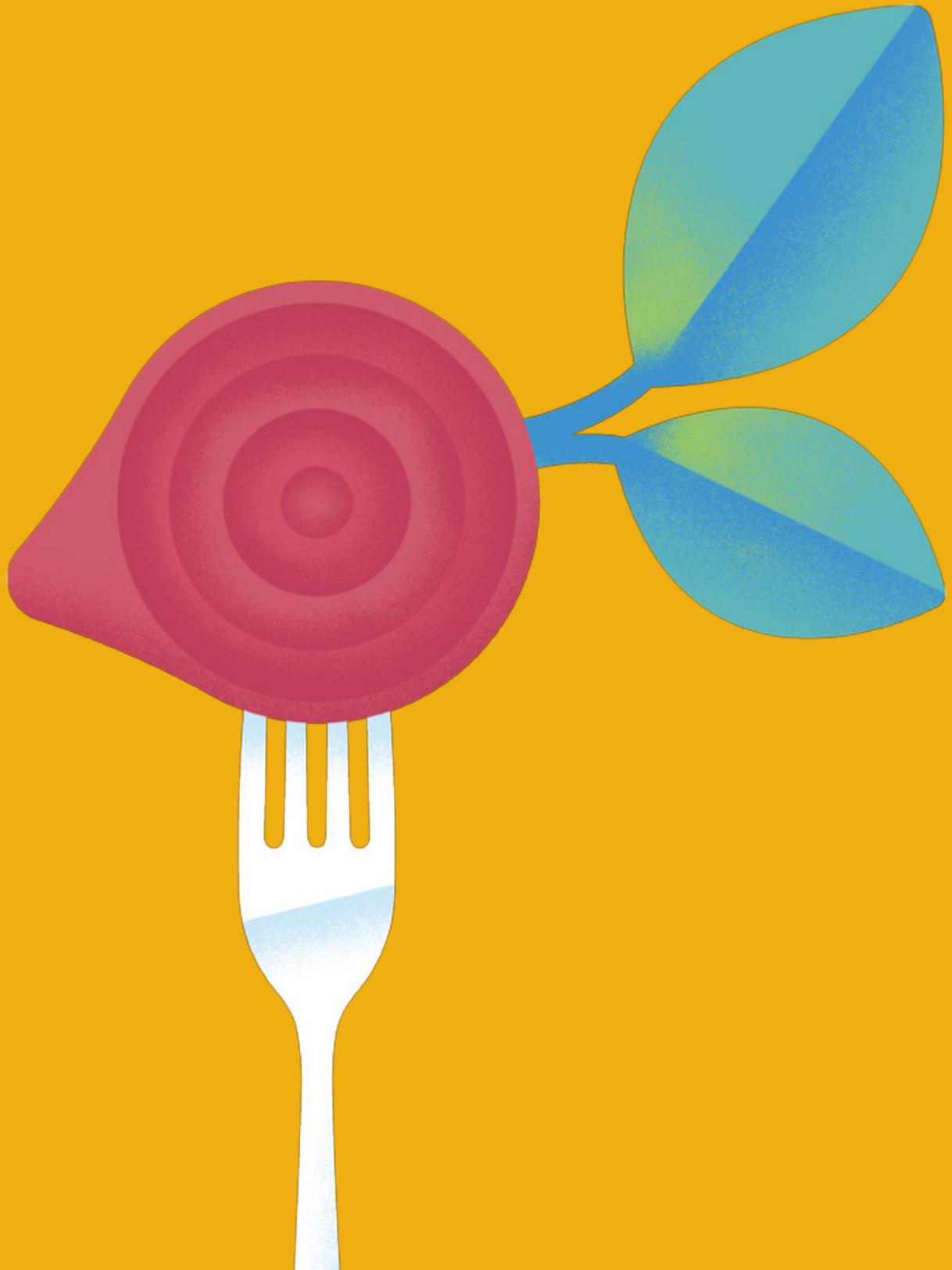


SLOW-COOKER RECIPES



SLOW COOKER LEMONGRASS CHICKEN

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 5

INGREDIENTS:

- 10 skinless chicken thighs
- 1 thick stalk fresh lemongrass, remove outer stems and chop off and discard bottom
- 4 cloves garlic, smashed
- 1 thumb-size piece of ginger, grated
- 1 cup coconut milk
- ½ cup chicken broth
- 3 tablespoons coconut aminos
- 1 serrano chile, halved
- 1 large onion, thinly sliced
- ¼ cup fresh scallions, chopped
- 1 tablespoon cilantro leaves (optional)
- 1 lime, cut into wedges
- Sea salt to taste



INSTRUCTIONS:

1. Season chicken thighs with salt. Place in the slow cooker. Add lemongrass, garlic, ginger, coconut milk, chicken broth, coconut aminos, serrano chile and onion. Cook on low heat for 4 hours. To serve, top with cilantro leaves, scallions and lime wedges. Serve over spaghetti squash and cauliflower rice.

MEXICAN SLOW COOKED BEEF

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 5

INGREDIENTS:

- 2 lb. grass fed beef stew meat, chopped
- 1 red onion, finely chopped
- 2 large clove garlic, crushed
- 5 large beefsteak tomatoes, roughly chopped
- 2 tsp. chili powder
- 1 tsp. oregano
- 2 tsp. cumin, ground
- 2 tsp coriander, ground
- Sea salt to taste
- 2 c. beef broth
- 2 c. water



INSTRUCTIONS:

1. Season beef with salt. Place in slow cooker. Add onion, garlic, tomatoes, chili powder, oregano, cumin, coriander, beef broth and water. Slow cook for 4 hours.

SLOW COOKED VEGAN TACOS

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 6

INGREDIENTS:

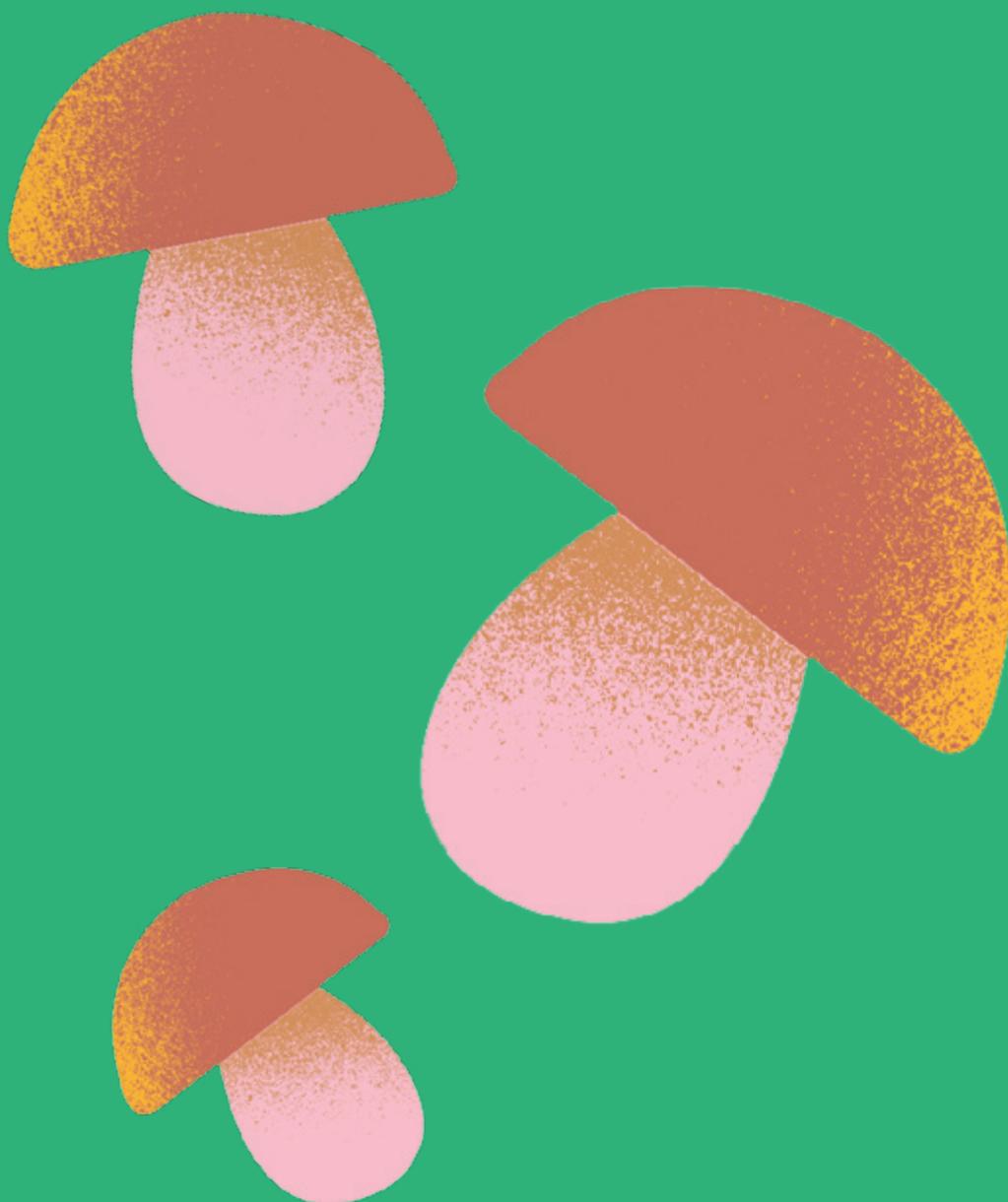
- 1 white onion, diced
- 1 red bell pepper, diced
- 1 teaspoon minced garlic
- 1 cup quinoa, rinsed
- 1 cup vegetable stock
- 2 cans black beans, drained
- 15 ounce can diced tomatoes
- 1 teaspoon cumin
- 2 teaspoon coriander
- Pinch cayenne
- Sea salt to taste



INSTRUCTIONS:

1. Place all ingredients in a slow cooker. Cook for 3 hours. Remove from slow cooker and serve with gluten free tortillas. Top with avocado, cilantro and a lime wedge.

PRESSURE COOKER RECIPES



CAULIFLOWER SPRING RISOTTO

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 5

INGREDIENTS:

- 1 onion, chopped
- 2 tablespoons avocado oil
- 5 cups cauliflower rice
- 1 cup vegetable stock
- 1 bunch asparagus
- 1 cup spring peas
- 4 cups baby spinach
- Sea salt to taste



INSTRUCTIONS:

1. Place pressure cooker on sauté setting and saute onion in avocado oil for 3–4 minutes.
2. Add all other vegetables and vegetable stock to pot and mix well.
3. Switch to manual setting, secure lid, and pressure cook on low for 2 mins.
4. Release pressure and serve.

Suggestions: Topped with crushed almonds and grated lemon zest.

GRASS FED BEEF BOLOGNESE

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 5

INGREDIENTS:

- 2 tablespoons avocado oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery rib, finely chopped
- 16 ounces. grass fed ground beef
- 1/4 cup tomato paste
- 2 cups crushed tomatoes
- 1/2 cup beef broth
- Sea salt to taste



INSTRUCTIONS:

1. Place pressure cooker on saute setting and sauté onion, carrot, and celery in avocado oil for 3–4 minutes.
2. Add beef, season with salt, and continue to cook stirring occasionally until meat
3. starts to brown (2–3 more minutes).
4. Add in tomato paste, crushed tomatoes, and beef broth.
5. Switch to manual setting low, secure lid, and pressure cook for 6 minutes.
6. Release pressure and serve over spaghetti squash or cauliflower rice.

PRESSURE COOKER HERBED CHICKEN

BY KATIE ULRICH, BE WELL HEALTH COACH
SERVES 4-5

INGREDIENTS:

- 2 lb. chicken thighs and/or drumsticks
- 2 cups leafy greens, chopped (preferably kale, collard greens, or swiss chard)
- 2 cups baby bella mushrooms, chopped
- 1 cup sunchokes, chopped (can substitute parsnips if you wish)
- 1 large yellow onion, chopped
- 2 tablespoon olives (pitted)
- 1 tablespoon avocado oil
- Sprinkle of sea salt and pepper

HERB SAUCE INGREDIENTS:

- 1 cup basil
- ½ cup parsley
- 2 tablespoon avocado oil
- 2 garlic cloves
- 1 teaspoon dijon mustard
- 1 teaspoon apple cider vinegar
- ½ teaspoon paprika
- ½ teaspoon turmeric
- Sea salt and pepper to taste



INSTRUCTIONS:

1. Place pressure cooker on saute setting and add 1 tablespoon avocado oil. Sprinkle chicken with sea salt and pepper, and sear chicken on each side for 3-4 minutes to crisp the skin.
2. Place all sauce ingredients in a blender, and blend until smooth. Season with sea salt and pepper to taste.
3. Add vegetables and sauce to pot and mix well with chicken.
4. Switch to manual setting on high, secure lid, and cook for 6 minutes.
5. Release pressure and serve with fresh herbs on top.