

P A L E O



CROCKPOT

50 GREAT Paleo-Crockpot
Recipes



by Julia Chiles

Paleo-Crockpot

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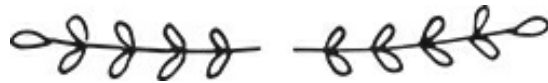
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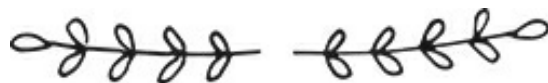


Table of Contents

[Introduction](#)

[Paleo Egg and Nut Bread](#)

[Honey Glazed Shrimp](#)

[Squash Bake](#)

[Almond Honey Chicken Dippers](#)

[Paleo Pineapple & Walnut Applesauce](#)

[Cinnamon Pumpkin Soup](#)

[Paleo Sweet & Sour Cabbage](#)

[Immune Boosting Chicken Soup](#)

[Paleo Brownies](#)

[Squash, Broccoli, and Cauliflower Bake](#)

[Spicy Sausage, Basil and Eggs](#)

[Spiced Chicken Kabobs on a Bed of Cabbage](#)

[Fiery Beef, Asparagus, and Brussel Sprouts](#)

[Squash and Sausage in Mushroom Gravy](#)

[Paleo Jambalaya](#)

[Paleo Spinach and Kale](#)

[Pearl Onions and Spinach](#)

[Paleo Crockpot Sweet Onions](#)

[Paleo Bacon Bake](#)

[Eggplant & Ham Ragu](#)

[Chicken & Ginger Casserole](#)

[Apple & Cinnamon Stuffed Peppers](#)

[Cauliflower Stuffed Peppers](#)

[Zucchini Lasagna](#)

[Veggie Ragu](#)

[Squash Chili](#)

[Zesty Turkey Chili](#)

[Curried Collards](#)

[Noodles Soup](#)

[Squash Casserole](#)

[Okra Soup](#)

[Spicy Cabbage and Onions](#)

[Caramelized Onions](#)

[Fall Spice Applesauce](#)

[Grilled Salmon and Pomegranate Mint Applesauce](#)

[Cauliflower Rice & Chicken Casserole](#)

[Zucchini Noodle Slow Cooker Mac and Cheese](#)

[Slow Cooker Paleo Enchiladas](#)

[Paleo Seafood Delight](#)

[Spicy Autumn Stew](#)

[Paleo Cucumber Pasta and Strawberries](#)

[Pumpkin Soup](#)

[Paleo Crockpot Chicken Casserole](#)

[5-Step Paleo Chicken Nugget's](#)

[Tangy Mango Sauce](#)

[Paleo Tacos](#)

[Salmon Salsa](#)

[Spinach and Mushroom in Squash Bowls](#)

[Paleo Asparagus Ragu](#)

[Paleo Chicken Kabobs and Kiwi Salad](#)

[Author's Afterthoughts](#)

Introduction

Are you convinced the Western diet is a leading contributor to or cause of chronic illnesses such as obesity, heart disease, and cancer? Want to increase energy, reduce inflammation, stabilize blood sugar, improve workouts, increase energy, help with weight loss, and possibly reduce the risk of future chronic diseases? If so, check out the delicious paleo-crockpot recipes in Paleo-Crockpot; 50 Great Recipes.

Delicious soups, stews, breakfasts, lunches, and brunches for every stage of the paleo diet! Scrumptious vegetarian meals easily tailored to your specific health goals, dietary issues, and concerns. Paleo-Crockpot; 50 Great Recipes will help you stay true to your diet and become the person you dream of!

Dieting does not have to be hard, impossible, or lead you to hate yourself. Eat healthily and feel great without being inconvenienced! Take some of the stress out of dieting, let a crockpot do most of the work. Put it in and walk away, Paleo-Crockpot; 50 Great Recipes will guide you through the process!

Paleo Egg and Nut Bread



Chopped broccoli or cauliflower are just a few possibilities in this 'bread'!
Makes 1 loaf.

Ingredients:

- 2 teaspoons oil
- 4-6 large eggs
- 1 cup spinach
- 1 teaspoon sunflower seeds
- 1 teaspoon celery salt
- 1 teaspoon paprika
- 1 teaspoon turmeric

Directions:

1. Coat bottom of crockpot with oil.
2. Add eggs and scramble for 30 seconds.
3. Add the spinach, sunflower seeds, celery salt, paprika, and if using it

turmeric and mix well.

4. Cook on high 45 minutes to 1 hour depending upon how 'stiff' you desire it.

Honey Glazed Shrimp



Scallops work too! Makes 4 servings

Ingredients:

- 2-3 cups broccoli and cauliflower
- 1 bell peppers sliced
- 1 onion diced
- 1 Tbsp slivered almonds
- 1 tablespoon honey
- 1 teaspoon (dried or fresh) thyme
- 4 cups water or chicken stock
- 1-pound large shrimp, cleaned and deveined

Directions:

1. In small bowl mix almonds and honey together then set aside.

2. Place in broccoli and cauliflower, bell pepper slices, and onion.
3. Top with honey nuts and sprinkle with thyme.
4. Add uncooked shrimp and pour in liquid.
5. Cook on low 45 minutes to 1 hour.

Squash Bake



Perfect for fresh herbs! Makes 4 servings.

Ingredients:

- 1 large spaghetti squash
- ¼ cup diced onion
- 1 cup halved cherry tomatoes
- 1 teaspoon minced garlic
- 1 teaspoon Italian oregano, diced
- 1 teaspoon parsley flakes
- 2 cups water or chicken stock

Directions:

1. Preheat oven to 350 and bake squash for 1 hour. To avoid a buildup of steam put holes in the sides of squash. When done cooking remove and let cool completely.
2. With fork shred squash and place in large mixing bowl with onion, tomatoes, garlic, basil, and parsley. Mix ingredients together.

3. Put mixture into crockpot along with 2 cups of water.
4. Cook on high 45 minutes to 1 hour.

Almond Honey Chicken Dippers



Great for little kids, big kids, and quick healthy lunches! Makes 4 servings.

Ingredients:

- 3 Tbsp olive oil
- 4 boneless, skinless chicken breasts
- 2 cups almond flour
- 1 teaspoon Beau Monde seasoning (onion powder, garlic powder, and celery flakes)
- 2 eggs
- 2 cups honey
- 1 cup diced broccoli

Directions:

Use two bowls (a & b)

1. In bowl a beat the eggs and in bowl b combine the almond flour and celery flakes
2. Dredge each chicken breast and coat in egg then in flour mixture.
3. Place into the bottom of crockpot coated with olive oil.
4. Add broccoli.
5. Drizzle honey over chicken and broccoli
6. Cook on low 1-1 hour twenty minutes.

Paleo Pineapple & Walnut Applesauce



For a fall treat add 2 teaspoons of cinnamon and 1/2 tsp of nutmeg! Makes 4 servings.

Ingredients:

- 2 red apples cut into 1-inch pieces
- 2 green apples cut into 1-inch pieces
- 1 cup walnuts
- 3/4 cup honey
- 3 tablespoons pineapple juice

Directions:

1. Prepare apples and put into crockpot.
2. Add walnuts.
3. Pour honey over the fruit and nut pieces.
4. Add pineapple juice.
5. Cook on low 30-45 minutes hours.

Cinnamon Pumpkin Soup



Great for those busy autumn nights! Makes 2 servings.

Ingredients:

- Olive oil
- 2 cans pumpkin
- 2 cup diced cauliflower
- ½ cup coconut milk
- 2 teaspoons cinnamon

Directions:

1. In a food processor puree cauliflower.
2. Add pumpkin, cauliflower puree, coconut milk and cinnamon to crockpot.
3. Cook on low 45 minutes to 1 hour.

Paleo Sweet & Sour Cabbage



Try it with ground pork! Makes 4 servings.

Ingredients:

- 2 cups sweet and sour sauce, see recipe below
- 4 cups purple cabbage
- 1/3 cup chicken stock or water
- ¼ cup diced scallions
- 2 teaspoons minced or ground ginger
- 1 tablespoon grated carrots
- Sweet and Sour Sauce
- 1 cup pineapple juice
- 1 tablespoon raw honey
- 2 teaspoon red pepper flakes
- 1/4 teaspoon ginger

Directions:

1. Prepare sauce and cabbage
2. Put both along with water, scallions, ginger, and carrots into crockpot and stir well.
3. Cook on high 2-4 hours.

Immune Boosting Chicken Soup



Dark meat as it is higher in zinc! Makes 4 servings.

Ingredients:

- 4 cups chicken stock or vegetable stock
- 4 cups shredded chicken
- 1/2 cup spinach or kale
- 1/4 cup matchstick carrots
- 1/2 Tbsp minced garlic
- 1/2 tablespoon minced ginger
- 1/2 tablespoon diced thyme
- 1/2 Tbsp diced oregano
- 1 Tbsp diced parsley
- 1 teaspoons turmeric

Directions:

1. To crockpot add shredded chicken, spinach/kale, carrots, garlic, ginger, thyme, oregano, parsley, turmeric.

2. Cook on low 30 minutes to 1 hour.

Paleo Brownies



For coconut flavor add in some coconut oil! Makes 8-11 brownies

Ingredients:

- 1 ½ cups almond flour
- 1 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup strong coffee or espresso
- 2 egg yolks
- 1 egg white
- If desired 1 tablespoon of sugar substitute or raw honey

Directions:

1. Add flour, cocoa powder, baking soda, baking powder, espresso, egg yolks, and egg whites to crockpot and stir well.
2. Cook on low ½ to 1 hour.

Squash, Broccoli, and Cauliflower Bake



So good you'll forget it is good for you! Makes 4 servings

Ingredients:

- 1 Tbsp olive oil
- 1 acorn or butternut squash cut into 2 x 2 pieces
- 1 cup diced broccoli pieces, roughly 1 x 1
- 1 cup diced cauliflower pieces, roughly 1 x 1
- Crushed walnuts or pinenuts (optional)
- ½ tsp minced garlic
- 1 tsp minced onion
- Black pepper to taste
- 1 tablespoon lemon juice
- 1 teaspoon thyme

Directions:

1. Pour 1 tablespoon of olive oil into bottom of crockpot.
2. Place squash, broccoli, cauliflower, walnuts, garlic, onions, black pepper, lemon juice, thyme.
3. Cook 45 minutes to 1 hour on high.

Spicy Sausage, Basil and Eggs



Great meal for a late breakfast or weekend brunch! Makes 2 servings

Ingredients:

- Vegan sausage
- 4 eggs, scrambled
- 1 tablespoon ghee or organic clarified butter
- 1/3 cup basil leaves
- 2 teaspoons black pepper
- 2 teaspoons red pepper flakes
- 1 cup spinach or kale

Directions:

1. Put eggs, butter, and basil, black pepper, and red pepper flakes into crockpot and stir well.
2. Empty package of sausage into egg mixture and pour spinach or kale in also. Stir together.

3. Cook 45 minutes to 30-45 minutes on high.

Spiced Chicken Kabobs on a Bed of Cabbage



Cauliflower, broccoli, spinach, or kale are just a few possible great substitutions for the cabbage. Makes 4 servings.

Ingredients:

- 4-6 skewers
- Coconut oil
- 1/2 lbs. boneless skinless chicken breasts, cut into cubes roughly 2 x 2
- 1 head of cabbage, chopped
- 1 medium onion, diced
- 1/2 tsp garlic, minced
- 1 teaspoon turmeric
- 1/3 cup water
- 1 cup honey
- 2 tablespoons molasses
- 1 tablespoon chili powder
- 1 teaspoon cumin

Directions:

1. In a large mixing bowl stir together the honey, molasses, chili powder, and

cumin.

2. Cut chicken into bite sized cubes and thread on skewers that have been soaked 30 minutes in cold water.
3. Pour sauce over skewers coating each piece.
4. Place chunks of cabbage into food processor. When cabbage reduced to rice sized pieces place into crockpot.
5. Pour in onion, garlic, turmeric, and water. Stir well
6. Top cabbage with marinated chicken.
7. Cook on high 1-2 hours.

Never eat under cooked chicken! If meat is pink or runs unclear juices continue cooking. CDC states chicken is done when 165 degrees.

Fiery Beef, Asparagus, and Brussel Sprouts



Instead of jalapenos try habaneros or ghost peppers! Makes 4 servings

Ingredients:

- 1 Tbsp olive oil
- ¼ lbs. beef strips
- 2 jalapeno peppers, chopped and seeded
- 1 teaspoon garlic minced
- 1/2 cup white vinegar
- 1/3 cup honey
- 1 teaspoon cayenne pepper
- 1 diced red bell pepper
- 2 teaspoon celery salt
- 2 cups asparagus spears
- 2 cups brussel sprout

Directions:

1. In a food processor put jalapeno peppers, garlic, vinegar, honey, and cayenne pepper. Puree.
2. Place asparagus spears, Brussel sprouts, diced red pepper, and celery salt in crockpot.

3. Put beef into pot and cover with jalapeno puree. Stir well.
4. Cook on high 45 minutes-1 hour.

Squash and Sausage in Mushroom Gravy



Delicious! Makes 4 servings.

Ingredients:

- 1 Butternut squash, cubed approx. 1 x 1
- 1/3 andouille sausage
- 2 cubes beef bouillon cubes
- 1/3 cup water
- 1 tablespoon Worcester sauce
- 1 cup finely diced white or button mushrooms
- 1 teaspoon black pepper
- 2 teaspoons thyme

Directions:

1. Place butternut squash, sausage pieces, bullion, water, Worcester sauce, mushrooms, black pepper, and thyme; mix well and bring to boil.
2. Cook on high 45 minutes to 1 hour.

Paleo Jambalaya



Great with or without protein! Makes 4 servings.

Ingredients:

- 2 cubes beef bullion
- 2 cups water
- 1 (8 oz) can no salt tomato sauce
- 1/3 cup chopped celery
- 1 (14 oz) can no salt diced tomatoes
- 1 tablespoon lemon juice
- 1/4 teaspoon orange peel
- 1/2 teaspoon black pepper
- 1 red bell peppers chopped
- 2 teaspoons dried basil
- 2 cups scallops
- 1 lbs. medium shrimp
- 2 diced fillets of cod or wild salmon

- 1 cup clams

Directions:

1. Whisk together bullion and water.
2. Put in crockpot tomatoes, tomato sauce, celery, lemon juice, orange peel, black pepper, and roast bell peppers.
3. Place all proteins into crockpot.
4. Cook on high 1-3 hours.

Paleo Spinach and Kale



Canned, frozen, or fresh vegetables work equally well in this recipe! Makes 4 servings.

Ingredients:

- 2 cups water
- 1 teaspoon apple cider vinegar
- Juice of ½ lemon
- 1 tablespoon finely diced onion
- 2 cups spinach
- 2 cups kale
- 1 teaspoon turmeric

Directions:

1. In crockpot put bouillon cubes, water, Worcester sauce, and lemon juice.
2. Add onions, spinach, kale, and turmeric.
3. Cook on low 1-2 hours.

Pearl Onions and Spinach



Make good meals! Makes 2 servings.

Ingredients:

- 3 vegetable bouillon cubes
- 1 Tbsp no salt tomato sauce
- 1 cup spinach
- 1 cup pearl onions
- 1 teaspoon oregano
- 1 teaspoon thyme
- 1 teaspoon parsley
- 3 basil leaves or 1 teaspoon dried basil
- 1 teaspoon sage
- 1 teaspoon rosemary

Directions:

1. Add water, bouillon cubes, tomato sauce, spinach, pearl onions. Stir well.
2. Add oregano, thyme, parsley, basil, sage, and rosemary. Stir well.
3. Cook 2-3 hours on low.

Paleo Crockpot Sweet Onions



For added kick throw in some peppers! Makes 5-8 servings

Ingredients:

- Olive oil
- ½ teaspoon thyme
- 2 cups chicken, beef, or vegetarian stock
- 2 sweet onions, sliced

Directions:

1. Place beef, olive oil, thyme, stock, and onions in crockpot.
2. Cook 1-2 hours on low.

Paleo Bacon Bake



Any type of bacon can work too! Makes 2-4 servings.

Ingredients:

- 4 cups chicken or vegetable stock
- 4 strips of turkey bacon, cut into fine pieces approx. 1 cm x 1 cm
- ½ cup squash
- 1 cup chopped chunks of carrot
- 1 sweet onion, sliced
- 1 cup diced broccoli
- 1 cup diced cauliflower
- 1 teaspoon diced fresh oregano or dried
- 1 teaspoon black pepper

Directions:

1. Prepare turkey pieces.
2. Add squash, carrot, onions, broccoli, cauliflower, oregano, and pepper; mix well.
3. Pour stock into crockpot.
4. Cook on high 30-45 minutes.

Eggplant & Ham Ragu



Sub cabbage for the eggplant! Makes 4-6 servings.

Ingredients:

- 1 large eggplant, chopped
- 1 cup small cubed ham
- 1 tablespoon olive oil
- ½ diced shallot
- 2 teaspoons garlic, minced
- 1 diced celery stalk
- 1 8 oz. can no salt tomato sauce
- 6 cups tomato diced
- 1-2 cups raw honey

Directions:

1. In bottom of pot sauté the shallot, garlic, and celery over olive oil 30 seconds
2. Pour in ham cubes and sauté into onion mix, 30 seconds.
3. Pour in tomato sauce, diced tomatoes, and honey, stirring constantly. Continue this for 30-45 seconds.

4. Add in eggplant and top with meat mixture. Continue this pattern until all ingredients is gone or a sufficient height is reached.

5. Cook 1-2 hours on low.

Chicken & Ginger Casserole



An easy paleo dish that is great! Makes 4 servings.

Ingredients:

- 1 tablespoon olive oil or coconut oil
- 1 tablespoon arrowroot starch
- 1/3 cup white vinegar
- 2 cups shredded chicken
- 1/3 diced green onions
- 1 tablespoon grated carrots
- 1 tablespoon minced or grated ginger
- 1 teaspoon cumin

Directions:

1. Place oil, starch, wine, chicken, onions, carrots, ginger, and cumin.
2. Cook 30-45 minutes on high.

Apple & Cinnamon Stuffed Peppers



For easy clean-up marinate the meat in a sealed plastic bag! Makes 4 servings.

Ingredients:

- 4 multi-colored bell pepper
- 1 small pork tenderloin
- 1 tablespoon olive or coconut oil, divided
- 1 tablespoon apple cider vinegar
- 1 teaspoon cinnamon
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Non-stick spray
- 1/3 cup water or stock

Directions:

1. Marinate pork in a large plastic bag with oil, apple cider vinegar, cinnamon, garlic powder, pepper.

2. Brown pork in a skillet 1-3 minutes per side depending on weight.
3. Cut the top off peppers, remove seeds and ribs, then wash out.
4. Spray crockpot.
5. Fill peppers with meat in, lay in crockpot, pour in stock.
6. Cook on high 45 minutes to 1 hour.

Cauliflower Stuffed Peppers



A paleo-vegan take on this classic comfort food! Makes 4 servings

Ingredients:

- 4 bell peppers, tops cut off, seeds and ribs removed
- 2 teaspoons olive oil or coconut oil
- 1 ½ cups cauliflower, chopped or grated to rice size
- 1/2 tablespoon diced onions
- ½ tablespoon celery
- 4-6 oz. tomato sauce
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1/3 cup beef stock or water

Directions:

1. In bottom of crockpot sauté onions and celery 1 minute.
2. Add cauliflower, tomato sauce, thyme, oregano, and garlic powder; mix well. Let cool.
3. Fill peppers with mix, place in crockpot.
4. Pour liquid around peppers and cook 30-45 minutes on high.

Zucchini Lasagna



Equally delicious with zucchini noodles! Makes 4 servings.

Ingredients:

- 2 large zucchinis cut in thin lengthwise strips
- 1 tablespoon olive oil or coconut oil
- 1/2 tablespoon minced garlic
- 1 diced tablespoon sweet onion
- 1 8 oz. can no salt tomato sauce
- 2 teaspoon basil
- 2 teaspoon parsley
- 1/2 cup diced mushrooms
- 1/3 cup matchstick carrot

Directions:

1. Pour oil into crockpot and swirl covering bottom.

2. Cover bottom with layer of zucchini strips.
3. Combine garlic, onion, tomato sauce, basil, parsley, mushrooms, carrots.
4. Spread thin layer across zucchini strips.
5. Repeat
6. Cook 30-45 minutes on high.

Veggie Ragu



Change it up with different proteins. Makes 1 serving.

Ingredients:

- 2 tablespoons olive or coconut oil
- Vegetable noodles (ex-zucchini, cucumber, carrot, summer squash)
- 2/3-1 cup chicken stock or water
- 1/3 cup diced tomatoes
- 5-6 pearl onions
- 1 tablespoon diced black olives
- ½ tsp Greek seasoning

Directions:

1. Pour oil into crockpot
2. Add in noodles and stock.

3. Add tomatoes, onions, olives, and Greek seasoning
4. Cook 45 minutes to 1 hour on high.

Squash Chili



A great dish for a fall day in! Makes 4 servings.

Ingredients:

- 3 1/2 cups organic vegetable stock
- 1/2 cups water
- 1/3 cup cornstarch
- 1 teaspoon cinnamon
- 1/3 diced asparagus
- 1 cup finely diced eggplant
- 1 cup cubed butternut or acorn squash
- 1/4 cup pumpkin seeds
- 1 teaspoon honey
- 1/2 teaspoon paprika

Directions:

1. Pour into crockpot stock, water, starch, and cinnamon.
2. Add asparagus, eggplant, squash, and pumpkin seeds.

3. Cook 1-2 hours on high.

Zesty Turkey Chili



For added heat, add jalapeno powder! Makes 4 servings.

Ingredients:

- 1 lbs. organic ground turkey
- 3 tablespoons olive oil or coconut oil
- 1 diced sweet onion
- 1 tablespoon minced garlic
- 1 diced celery stalk
- 2 finely diced habaneros
- 3 teaspoons chili powder
- 3 teaspoons paprika
- 2 teaspoons turmeric
- 1 teaspoon cumin
- 3-4 cups water

Directions:

1. In crockpot put oil, onion, garlic, celery, habaneros, chili powder, turmeric, paprika, cumin and water.
2. Cook on high 30-45 minutes.

Curried Collards



Mustard greens work too! Makes 4 servings.

Ingredients:

- 3 cups collard greens
- 2 cups water or stock
- 1 teaspoon garlic pepper
- 1 teaspoon black pepper
- 2 teaspoons turmeric
- 1 diced bell pepper
- 1 tsp curry powder

Directions:

1. Add garlic pepper, black pepper, turmeric, bell pepper, and curry powder.
2. Pour in collards and liquid.
3. Cook 30-45 minutes on high.

Noodles Soup



Great over cauliflower rice! Makes 4 servings.

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced tomatoes
- 1/4 cup no salt tomato sauce
- 1 diced shallot
- 1 teaspoon garlic powder
- 1 teaspoon basil diced fresh
- 1 teaspoon oregano diced fresh or dried
- 1 teaspoon thyme fresh or dried
- 1 cup browned and drained ground beef

Directions:

1. Pour olive oil, tomatoes, tomato sauce, shallot, garlic.
2. Add basil, oregano, thyme, and protein.
3. Cook 30-45 minutes on high.

Squash Casserole



Any seasonal squash will work! Makes 4 servings.

Ingredients:

- 1 cup shredded squash
- 1 bell pepper, chopped
- 4 plum tomatoes, quartered
- 2 oz. tomato paste
- ¼ cup water or chicken stock
- 1/3 teaspoon lemon peel
- 1/3 teaspoon sea salt
- 1/3 teaspoon garlic powder
- 1/3 teaspoon black or white pepper

Directions:

1. In large bowl mix squash, peppers, and tomatoes.

2. Mix in tomato paste, water, sea salt, garlic powder, pepper.
3. Cook on low 30-45 minutes.

Okra Soup



Delicious! Makes 4 servings.

Ingredients:

- 1/3 tablespoon olive or coconut oil
- 1/4 cup petite diced tomatoes
- 1 container no salt beef stock
- 2 teaspoons tapioca starch
- 1 tablespoon julienned onion
- 1 teaspoon garlic powder
- 1 teaspoon cinnamon
- 3 cups okra

Directions:

1. Pour tomatoes, tapioca starch, onion, garlic powder, cinnamon, okra and stock into crockpot. Stir well.
2. Cook on high 4 hours.

Spicy Cabbage and Onions



Sub lettuce for cabbage! Makes 4 servings.

Ingredients:

- 3 tablespoons olive oil or coconut oil
- 2 cups grated cabbage
- 1/2 cups julienned onions
- 1/3 cup walnuts or slivered almonds
- 1 teaspoon cornstarch
- 1/4 cup white wine
- 1 teaspoon red pepper flakes
- 1/2 cup chicken stock

Directions:

1. In crockpot place the cabbage, onions, nuts, cornstarch, white wine, red pepper flakes, and stock.
2. Stir well.
3. Cook on high 3-5 hours.

Caramelized Onions



These onions make great additions to sauces, sandwiches, and burgers!
Makes $\frac{3}{4}$ -1 cups.

Ingredients:

- 1 cup onion sliced
- 1 stick butter or $\frac{1}{2}$ cup olive oil
- 1 teaspoon pepper
- 1 Tbsp brown sugar
- $\frac{1}{3}$ Tbsp Worcestershire sauce

Directions:

1. Place in crockpot butter/oil, onions, pepper, brown sugar, Worcestershire sauce.
2. Cook 8-10 hours on low.

Fall Spice Applesauce



Allspice works too! Makes 4-8 servings

Ingredients:

- 10 organic apples, washed, cored, and sliced
- 1/2 stick butter
- 1 tablespoon organic honey
- 1 tablespoon lemon juice
- 1/3 tablespoon cinnamon
- 1/4 teaspoon nutmeg or cloves

Directions:

1. Prepare apples and put into crockpot.
2. Add butter or oil, lemon juice, cinnamon, nutmeg.
3. Cook on low 5-6 hours stirring occasionally.

Grilled Salmon and Pomegranate Mint Applesauce



Works with any lean protein! Makes 2-4 serving.

Ingredients:

- 1 1/2 cups pomegranate, washed
- 4 cups sliced and cored organic apples
- 1/2 stick butter
- 1/2 cup water
- 1/2 teaspoon lemon juice
- 1 tablespoon organic honey
- 1 tablespoon diced mint
- 2-4 fillets of wild caught salmon

Directions:

1. Put apples, pomegranate, butter, lemon juice, honey and mint into crockpot and stir.
2. Cook on low 4-6 hours.
3. Cook filets over medium high heat 45 seconds -1 minute per side.

For a quick paleo marinade try ½ cup olive oil, 1 tsp minced garlic, 1 Tbsp honey, ½ Tbsp lemon juice, 1/3 tsp pepper. Let filets marinate in fridge 10-15 minutes.

Cauliflower Rice & Chicken Casserole



Try it with different proteins. Makes 4 servings.

Ingredients:

- 2 Tbsp olive oil
- 1 cup shredded chicken
- 2 cups thyme
- 1 diced shallot
- 1 diced carrot
- 1 cup broccoli florets
- 3 cups cauliflower rice
- 2 teaspoons diced mint fresh or dried
- 4 cups chicken stock or water

Directions:

1. Combine oil, chicken, thyme, shallot, carrots, broccoli, cauliflower, mint, liquid.
2. Cook 30-55 minutes on low.

Zucchini Noodle Slow Cooker Mac and Cheese



Great with or without bacon! Makes 4-6 servings.

Ingredients:

- 4 cups zucchini noodles
- ¼ cup crumbled bacon
- 1 diced green onion
- 1 teaspoon dry mustard
- 1 tablespoon nutritional yeast
- ¼ cup water
- 1 cup coconut milk
- 1 tablespoon lemon juice
- 1 teaspoon black pepper

Directions:

1. To the crockpot add zucchini noodles, dry mustard, nutritional yeast, water, coconut milk, lemon juice, and black pepper.
2. Cook bacon in skillet over medium high heat. Remove the bacon and add the diced onion to the grease and cook 1-2 minutes.
3. Add diced bacon, bacon grease and onions to the noodle mix.
4. Cook on high 4 hours.

Slow Cooker Paleo Enchiladas



2 simple steps to a delicious and filling meal! Makes 4 servings.

Ingredients:

- 1 tablespoon olive oil
- 1/2 lbs. organic ground beef, browned and drained
- 2 cups cabbage, grated or rice size
- 1 diced onion
- 1 diced bell pepper
- 1 teaspoon cayenne powder or paprika
- 2 cups diced tomatoes
- Grated parmesan cheese (optional)

Directions:

1. Pour olive oil, ground beef, cabbage, onion, bell pepper, cayenne powder or paprika, and diced tomatoes. Stir well.

2. Cook 1-1 1/2 hours on high.

Paleo Seafood Delight



Nutritious, easy, and filling! Makes 4 servings.

Ingredients:

- ½ lbs. prawns, cleaned, deveined, and de-tailed
- ½ lbs. clams
- ½ lbs. large scallops
- 1 cup clam juice
- 1 cup white wine
- 2 cups water
- 1 teaspoon lemon juice
- ½ teaspoon orange peel
- 1 teaspoon red pepper flakes
- 1 teaspoon thyme
- 3 tablespoons arrowroot or tapioca starch (optional)
- ¼ cup diced celery stalk
- 1 diced butternut squash

Directions:

1. Place prawns, clams, scallops, clam juice, white wine, water, lemon juice, orange peel, red pepper flakes, thyme, arrowroot/tapioca starch if using, celery, and butternut squash. Stir well.
2. Cook 4-6 hours on high.

Spicy Autumn Stew



A great dinner for those busy winter weeknights! Makes 4 servings.

Ingredients:

- 1 large eggplant, washed and cubed
- 1 autumn squash, washed and cubed
- 1 small pumpkin, flesh only, cubed
- 1 tablespoon pumpkin seeds
- 1 cup collard greens
- ½ tsp pepper
- ½ tsp smoked paprika
- 4 cups water
- ¼ teaspoons turmeric
- ¼ tsp ginger

Directions:

1. Prepare foods for cooking. Put prepared eggplant, squash, pumpkin seeds, collards greens, pepper, smoked paprika, turmeric, and ginger into crockpot.
2. Pour in water and stir well.
3. Cook on high 6-8 hours.

Paleo Cucumber Pasta and Strawberries



Try different veggie spirals! Makes 4 servings.

Ingredients:

- 2 cucumbers, spiral
- 1 cup strawberries, diced, if possible, save some of the juice
- Strawberry juice
- 1 tablespoon olive oil
- 2 teaspoons water
- 1 teaspoon lemon juice
- 1 teaspoon finely diced basil (fresh or dried)
- 1 tablespoon pine nuts
- 1 cup spinach (optional)

Directions:

1. Make spiral noodles with the cucumbers.

2. Slice the strawberries saving any of the juice if possible.
3. Put the noodles, strawberries, and any of the juice into crockpot along with olive oil, water, lemon juice, basil, and nuts.
4. Cook on high 30-45 minutes.

Pumpkin Soup



Works with canned sweet potato too! Makes 4 servings.

Ingredients:

- 2 tablespoons grass fed butter
- 4 cups pumpkin
- ¼ cup pumpkin seeds
- 2 teaspoons cinnamon
- ¼ cup diced scallions
- 1 Tbsp diced black olives
- 4-6 cups beef or vegetarian stock or water

Directions:

1. Place butter, pumpkin, pumpkin seeds, spinach or scallions, and black olives in crockpot.
2. Cook 6-8 hours on high.

Paleo Crockpot Chicken Casserole



Great for gatherings! Makes 4 servings.

Ingredients:

- 1/3 cup olive oil
- 2 Tbsp butter
- 1 cup ground chicken
- 1 cup shredded cabbage
- 1 cup chunked pineapple
- 1/4 cup pineapple juice
- 1/4 cup chopped bok choy
- 1 cup cauliflower rice
- 1/3 cup water or red pepper and ginger broth

Directions:

1. Into crockpot place chicken, cabbage, pineapple, pineapple juice, bok choy, cauliflower rice and water; stir well.

2. Cook on low 1-2 hours.

5-Step Paleo Chicken Nugget's



Kids of all ages love them! Makes 12-15 “nuggets”.

Ingredients:

- 1 boneless, skinless chicken breasts, cut in 2 x 2 pieces
- Olive oil spray
- 1/3 tsp garlic powder
- ¼ tsp onion powder
- 1/2 teaspoon paprika

Directions:

1. Prepare chicken pieces.
2. Spray crockpot.
3. Mix together garlic powder, onion powder, paprika.
4. Lay chicken pieces in single layer.
5. Sprinkle with seasoning mix and spray liberally with olive oil spray.
6. Cook on high 45 minutes to 1 hour.

Tangy Mango Sauce



A great sauce for any of your favorite meats, and you choose the right amount of 'tang' for yourself! Makes approx. 1 cup.

Ingredients:

- 1 diced mango
- 1 diced kiwi
- 1 diced onion
- 1 diced pepper (your choice of pepper)
- 3 cups molasses
- 2 cups ketchup
- 1 tablespoon dry mustard powder
- 1 teaspoon turmeric or chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ginger minced or ground

Directions:

1. Place in crockpot mango, kiwi, onion, pepper, molasses, ketchup. Mustard powder, turmeric or chili powder, garlic powder, and ginger; stir well.
2. Cook on low 45 minutes.

Paleo Tacos



No tortillas need! Makes 4 servings.

Ingredients:

- 2 teaspoons grass fed butter, melted, and divided
- 1 head of lettuce leaves torn into 5x5 sections.
- 1 lbs. organic ground beef, browned and drained
- ¼ cup organic salsa
- ½ teaspoon thyme
- ½ tsp lime zest

Directions:

1. Brown hamburger in pot along with onions, salsa, thyme, lime zest.
2. Drain.
3. Layout lettuce sections fill with ground beef mixture and roll up.

4. Melt butter in crockpot and the rest into the ground beef mixture.
5. Place lettuce tacos inside crockpot.
6. Cook on low 30-45 minutes.

Salmon Salsa



Serve over rice! Makes 4 servings.

Ingredients:

- 1 tablespoon olive oil
- 4 wild caught salmon fillets
- 1/3 cup halved cherry tomatoes
- 1/3 cup diced celery
- 1/3 diced cucumber
- 1/3 cup diced eggplant
- 1/4 tsp lemon juice peel
- ¼ tsp pepper
- 1/3 tsp red pepper flakes
- 1/3 cup white wine
- 1 tsp diced oregano

- 1 /2 tsp parsley

Directions:

1. Put olive oil, salmon, cherry tomatoes, diced celery, diced cucumber, diced eggplant, lemon peel, wine, oregano, parsley in crockpot.
2. Cook 45 minutes to 1 hour on low.

Spinach and Mushroom in Squash Bowls



Unforgettable! Makes 4 servings.

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced butternut squash
- 2/3 cups cauliflower rice
- 1 cup sliced mushrooms
- 1 teaspoon pepper
- 1 teaspoon oregano
- 2/3 tsp thyme.
- 1 teaspoon lemon peel
- 1-2 chicken stock (optional)

Directions:

1. In crockpot add oil, squash, cauliflower rice, mushroom pieces, pepper, oregano, lemon peel.

2. Cook on low 45 minutes to 1 hour.

Paleo Asparagus Ragu



Try it with sweet potatoes noodles! Makes 2-3 servings.

Ingredients:

- 2-3 cups zucchini noodles
- 1/3 cups diced asparagus
- ½ tsp minced garlic
- 1/4 cup diced, multi-colored bell peppers
- 1/3 cup diced tomatoes and juice
- 1/2 cup cubed firm silken tofu
- ½ cup browned and drained ground beef
- 4-6 cups vegetarian, beef, or chicken stock

Directions:

1. Place in crockpot zucchini noodles, asparagus, garlic, bell peppers, canned

tomatoes, tofu, ground beef, stock.

2. Cook on high 30-45 minutes.

Paleo Chicken Kabobs and Kiwi Salad



Reductions in consuming dairy hurt bone health, make up for it with this delicious recipe! Makes 2 servings.

Ingredients:

- 1 boneless, skinless chicken breasts, cubed
- 4 skewers, soaked for 30 minutes in cold water
- 1/3 cup plain Greek yogurt
- 1/3 tsp Greek seasoning
- 1 diced kiwi
- 1 cup cranberries or pomegranate
- 1 tablespoon lemon juice
- 1/3 cup water
- 1 teaspoon basil
- 1 teaspoon parsley

Directions:

1. In small bowl combine yogurt and Greek seasoning.
2. Thread chicken cubes onto skewers.
3. Brush seasoned yogurt over individual chicken cubes then lay in crockpot.
4. Add in kiwi, cranberries or pomegranate, lemon juice, water, basil, parsley.
5. Cook 45 minutes on high.

IF CHICKEN IS PINK INSIDE OR RUNNING UNCLEAR JUICES CONTINUE COOKING. EATING UNDERCOOKED CHICKEN AS IT IS A HAZARD TO YOUR HEALTH. CDC RECOMMENDS COOKING TO INTERNAL TEMP OF 165.

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books, but you chose this one. So, a big thanks for reading all the way to the end. If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to ***post an honest and heartfelt review on [Amazon.com](https://www.amazon.com)***. Your support does make a difference and helps to benefit other people.

Thanks!

Julia Chiles