



Superfoods Today

CHICKEN SLOW COOKING RECIPES

Boosts Immunity / Promotes Weight Loss / Slows Aging



Don Orwell

“How can you go wrong with Superfoods Diet?”

Chicken Slow Cooking Recipes

By Don Orwell

<http://SuperfoodsToday.com>

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Superfoods Cookbook - Book Two has over 70 Superfoods recipes and complements Superfoods Cookbook Book One and it contains Superfoods Salads, Superfoods Smoothies and Superfoods Deserts with ultra-healthy non-refined ingredients. All ingredients are 100% Superfoods.

It also contains Superfoods Reference book which is organized by Superfoods (more than 60 of them, with the list of their benefits), Superfoods spices, all vitamins, minerals and antioxidants. Superfoods Reference Book lists Superfoods that can help with 12 diseases and 9 types of cancer.

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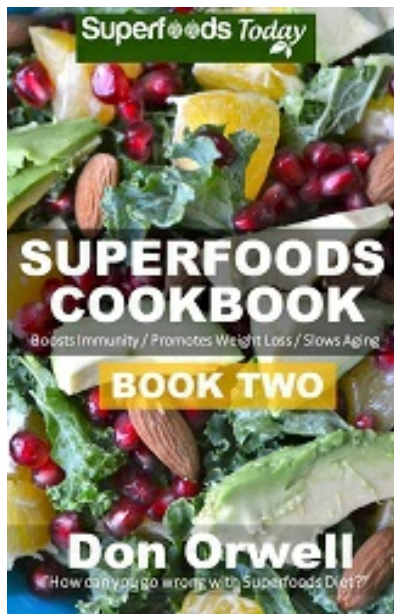


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Introduction

Hello,

My name is Don Orwell and my blog SuperfoodsToday.com is dedicated to Superfoods Lifestyle.

This book contains Superfoods Slow Cooking Chicken recipes from my other books. I hope that you will enjoy 100% Superfoods recipes that I prepared for you.

Superfoods Low Carb Dump Meals Recipes

Allergy labels: SF – Soy Free, GF – Gluten Free, DF – Dairy Free, EF – Egg Free, V - Vegan, NF – Nut Free

Superfoods Chicken Stews, Chilies and Curries

Black Bean Chicken Chili

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 onions, chopped
- 3 cloves garlic, minced
- 2 pounds cubed chicken meat
- 2 cups diced red and yellow peppers
- 2 cups sliced celery
- 1 cup tomato paste
- 2 cups chicken broth
- 1 tbsp. cumin seeds
- 1 tsp. dried oregano
- 1 tsp. ground cayenne pepper
- 1 tsp. ground coriander
- 1 tsp. salt
- 2 cups black beans
- 4 fresh hot chili peppers, chopped

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken Broccoli Carrot Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds cubed chicken meat
- 3 cups broccoli
- 2 cups beef broth
- 2 cups sliced carrots

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Duck Curry

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 1 cup chopped carrots
- 1 cup chopped zucchini
- 2 tbsp. coconut oil
- 4 cups duck meat
- Curry Paste, but go low on the heat
- 2 cups tomato paste
- 1/2 cup coconut milk or cream
- Cilantro for garnishing

Instructions

Make Curry Paste. Add the tomato paste, chicken, veggies and the cream. Stir to combine, add to crockpot and cook on low for 8 hours.



Chicken, Capers, Olives, Anchovy & Zucchini Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds cubed chicken
- 3/4 cup olives.
- 1/4 cup capers & 1/4 cup anchovy
- 3 cups sliced zucchini
- 1 cup tomato paste.

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Olives & Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds chicken thighs
- 1 tsp. dried red pepper flakes (to taste).
- 2 cups sliced olives
- 3 cups tomato paste.

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Kale Chicken Jambalaya

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup chopped onions & 2 minced garlic cloves
- 2 tbsp. coconut oil & 1 tsp. turmeric
- Salt, ground black pepper to taste
- 3 pounds cubed chicken & 1 pound shrimp
- 1 tsp. dried red pepper flakes (to taste).
- 3 cups kale & 1 cup mushrooms
- 1 cup tomato paste & 1 cup chicken broth
- 1 cup corn & 1 cup chopped carrot

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken, Olives, Capers & Eggplant Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds cubed chicken
- 3/4 cup olives & 1/4 cup capers
- 1 cup cauliflower florets
- 3 cups sliced eggplant
- 1 cup tomato paste.

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Turkish Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions & 2 minced garlic cloves
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds chicken thighs
- 1 tsp. dried red pepper flakes (to taste).
- 2 cups sliced red peppers
- 2 cups sliced eggplant or zucchini
- 1 cup tomato paste. & 1/2 cups brown rice
- 1/2 tsp. ground cumin & 2 star anise (discard before serving)

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Pumpkin, Chicken, & Chinese Celery Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds dark chicken meat
- 3/4 cup Chinese Celery
- 1/2 cup green peas & 1/2 cup sliced carrots
- 3 cups sliced pumpkin
- 2 cups chicken broth

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chinese Eggplant, Chicken & Green Onions Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds cubed chicken
- 3/4 cup sliced green onions
- 2 cups chicken broth
- 3 cups halved Chinese eggplants
- 1 cup tomato paste.

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken, Chickpeas, Tomato, Peppers & Eggplant Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds cubed chicken
- 1 cup chickpeas
- 1 cup sliced peppers
- 3 cups sliced eggplant
- 1 cup sliced tomatoes

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken & Onion Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup sliced mushrooms
- 6 large onions, quartered
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 2 cups chicken stock
- 4 pounds chicken drumsticks with skin on

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken and Sweet Potato

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups cubed sweet potato
- 2 cups chopped onions
- 2 tbsp. coconut oil
- 3 red peppers, chopped
- Salt, ground black pepper and ground cumin to taste
- 2 cups chicken stock
- 4 pounds chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken & Butternut Squash Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 cups cubed uncooked butternut squash
- 1 cup chopped onions
- 2 tbsp. coconut oil
- 1 cup chopped red peppers
- Salt, ground black pepper to taste
- 1 cup chicken stock
- 4 pounds chicken dark, cubed

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken and Garbanzo Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups dry garbanzo beans
- 2 cups chopped onions
- 2 tbsp. coconut oil
- 3 cups tomatoes, chopped
- 1 cup chopped carrot
- 1 cup sliced celery
- 2 garlic cloves, minced
- Salt, ground black pepper and ground cumin to taste
- 2 cups chicken stock
- 4 pounds chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Penang Chicken Curry

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 4 pounds chicken meat
- Curry Paste, but go low on the heat
- 1 cup tomato paste
- 1 Tbsp. palm sugar (optional)
- 1/4 cup Thai basil leaves
- 1 cup coconut milk
- Cilantro or parsley for garnishing

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Teriyaki Chicken & Carrots

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups sliced carrots
- 1 Tbsp. minced ginger & 2 garlic cloves, minced
- 2 Tbsp. honey
- 1/4 cup rice or apple cider vinegar
- 2 tbsp. coconut oil
- 1 cup onions, chopped
- 3 Tbsp. fish sauce
- 1 cup chicken stock & 3 Tbsp. cornstarch (optional)
- 4 pounds chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Kale & Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup sliced leeks
- 1 sliced carrot
- 1 small chopped onion
- Salt & 1 Tsp. ground pepper to taste
- 2 cups chicken broth
- 3 cups kale
- 4 pounds chicken

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken Fennel Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups sliced fennel (bulb and tops)
- 1 sliced carrot
- 1 small chopped onion
- Salt, 1 Tsp. ground pepper and 1 minced garlic clove
- 2 cups chicken broth
- 1/4 cup chopped parsley
- 2 pounds dark chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Olives Jambalaya

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 small chopped onions & 1 minced garlic clove
- 2 tbsp. coconut oil & 1 tsp. turmeric
- Salt, ground black pepper to taste
- 3 pounds cubed chicken & 1 pound shrimp
- 1 tsp. dried red pepper flakes (to taste).
- 3 cups kale & 1 cup mushrooms
- 1/4 cup tomato paste & 2 cups chicken broth
- 1 cup Kalamata olives & 2 chopped carrots

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Crock Pot Whole Chicken

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup sliced celery
- 1 cup chopped carrot
- 1 cup chopped parsnip (optional)
- 2 cups chopped onions
- 2 tbsp. coconut oil
- 1 whole chicken with skin on
- Rub paprika, salt and ground black pepper on the chicken skin and inside. Optionally add lemon quarters inside.

Instructions

Put veggies in the slow cooker and place chicken on top. Cover, and cook on low for 7 to 9 hours.



Chicken, Green Peas and Red Peppers Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup green peas
- 1 cup chopped onions
- 1-1/2 cups sliced red peppers
- 2 tbsp. coconut oil
- 2 cups chicken broth
- 2 tsp. salt and 1 tsp. ground pepper
- 4 pounds cubed chicken

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken in Sun Dried Tomato Sauce

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 12 sun dried tomatoes, chopped
- 1 cup coconut cream or full fat coconut milk
- 1 cup chicken broth
- 1/2 cup white wine (optional)
- a pinch of dried thyme and oregano
- 2 tbsp. coconut oil
- Salt and ground black pepper to taste
- 4 pounds dark chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken and Baby Carrots Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 & 1/2 cups baby carrots
- 1 cup chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds dark chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Corn, Mushrooms Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups sliced mushrooms
- 1 cups chopped onions
- 1 cup corn (optional)
- 2 tbsp. coconut oil
- 2 cups tomato paste*
- Salt and ground black pepper to taste
- 4 pounds chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken, Mushrooms & Carrots Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups halved mushrooms
- 1 cup chopped onions
- 2 tbsp. coconut oil
- 1 cup chopped carrots
- Salt, ground black pepper to taste
- 1 cup chicken stock
- 4 pounds cubed chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Creamy Mushroom Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup full fat coconut milk
- 1 cup chopped onions & 2 garlic cloves, minced
- 4 tbsp. coconut oil
- 1/2 cup chopped carrot
- Salt, ground black pepper and fresh thyme to taste
- 2 cups mixed Portobello and white button mushrooms
- 1 cup beef stock
- 4 pounds chopped chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Shiitake & Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups whole shiitake mushrooms
- 1 cup chopped leeks
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 3 cups chicken stock
- 4 pounds cubed chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Chicken & Green Beans Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups green beans cut into 2 inch pieces
- 1 cup chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 1 cup chicken stock
- 1 cup chopped tomato
- 1 Tbsp. parsley
- 4 pounds chicken breast meat cut into stripes

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Haitian Chicken Broccoli

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cup broccoli florets
- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 3 cups chicken stock
- 4 pounds cubed chicken meat
- 1 tsp. dried red pepper flakes (to taste).
- 4 whole cloves (discard after cooking)
- 2 Tbsp. minced garlic
- 1 Tbsp. apple vinegar

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Leeks, Cauliflower, Chicken & Carrot

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 cups sliced leeks
- 2 cups carrot
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 2 cups chicken stock
- 4 pounds cubed chicken meat
- 2 Tbsp. minced ginger & 2 Tbsp. minced garlic.
- 2 sticks celery, chopped

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Jerk Chicken

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cup sliced green peppers
- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper and ground allspice to taste
- 2 cups chicken stock
- 4 pounds cubed chicken meat
- 1 lime - juice & 1 or more Scotch bonnet peppers (to taste).
- 2 Tbsp. minced ginger & 2 Tbsp. minced garlic.
- 1 Tsp. cinnamon & a pinch of nutmeg.

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken, Black Beans and Cauliflower

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups cauliflower
- 1 cup black beans
- 2 cups chopped onions & 3 carrots - chopped
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 3 cups chicken stock
- 4 pounds dark chicken meat
- 2 Tbsp. minced garlic & 1 tsp. ground cumin

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken & Artichoke Hearts

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds chicken meat
- 2 cups chopped carrots.
- 8 Artichokes, tops sliced, trimmed
- 1 Tbsp. ground cumin.
- 1 cup chicken broth

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Chicken Green Curry

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup chopped onions
- 1 cup coconut milk
- 1 lime - juice & 1 cup chicken broth
- 1 cup chopped cilantro & 3 cloves garlic.
- 4 pounds chicken meat
- 2 cups sliced veggies (green beans and green peppers)
- 2 Tbsp. curry paste
- 4 Tbsp. fish sauce

Instructions

Blend lime, onions, curry paste, cilantro and spices. Put chicken and other ingredients in the slow cooker and pour blended ingredients over. Cover, and cook on low for 8 hours. Decorate with fresh basil leaves.



Green Peppers, Chicken and Green Onions

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped green onions
- 2 tbsp. coconut oil
- Salt, ground black pepper to taste
- 4 pounds chopped chicken meat
- 2 cups sliced green peppers
- 2 Tbsp. minced garlic.
- 1 Tbsp. ground cumin.

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Khoresht – Green Peas Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup green peas
- 1 sliced eggplant
- 3 cups sliced celery
- 1 tsp. turmeric, cumin, cardamom each
- 1 small chopped onion
- Salt & 1 Tsp. ground pepper to taste
- 2 cups chicken broth
- 3 pounds chicken breast meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Letscho Chicken

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup sliced green peppers
- 2 small chopped onions & 2 cloves minced garlic
- 1 sliced red pepper
- Salt & 1 Tsp. ground pepper to taste
- 2 small tomatoes, sliced
- 1 Tsp. red pepper flakes
- 2 Tbsp. sweet paprika
- 1 cup green beans
- 2 cups celery

- 4 pounds chicken meat, cubed

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Narial Murgh Shorba Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups diced celery
- 1 cup curry paste (see recipe at the beginning of the book)
- 2 small chopped onions & 2 cloves minced garlic
- 2 cups sliced mushrooms
- Salt & 1 Tsp. ground pepper to taste
- 4 cups water
- 4 pounds chicken meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Fennel, Leeks & Chicken Breast Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup sliced leeks
- 1 shredded carrot
- 2 cups fennel, sliced
- Salt & 1 Tsp. ground pepper to taste
- 2 cups chicken broth & ½ cup tomato paste
- 4 pounds chicken breast meat

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Pibil Pollo – Mexican Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups minced celery
- 1 shredded carrot
- 2 small chopped onions & 2 cloves minced garlic
- 1/4 cup grapefruit juice
- Salt & 1 Tsp. ground pepper to taste
- 1 cup chicken broth & 1 diced tomato
- 100 gr. of anchoite paste

- 4 pounds chicken dark meat, boneless, skinless
- 1 tsp. ground cumin

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Gumbo Chicken

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups chopped celery
- 1 cup sliced red peppers
- 1 sliced carrot
- 2 cups chopped onions
- Salt & 1 Tsp. ground pepper to taste
- 2 cups chicken broth & 1 chopped tomato
- 3 pounds cubed chicken
- 1 pound shrimp

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 8 hours.



Green Beans & Chicken stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 pounds chicken meat
- 2 cups chicken broth
- 1 tsp. cumin seeds & 1 tsp. ground cayenne pepper
- 1 tsp. salt
- 3 cups green beans
- 2 chopped tomatoes
- 2 cups chopped celery

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 9 hours.



Spicy Mexican Chicken Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup sliced leeks
- 2 cloves minced garlic
- 2 sliced red peppers
- Salt & 1 Tsp. ground pepper to taste
- 3 small tomatoes, sliced
- 1 Tbsp. chipotle
- 1 Tbsp. cumin
- 1/4 cup cilantro

- 4 pounds chicken meat, cubed

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 7 to 9 hours.



Bulgarian Chicken stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 pounds dark chicken meat
- 1/4 cup tomato paste & 2 cups chicken broth
- 1 tsp. ground cayenne pepper
- 1 tsp. salt
- 2 carrots and 1 turnip, sliced
- 2 cups chopped celery

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 9 hours.



Chicken Onion Celery Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 pounds dark chicken meat
- 2 cups beef broth
- 2 tsp. cumin seeds & 1 tsp. ground cayenne pepper
- 1 tsp. salt
- 4 cups sliced celery

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 9 hours.



Chicken Tomato Yellow Pepper stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 pounds chicken dark meat, skin on
- 1/2 cup chicken broth
- 1 tsp. ground cayenne pepper
- 1 tsp. salt & 2 Tbsp. paprika
- 1 cup sliced yellow pepper & 1 cup sliced tomato
- 3 cups chopped celery

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 9 hours.



Persian Chicken Green Beans stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 pounds chicken meat
- 1 cup beef broth
- 2 tsp. cumin seeds & 1 tsp. ground cayenne pepper
- 1 tsp. salt & 2 Tbsp. paprika
- 1 cup green beans
- 3 cups chopped celery

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 9 hours.



Chicken Mushroom stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. coconut oil
- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 pounds chicken meat
- 1/2 cup chicken broth
- 2 tsp. cumin seeds & 1 tsp. ground cayenne pepper
- 1 tsp. salt & 2 Tbsp. paprika
- 1 cup sliced Portobello mushrooms
- 3 cups chopped celery

Instructions

Put ingredients in the slow cooker. Cover, and cook on low for 9 hours.



Superfoods Reference Book

Unfortunately, I had to take out the whole Superfoods Reference Book out of all of my books because parts of that book are featured on my blog. I joined Kindle Direct Publishing Select program which allows me to have all my books free for 5 days every 3 months. Unfortunately, KDP Select program also means that all my books have to have unique content that is not available in any other online store or on the Internet (including my blog). I didn't want to remove parts of Superfoods Reference book that is already on my blog because I want that all people have free access to that information. I also wanted to be part of KDP Select program because that is an option to give my book for free to anyone. So, some sections of my Superfoods Reference Book can be found on my blog, under Superfoods menu on my blog. Complete Reference book is available for subscribers to my Superfoods Today Newsletter. Subscribers to my Newsletter will also get information whenever any of my books becomes free on Amazon. I will not offer any product pitches or anything similar to my subscribers, only Superfoods related information, recipes and weight loss and fitness tips. So, subscribe to my newsletter, download Superfoods Today Desserts free eBook which has complete Superfood Reference book included and have the opportunity to get all of my future books for free.

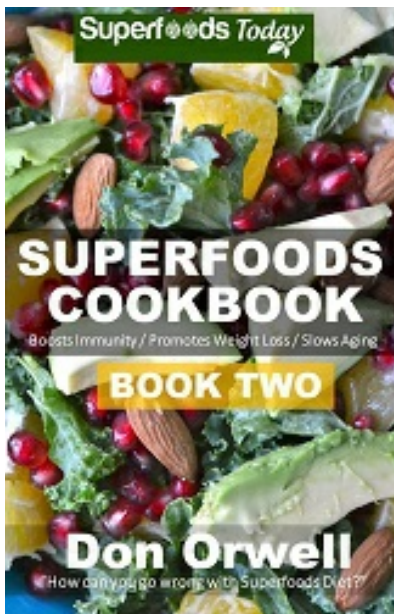
Your Free Gift

As a way of saying thanks for your purchase, I'm offering you my FREE eBook that is exclusive to my book and blog readers.

Superfoods Cookbook Book Two has over 70 Superfoods recipes and complements Superfoods Cookbook Book One and it contains Superfoods Salads, Superfoods Smoothies and Superfoods Deserts with ultra-healthy non-refined ingredients. All ingredients are 100% Superfoods.

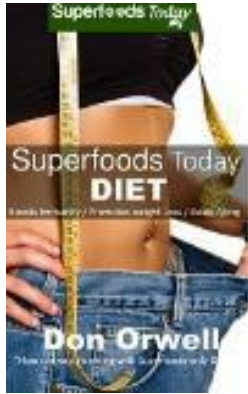
It also contains Superfoods Reference book which is organized by Superfoods (more than 60 of them, with the list of their benefits), Superfoods spices, all vitamins, minerals and antioxidants. Superfoods Reference Book lists Superfoods that can help with 12 diseases and 9 types of cancer.

<http://www.SuperfoodsToday.com/FREE>



Other Books from this Author

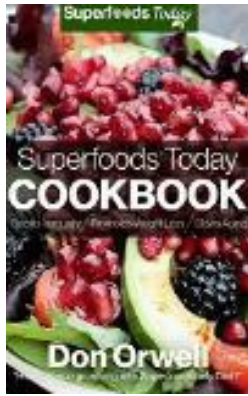
Superfoods Today Diet is a Kindle Superfoods Diet [book](#) that gives you 4 week Superfoods Diet meal plan as well as 2 weeks maintenance meal plan and recipes for weight loss success. It is an extension of Detox book and it's written for people who want to switch to Superfoods lifestyle.



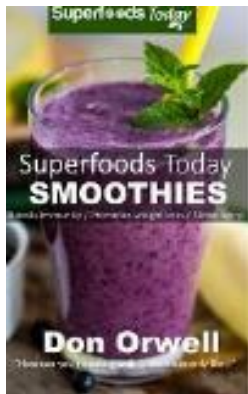
Superfoods Today Body Care is a Kindle [book](#) with over 50 Natural Recipes for beautiful skin and hair. It has body scrubs, facial masks and hair care recipes made with the best Superfoods like avocado honey, coconut, olive oil, oatmeal, yogurt, banana and Superfoods herbs like lavender, rosemary, mint, sage, hibiscus, rose.



Superfoods Today Cookbook is a Kindle [book](#) that contains over 160 Superfoods recipes created with 100% Superfoods ingredients. Most of the meals can be prepared in under 30 minutes and some are really quick ones that can be done in 10 minutes only. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.



Superfoods Today Smoothies is a Kindle Superfoods Smoothies [book](#) with over 70+ 100% Superfoods smoothies. Featured are Red, Purple, Green and Yellow Smoothies



Low Carb Recipes for Diabetics is a Kindle Superfoods [book](#) with Low Carb Recipes for Diabetics.



Diabetes Recipes is a Kindle Superfoods [book](#) with Superfoods Diabetes Recipes suitable for Diabetes Type-2.



Diabetic Cookbook for One is a Kindle Superfoods [book](#) with Diabetes Recipes for One suitable for Diabetes Type-2



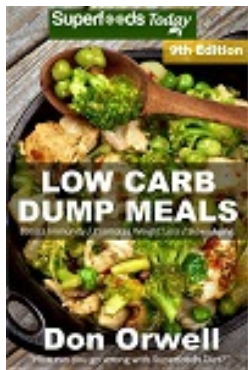
Diabetic Meal Plans is a Kindle [book](#) with Superfoods Diabetes Meal Plans suitable for Diabetes Type-2



One Pot Cookbook is a Kindle Superfoods [book](#) with Superfoods One Pot Recipes.



Low Carb Dump Meals is a Kindle [book](#) with Low Carb Dump Meals Superfoods Recipes.



Superfoods Today Salads is a Kindle [book](#) that contains over 60 Superfoods Salads recipes created with 100% Superfoods ingredients. Most of the salads can be prepared in 10 minutes and most are measured for two. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.



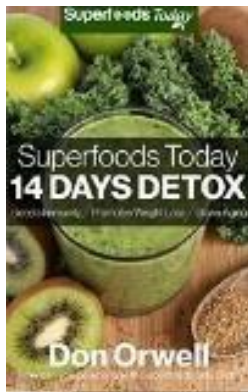
Superfoods Today Kettlebells is a Kindle Kettlebells beginner's [book](#) aimed at 30+ office workers who want to improve their health and build stronger body without fat.



Superfoods Today Red Smoothies is a Kindle Superfoods Smoothies [book](#) with more than 40 Red Smoothies.



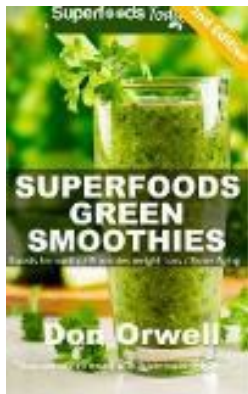
Superfoods Today 14 Days Detox is a Kindle Superfoods Detox [book](#) that gives you 2 week Superfoods Detox meal plan and recipes for Detox success.



Superfoods Today Yellow Smoothies is a Kindle Superfoods Smoothies [book](#) with more than 40 Yellow Smoothies.



Superfoods Today Green Smoothies is a Kindle Superfoods Smoothies [book](#) with more than 35 Green Smoothies.



Superfoods Today Purple Smoothies is a Kindle Superfoods Smoothies [book](#) with more than 40 Purple Smoothies.



Superfoods Cooking For Two is a Kindle [book](#) that contains over 150 Superfoods recipes for two created with 100% Superfoods ingredients.



Nighttime Eater is a Kindle [book](#) that deals with Nighttime Eating Syndrome (NES). Don Orwell is a life-long Nighttime Eater that has lost his weight with Superfoods and engineered a solution around Nighttime Eating problem. Don still eats at night. Don't fight your nature, you can continue to eat at night, be binge free and maintain low weight.



Superfoods Today Smart Carbs 20 Days Detox is a Kindle Superfoods [book](#) that will teach you how to detox your body and start losing weight with Smart Carbs. The book has over 470+ pages with over 160+ 100% Superfoods recipes.



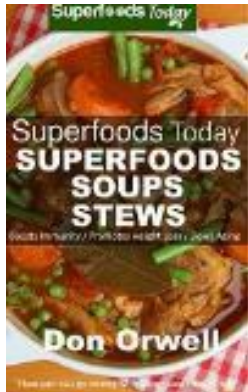
Superfoods Today Vegetarian Salads is a Kindle [book](#) that contains over 40 Superfoods Vegetarian Salads recipes created with 100% Superfoods ingredients. Most of the salads can be prepared in 10 minutes and most are measured for two.



Superfoods Today Vegan Salads is a Kindle [book](#) that contains over 30 Superfoods Vegan Salads recipes created with 100% Superfoods ingredients. Most of the salads can be prepared in 10 minutes and most are measured for two.



Superfoods Today Soups & Stews is a Kindle [book](#) that contains over 70 Superfoods Soups and Stews recipes created with 100% Superfoods ingredients.



Superfoods Desserts is a Kindle Superfoods Desserts [book](#) with more than 60 Superfoods Recipes.



Smoothies for Diabetics is a Kindle [book](#) that contains over 70 Superfoods Smoothies adjusted for diabetics.



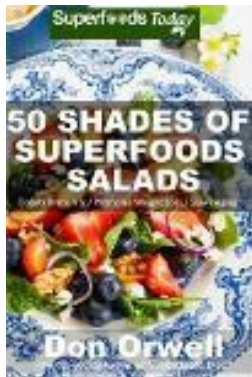
50 Shades of Superfoods for Two is a Kindle [book](#) that contains over 150 Superfoods recipes for two created with 100% Superfoods ingredients.



50 Shades of Smoothies is a Kindle [book](#) that contains over 70 Superfoods Smoothies.



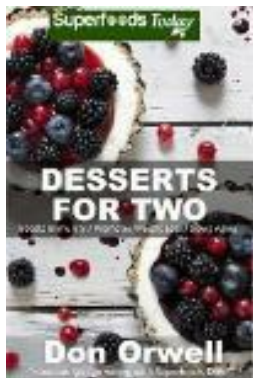
50 Shades of Superfoods Salads is a Kindle [book](#) that contains over 60 Superfoods Salads recipes created with 100% Superfoods ingredients. Most of the salads can be prepared in 10 minutes and most are measured for two. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.



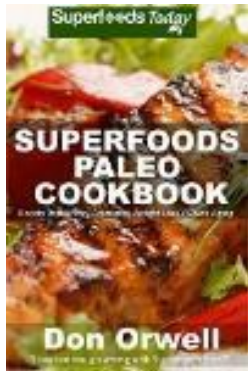
Superfoods Vegan Desserts is a Kindle Vegan Dessert [book](#) with 100% Vegan Superfoods Recipes.



Desserts for Two is a Kindle Superfoods Desserts [book](#) with more than 40 Superfoods Desserts Recipes for two.



Superfoods Paleo Cookbook is a Kindle Paleo [book](#) with more than 150 100% Superfoods Paleo Recipes.



Superfoods Breakfasts is a Kindle Superfoods [book](#) with more than 40 100% Superfoods Breakfasts Recipes.



Superfoods Dump Dinners is a Kindle Superfoods [book](#) with Superfoods Dump Dinners Recipes.



Healthy Desserts is a Kindle Desserts [book](#) with more than 50 100% Superfoods Healthy Desserts Recipes.



Superfoods Salads in a Jar is a Kindle Salads in a Jar [book](#) with more than 35 100% Superfoods Salads Recipes.

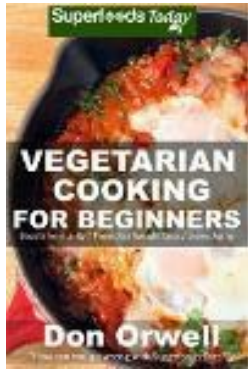


Smoothies for Kids is a Kindle Smoothies [book](#) with more than 80 100% Superfoods Smoothies for Kids Recipes.



Vegan Cookbook for Beginners is a Kindle Vegan [book](#) with more than 75 100% Superfoods Vegan Recipes.

Vegetarian Cooking for Beginners is a Kindle Vegetarian [book](#) with more than 150 100% Superfoods Paleo Recipes.



Foods for Diabetics is a Kindle [book](#) with more than 170 100% Superfoods Diabetics Recipes.

Healthy Kids Cookbook is a Kindle [book](#) with Superfoods Kids friendly Recipes.

Superfoods Beans Recipes is a Kindle [book](#) with Superfoods Beans Recipes.

Diabetic Slow Cooker Recipes is a Kindle [book](#) with Superfoods Slow Cooker Diabetic Recipes.

Ketogenic Crockpot Recipes is a Kindle [book](#) with Superfoods Ketogenic Crockpot Recipes.

Stir Fry Cooking is a Kindle [book](#) with Stir Fry Superfoods Recipes.

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