours, then you're done!
5. Serve over Cauliflower Tabbouleh!



DELICIOUS CROCK POT

Pulled Pork Recipe

L Prep Time: 5 minutes **L** Cook Time: 8 hours

Ingredients:

- 2 to 4 pounds of pork loin
- 1 large onion, sliced
- 1/2 cup of beef or chicken stock
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp each of black pepper and paprika
- 1 tsp chili powder
- 1/2 cup honey

Instructions:

- 1.** Put pork in the crockpot and cover with stock.
- 2.** Add onions. Toss in the spices and honey, and cover.
- 3.** Turn the crockpot on low and cook for eight to 10 hours.
- 4.** Use two forks to shred the meat. Enjoy!



CROCK POT *Cabbage With Apples*

 Yield: 6-8

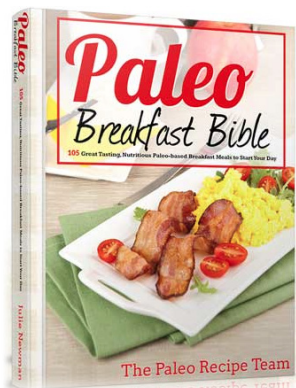
Ingredients:

- 2 tart apples, diced (Granny Smiths work well)
- 1 medium-sized cabbage, coarsely chopped
- 1 large onion, quartered and sliced (don't cut this too finely)
- 1/2 teaspoon of salt
- 1/8 teaspoon of freshly ground pepper
- 1/2 cup of chicken stock
- 1 cup of apple juice
- 3 tablespoons of spicy mustard
- Butter or coconut oil (for greasing the inside of the crockpot)

Instructions:

1. Rub the crockpot inside with butter or coconut oil.
2. Add the onions, apples, and cabbage.
3. Add the salt and pepper and mix together.
4. In a large measuring cup, mix the chicken broth, apple juice, and mustard until it is all combined.
5. Pour the liquid mixture over the ingredients in the crockpot.
6. Cover and cook on low for six to eight hours or until everything is tender, stirring every two or three hours.
7. Use a slotted spoon to remove the finished dish to a serving bowl or to individual plates.
8. Enjoy!

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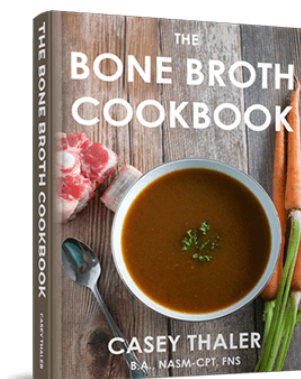
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