

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE 20 BEST EASY SLOW COOKER RECIPES



The slow cooker is the healthy dieter's best friend. Toss a handful of ingredients in, flip the switch, go on with your life, and, a few hours later, you have a delicious pot of food.

With a slow cooker, you can take the entire cooking process slow. Get your groceries one day, prep the veggies the next, assemble it all in the morning, and you'll be eating calorie-conscious, made-from-scratch meals for the rest of the week.

01. Ginger Beer BBQ Baby Back Ribs

Serves 6

Nobody's arguing that ribs aren't amazing when smoked low and slow, but that's an elaborate process to go through to satisfy the carnivorous need to chomp juicy meat off the bone.

To satisfy that craving in a convenient way, you don't have to go to a chain restaurant. Instead set the slow cooker to high for five hours, and step away. And while the ginger beer tastes great with the fresh orange, you can also use a premium beer from the six-pack in your fridge.

Nutrition Facts (Per Serving) 502 CALORIES | 40 g PROTEIN | 39 g CARBS | 19 g FAT

INGREDIENTS

- | | |
|----------------------------------------------------------|---------------------------------|
| ✓ 1 rack (about 2 lb.) baby back ribs, cut in two pieces | ✓ 1 bottle ginger beer |
| ✓ 2 cups barbecue sauce | ✓ Montreal steak seasoning |
| | ✓ 1 orange, sliced with peel on |

DIRECTIONS

Rinse the ribs under cold running water, pat dry with paper towels

Season the tops of the ribs with Montreal seasoning according to taste and place into slow cooker. Be careful too much seasoning will make these very peppery.

Add barbecue sauce, ginger beer and orange slices into the slow cooker

Turn on slow cooker to high setting and cook for 4 hours and 30 minutes for very tender ribs, 5 hours for fall off the bone ribs.

Turn off the slow cooker and remove the cooking liquids and place in saucepan over high heat to reduce the sauce until it thickens, about 10 minutes.

Spoon some of the sauce over the ribs and if you want them to caramelize place them under the broiler for a few minutes.

Serve up your deliciousness with your favorite sides.

02. Chicken Quinoa Crockpot Chili

Serves 8

There are endless ways to make chicken breast, but if you feel out of place in the kitchen, you can always turn to your slow cooker.

It takes hardly any work to dump in a bunch of ingredients and make an amazing stew like chili. This one has lots of meat, peppers, and beans – as you'd expect in a classic chicken chili. There's an unexpected ingredient too, a cup of quinoa for added nutrition.

Nutrition Facts (Per Serving) 654 CALORIES | 45 g PROTEIN | 101 g CARBS | 9 g FAT

INGREDIENTS

- | | |
|----------------------------------------------------|-----------------------------------|
| ✓ 1 cup quinoa, well rinsed | ✓ Small white onion, diced |
| ✓ 1 can (28 oz.) crushed tomatoes | ✓ 1–2 jalapenos, seeded and diced |
| ✓ 1 can (14 oz.) diced tomatoes with green chilies | ✓ 1 Tbsp. canola oil |
| ✓ 1 cans (16 oz. each) black beans | ✓ 1 tsp. garlic powder |
| ✓ 3 cups chicken broth | ✓ 1 1/2 tsp. cumin |
| ✓ 1 large bell pepper, seeded and chopped | ✓ 1/2 tsp. crushed red pepper |
| | ✓ 2 tsp. chili powder |
| | ✓ 1 tsp. salt |

✓ 2 large chicken breasts (about
6 oz. each)

✓ 1 cup frozen corn, thawed

✓ 1/4 cup chopped fresh
cilantro

DIRECTIONS

Place the quinoa, tomatoes, black beans and chicken broth in a slow cooker.

Combine the onion, bell pepper, jalapeños, oil, cumin, garlic powder, cayenne, chili powder and salt in a medium bowl. Cook in the microwave for 5 minutes, stirring two or three times, until the vegetables have softened. Add to the slow cooker.

Nestle the chicken into the mixture and cook on low for 5-8 hours, until the chicken and quinoa are cooked through. Remove the chicken and shred or chop into bite-size pieces, then return to the slow cooker. Stir the corn and cilantro. Cover and cook for about 10 more minutes.

Ladle into bowls and serve with shredded cheese or other desired chili toppings.

03. Slow Cooker BBQ Beef Brisket

Serves 8

If you're craving barbecue but it's rainy or cold outside, you can turn to this recipe for slow cooker brisket.

Any seasoning will work, but if you love French onion, it's possible to make your own at home. Combine 1/2 cup dried onion with one teaspoon each of onion powder, garlic powder, dried parsley, sea salt, and turmeric. Then measure out half a teaspoon of celery salt and of freshly ground black pepper. Shake it up in a spice jar to combine.

Nutrition Facts (Per Serving) 590 CALORIES | 73 g PROTEIN | 33 g CARBS | 16 g FAT

INGREDIENTS

✓ 4 lb. beef brisket

✓ Spicy brown mustard to taste

✓ 1 package (1/4 cup) French
onion soup mix

- ✓ 1 cup water
- ✓ 1 cup barbecue sauce

- ✓ 8 hamburger buns

DIRECTIONS

Place brisket in slow cooker. Cover top with mustard, just squirt away! Mix soup mix in with water and pour over brisket. Cook on low for 8 hours.

Remove and shred. Add BBQ sauce if desired.

04. Slow Cooker Applesauce

Serves 12

This homemade applesauce has no sugar added, which makes it a healthy snack for all ages. But that's not all.

It can be used for other recipes, like pancakes, muffins, and cookies. It can even be used to make gummy fruit snacks from scratch. It only takes a couple extra ingredients: a sweetener plus a thickener like agar or pectin.

Nutrition Facts (Per Serving) 69 CALORIES | 1 g PROTEIN | 18 g CARBS | 1 g FAT

INGREDIENTS

- ✓ 7 large apples
- ✓ 1 tsp. cinnamon
- ✓ 1/2 tsp. freshly grated nutmeg
- ✓ 1/4 tsp. ground cloves
- ✓ 1/4 tsp. ground allspice

DIRECTIONS

Chop the apples into fairly thin slices. Place the apples and spices in a slow cooker, and set it on low for 4 hours. When the apples are done, take an immersion blender and blend the apples until it turns into a smooth sauce. You can also blend everything in a blender, but I was too lazy to do that.

05. Slow Cooker Banana Nut Oatmeal

Serves 4

Let the oats really soak up the flavor overnight, and you'll have a delicious slow cooker breakfast on the counter for you. It'll be hard to wait for it to cool because this bowlful of hot cereal is not only steamy but fragrant. The oatmeal is naturally sweetened with ripe bananas, and it has hints of vanilla, cinnamon, and nutmeg.

Nutrition Facts (Per Serving) 299 CALORIES | 13 g PROTEIN | 43 g CARBS | 8 g FAT

INGREDIENTS

- | | |
|-------------------------------------|----------------------------------|
| ✓ 1 cup steel-cut oats | ✓ 2 Tbsp. ground flaxseed |
| ✓ 1 ripe banana, mashed | ✓ 2 tsp. ground cinnamon |
| ✓ 1/4 cup chopped walnuts | ✓ 1 tsp. pure vanilla extract |
| ✓ 2 cups skim milk (or almond milk) | ✓ 1/2 tsp. freshly grated nutmeg |
| ✓ 2 cups water | ✓ 1/2 tsp. salt |

DIRECTIONS

Place all ingredients in slow cooker and stir until well combined. Cook overnight on low for 8 hours. In the morning, stir oatmeal with a fork to loosen the steel cut oats and make sure everything is fully incorporated.

Serve warm with banana slices, chopped walnuts or a pinch of brown sugar if you wish.

06. Slow Cooker Meaty Spaghetti Sauce

Serves 24

With this recipe, you can have enough pasta sauce to feed a family of four for a week.

Of course, you might want a little more variety in your meal plan than that. Luckily this meat sauce freezes really well. So unless you're feeding a small army, you can pack the rest away to enjoy on a night when you can't muster more energy than it takes to boil water.

Nutrition Facts (Per Serving) 132 CALORIES | 11 g PROTEIN | 7 g CARBS | 7 g FAT

INGREDIENTS

- | | |
|------------------------------|-------------------------------|
| ✓ 1 lb. ground beef | ✓ 2 cans (8 oz. each) tomato |
| ✓ 1 lb. turkey sausage | sauce |
| ✓ 1 medium onion, minced | ✓ 2 bay leaves |
| ✓ 4 garlic cloves, minced | ✓ 1 Tbsp. dried oregano |
| ✓ 2 cans (28 oz. each) diced | ✓ 1 tsp. dried thyme |
| tomatoes | ✓ 1 1/2 tsp. salt |
| ✓ 2 cans (6 oz. each) tomato | ✓ 1 Tbsp. sugar |
| paste | ✓ 1/4 cup fresh basil leaves, |
| | torn |

DIRECTIONS

Brown the ground beef, sausage, and onion in a large skillet or the insert of your slow cooker. Break up the meat as it cooks and add the garlic in the final minute or so, stirring until fragrant but not brown.

If cooking in a separate skillet, transfer the mixture to your slow cooker. Add the remaining ingredients, except the fresh basil if using, and mix well. Cover and cook on low for 6-8 hours or on high for 3-4 hours. Stir in the optional fresh basil at the end of the cooking time.

Serve over hot spaghetti noodles, or cool and then refrigerate or freeze for later use.

07. Bacon Barbecue Slow Cooker Meatloaf

Serves 6

Since the Crock Pot is covered while the meatloaf cooks, there's no way for it to dry out. As the moisture rises, the water collects on the lid and drips back onto the top of the meat. The result is a succulent and – thanks to the bacon – downright awesome dinner that will have you rethinking meatloaf.

Nutrition Facts (Per Serving) 882 CALORIES | 66 g PROTEIN | 46 g CARBS | 47 g FAT

INGREDIENTS

- | | |
|---------------------------------------------|----------------------------------------|
| ✓ 3 large eggs | ✓ 1/4 tsp. freshly ground black pepper |
| ✓ 1 cup diced white onion | |
| ✓ 1/3 cup + 1/2 cup barbecue sauce, divided | ✓ 25 saltine crackers |
| ✓ 1/4 cup milk | ✓ 2 lbs. 90% lean ground beef |
| ✓ 1/4 tsp. onion powder | ✓ 16 slices bacon, cooked and crumbled |
| ✓ 1/2 tsp. salt | |

DIRECTIONS

In a large bowl, add the eggs, onion, barbecue sauce, milk, onion powder, salt and pepper. Crush the saltine crackers in next and mix this all together with clean hands. Add the ground beef and cooked bacon in next, only mixing everything until it just comes together.

Spray a 6-quart slow cooker with non-stick spray, and shape the meat in to loaf shape in the slow cooker. Cover and cook on LOW for 5-6 hours, without opening the lid while during the cooking time. Scoop out the fat and discard. Top the meatloaf with the additional barbecue sauce and crumbled bacon.

08. Smothered Pork Chops

Serves 6

If you think pork chops are tough and unpalatable, give them another chance with zero effort.

As long as you pick up quality meat, slow cooker pork chops can turn out better than what you can order in restaurants. Toss them in there with coconut milk, butter, and broth, and the chops will melt in your mouth.

Nutrition Facts (Per Serving) 562 CALORIES | 48 g PROTEIN | 6 g CARBS | 35 g FAT

INGREDIENTS

- | | |
|------------------------------------------------------|----------------------------------------|
| ✓ 6 thick-cut boneless pork chops (about 6 oz. each) | ✓ 1 tsp. garlic powder |
| ✓ 1 stick (1/2 cup) butter | ✓ 1/4 tsp. cayenne pepper |
| ✓ 1 medium yellow onion, finely diced | ✓ 1/4 tsp. freshly ground black pepper |
| ✓ 1/3 cup arrowroot flour | ✓ 1 can (15 oz.) full-fat coconut milk |
| ✓ 1 1/2 tsp. sea salt | ✓ 2 cups chicken broth |
| ✓ 1 tsp. onion powder | |

DIRECTIONS

In a large saute or frying pan, melt 1/4 cup of the butter. Add the finely diced onion to the pan plus 1/2 teaspoon of sea salt and cook until reduced, translucent, and starting to brown. Spoon out the caramelized onions and set aside in a separate bowl, leaving the melted butter behind in the pan.

In a large bowl or pie pan, make the seasoned flour for dredging the chops. Whisk the arrowroot flour, remaining 1 teaspoon sea salt, onion powder, garlic powder, cayenne, and black pepper together. Place each pork chop in the flour and be sure to coat on all sides. Lay the dusted chops into the hot buttered pan and cook on high for 5-10 minutes each side (until golden brown). After both sides are cooked, remove the chops from the pan and place them the bottom of a slow cooker.

To make the gravy, turn back to the saute pan now with some meat drippings, a little leftover melted butter, and some flour, add the remaining 1/4 cup of butter and stir until melted. Whisk in 2 tablespoons of the seasoned arrowroot flour mixture (it may start to form a paste at this point) and then whisk in the entire can of full-fat coconut milk. Slowly whisk in the 2 cups of chicken or beef broth until the gravy has a smooth consistency (this may take a few turns of the whisk). If you feel like the gravy is too thin, whisk in one more tablespoon of the seasoned flour. Note that it will continue to thicken in the slow cooker.

Pour the gravy over the pork chops in the slow cooker, sprinkle the top with half of the caramelized onions, cover, and turn heat to medium. Cook in the slow cooker for 4-6 hours on low/medium heat.

When they're finished, carefully pull each chop out and place on a plate. Spoon extra gravy over and sprinkle the top with the remaining caramelized onions.

09. Slow Cooker Buffalo Chicken Meatballs

Serves 4

These meatballs are easy to assemble, and to serve, you only have to stick them with a toothpick. They're so good you'll find yourself craving them on a regular weeknight when you need a protein-packed first course for dinner.

Nutrition Facts (Per Serving) 285 CALORIES | 36 g PROTEIN | 3 g CARBS | 14 g FAT

INGREDIENTS

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|---------------------------|---------------------------------|
| ✓ 1 lb. ground chicken | ✓ 2 green onions, thinly sliced |
| ✓ 1/3 cup almond meal | ✓ 3/4 cup buffalo sauce |
| ✓ 1 large egg | ✓ Sea salt and freshly ground |
| ✓ 2 cloves garlic, minced | black pepper |

DIRECTIONS

Preheat your oven to 400 degrees F.

In a bowl, combine the ground chicken, almond meal, egg, garlic, green onions, and season with salt and pepper to taste. Mix everything until well combined. Roll the mixture into 1 1/2-inch meatballs.

Place the meatballs onto a baking sheet and bake for 5 minutes in the preheated oven. Turn off the oven and place meatballs into a slow cooker. Add the buffalo sauce, and stir to combine. Cover and cook on low for 2 hours.

(optional) Serve with ranch sauce for dipping.

10. Whole Wheat Spinach Lasagna

Serves 8

Slow cooker lasagna allows you to enjoy one of your favorite home-cooked meals with a lot less fuss. You don't even have to worry about hunting down no-bake noodles or pre-cooking the flat sheets of lasagna.

Nutrition Facts (Per Serving) 513 CALORIES | 34 g PROTEIN | 49 g CARBS | 20 g FAT

INGREDIENTS

✓ 14 oz. uncooked whole-wheat
lasagna noodles

✓ 3 cups shredded mozzarella
cheese, divided

✓ 15 oz. ricotta cheese

✓ 2 large eggs, beaten

✓ 2 cloves garlic, minced

✓ 2 Tbsp. dried parsley flakes

✓ 1 Tbsp. dried basil

✓ 1/4 tsp. pepper

✓ 1/2 tsp. salt

✓ 3 cups fresh spinach, finely
chopped

✓ 4 oz. (1 cup) Parmesan
cheese, freshly grated

✓ 2 jars (28 oz. each) marinara
sauce

DIRECTIONS

In a mixing bowl, stir together 2 cups mozzarella cheese, ricotta cheese, eggs, garlic, parsley, basil, pepper, salt, spinach, and Parmesan cheese.

Generously coat the inside of the large slow cooker crock with cooking spray. This will help tremendously with clean up!

Layer the lasagna in the slow cooker as follows. Remember to be generous with the sauce and use all of it!

- SAUCE: Start by spreading a base layer of marinara sauce over the bottom.
- NOODLES: Layer noodles next, breaking them apart as needed to fill in the gaps.
- SAUCE: Spread another layer of sauce over the noodles.
- CHEESE: Spread the ricotta cheese mixture over all the noodles.
- REPEAT X2: Repeat the noodles/sauce/cheese layers two more times.

Top the casserole with one last layer of noodles (so you'll have four noodle layers total), one last layer of sauce, and then end with the 1 cup of shredded mozzarella over the top. (Note: You will not have a ricotta cheese mixture layer for the top.)

Cook on LOW for 3 hours. Do not overcook!

11. Slow Cooker Pot Roast

Serves 6

This is a classic meat and potatoes dish that everyone (except vegetarians) can call comfort food. Yet it's as healthy as it is hearty; thanks to the slow cooker, this pot roast requires no oil or butter to become succulent.

Nutrition Facts (Per Serving) 714 CALORIES | 80 g PROTEIN | 52 g CARBS | 19 g FAT

INGREDIENTS

- | | |
|------------------------------------------------------|-------------------------------------------|
| ✓ 2 large red onions | ✓ 2 tsp. sea salt |
| ✓ 3 lb. chuck roast (or a cut
with nice marbling) | ✓ 3/4 tsp. freshly ground black
pepper |

✓ 4 large potatoes, cut into
bite-sized chunks

✓ 8 carrots, sliced into 1/2"-
thick coins

DIRECTIONS

Place the red onions on the bottom of the crock pot and top with the roast. Season with sea salt and pepper. Place the potatoes around the meat. Cook the roast on low for 8 hours. Quickly, remove the lid, add the carrots, replace the lid and then cook for an additional 2 hours. (I do this because we don't like soft/mushy carrots, but if you prefer carrots on the softer side, you can add them to the crock pot along with the potatoes). Serve.

12. Salsa Verde Carnitas

Serves 8

Slow cooker carnitas are an awesome way to make your protein ahead of time, but mix it up throughout the week.

The Southwestern spiced pulled pork can be used to make tacos or burritos if you're in a hurry. Or, you can use carnitas to make enchiladas or tamales if you have more time. Mexican-spiced pork is also great for breakfast served with scrambled eggs, skillet potatoes, and diced avocado.

Nutrition Facts (Per Serving) 360 CALORIES | 57 g PROTEIN | 5 g CARBS | 14 g FAT

INGREDIENTS

✓ 1 lean boneless pork roast
(about 5 lb.), fat removed

✓ 1 tsp. seasoned salt

✓ 2 Tbsp. canola oil

✓ 1 cup low-sodium chicken
broth

✓ 2 tsp. freshly ground black
pepper

✓ 4 garlic cloves, minced

✓ 1 large onion, minced

✓ 2 cups salsa verde
(homemade or store-bought)

DIRECTIONS

Mince the garlic and onion.

Cut off any visible fat from the outside of the pork roast. Mine was so lean that there wasn't any fat to remove. Cut the roast into 3-4" chunks.

Pat the pork dry with a paper towels and sprinkle the pieces with seasoned salt.

In a Dutch oven over medium-high heat, add 2 tablespoons canola oil and add the pork and cook until browned. As the pork browns, turn the pieces with tongs and let them brown on all sides. Remove the pork to a plate (or the slow cooker if you'll be using one). There will be browned or blackened bits on the bottom of the pan. This will add important flavor and color to the carnitas.

Add chicken broth to pan and stir with a flat-bottomed spatula to remove the browned bits and stir them into the liquid.

Transfer browned meat to a slow cooker and pour the liquid (from the browned bits and chicken broth) over the top. Add the pepper, onions, and salsa verde. Cover and cook on high for 3-1/2 to 4 hours or on low for 7-9 hours, until fork tender.

Remove the cooked pork to a cutting board and shred using two forks, discarding any fat. Transfer shredded pork to large shallow baking dish. If necessary, degrease the cooking liquid left behind in the pan.

Pour cooking liquid/broth over shredded pork. The amount of liquid you have can vary; there will probably be more than you need if you've used a slow cooker. Don't use more than 3 cups of the liquid for this step, or it will be too much to cook off.

Place uncovered in a 300 degree oven and cook until crispy on top, approx. 30 minutes.

Remove from oven and stir. Return to oven for another 20 minutes, or until crispy on top again; stir and return to oven. Continue this cycle of baking until crispy, stirring and returning to the oven until most of the liquid is gone. As the liquid evaporates, it's flavor concentrates into the meat.

13. Mexican Cabbage Soup

Serves 8

Borscht is the most popular cabbage soup, but since it's a hearty vegetable, cabbage shows up in many cultural dishes.

This Mexican soup is nothing like the Russian variety except for the base ingredient. Aside from that, it's packed with bell peppers, spicy stewed tomatoes, and chili powder. Top with tortilla strips and your favorite taco toppings.

Nutrition Facts (Per Serving) 108 CALORIES | 7 g PROTEIN | 20 g CARBS | 2 g FAT

INGREDIENTS

- | | |
|---------------------------------------------------------------------|----------------------------------------------------|
| ✓ 1 head cabbage | ✓ 1/2 Tbsp. oregano |
| ✓ 2 bell peppers | ✓ 1 Tbsp. low-sodium soy sauce |
| ✓ 2 cans (15 oz. each) Mexican
stewed tomatoes with
jalapenos | (or liquid aminos) |
| ✓ 2 1/2 Tbsp. chili powder | ✓ 1 Tbsp. liquid smoke |
| ✓ 5 cups vegetable broth | ✓ 1/2 tsp. garlic powder |
| ✓ 1 can (15 oz.) tomato sauce | ✓ 1/2 tsp. onion powder |
| ✓ 1 bay leaf | ✓ Salt and freshly ground black
pepper to taste |

DIRECTIONS

Slice the cabbage and peppers into half inch strips. Combine all ingredients in a large slow cooker (except optional toppings). It's okay if not all of the cabbage is covered. Cook on low for at least 6 hours, up to 10. Serve with optional toppings.

14. Red Pepper Brown Rice Risotto

Serves 6

You will have to stir right before serving, but by then the red pepper risotto will be thick and creamy. And once you try this, you'll want to make all kinds of no-fuss risotto, like mushroom, sausage, and pumpkin.

Nutrition Facts (Per Serving) 206 CALORIES | 7 g PROTEIN | 29 g CARBS | 7 g FAT

INGREDIENTS

- ✓ 2 red bell peppers, diced into chunks
- ✓ 3/4 cup finely diced red onion
- ✓ 2 Tbsp. butter
- ✓ 1 garlic clove, minced
- ✓ 1 cup brown rice
- ✓ 2 1/2 cups chicken broth, divided
- ✓ 1 cup water
- ✓ 1/4 tsp. salt
- ✓ 1 1/2 oz. (about 1/3 cup) Parmesan, freshly grated
- ✓ Splash of red wine vinegar
- ✓ Salt and freshly ground black pepper to taste

DIRECTIONS

Add diced red peppers, onions, butter, minced garlic, rice and 1/2 cup broth to a microwave safe bowl. Microwave for 4 minutes, stirring every 90 seconds. Add mixture to slow cooker that has been sprayed with non-stick cooking spray. Add in 2 cups broth, 1 cup water, 1/4 tsp salt. Cover and cook on HIGH for about 3-4 hours.

Remove lid and stir. It should be thick and creamy. Add in cheese and a few dashes of vinegar. Salt and pepper to taste.

15. Pizza Sloppy Joes

Serves 8

They're everything you love about the messy, savory, hot sandwiches – plus the flavor of pizza. The meaty mix uses equal parts ground beef and pork, and the sauce has tomatoes, mustard, Worcestershire, and Italian seasoning. Finish with your favorite pizza toppings: mozzarella, pepperoni, and more.

Nutrition Facts (Per Serving) 548 CALORIES | 42 g PROTEIN | 29 g CARBS | 28 g FAT

INGREDIENTS

- ✓ 1 lb. lean ground beef
- ✓ 1 lb. ground pork sausage

- ✓ 1 small onion, chopped
- ✓ 1/2 green bell pepper, chopped
- ✓ 2 cups marinara
- ✓ 1/2 cup water
- ✓ 2 Tbsp. apple cider vinegar
- ✓ 3 Tbsp. yellow mustard
- ✓ 1 Tbsp. Worcestershire sauce
- ✓ 2 cloves garlic, minced
- ✓ 1 1/2 tsp. Italian seasoning
- ✓ 1/2 tsp. crushed red pepper
- ✓ 16 slices pepperoni
- ✓ 8 oz. mozzarella cheese, sliced
- ✓ 8 hamburger buns, toasted

DIRECTIONS

in a large deep skillet over medium-high heat, brown beef and sausage with onion and bell pepper stirring 10 minutes or until beef and sausage crumble and are no longer pink. Drain well.

Place beef mixture in a slow cooker. Stir in pizza sauce, water, vinegar, mustard, worcestershire, garlic, italian seasoning, and crushed red pepper (if desired). Cover and cook on low for 4 to 5 hours. Serve on hamburger buns. Top the meat with Mozzarella cheese and Pepperoni.

16. Pulled Jackfruit Vegan Jambalaya

Serves 6

This slow cooker jambalaya uses a base of brown rice and vegetable stock. Then jackfruit, cauliflower, and celery make up the "meat" of the jambalaya. The unusual superfood adds a little sweetness, as well as vitamin C and antioxidants.

Nutrition Facts (Per Serving) 240 CALORIES | 6 g PROTEIN | 54 g CARBS | 2 g FAT

INGREDIENTS

- ✓ 7 oz. brown rice, rinsed
- ✓ 4 1/4 cups vegetable stock
- ✓ 1 can (20 oz.) jackfruit, drained

- ✓ 1/2 medium cauliflower, cut into florets
- ✓ 3 celery sticks, chopped
- ✓ 2 Tbsp. tomato puree
- ✓ 4 cloves garlic
- ✓ 2 tsp. dried parsley
- ✓ 2 tsp. dried basil
- ✓ 2 tsp. dried oregano
- ✓ 2 tsp. cayenne pepper
- ✓ 1 tsp. chili flakes

DIRECTIONS

Bring a large pan of water to the boil. Add the rice and simmer for 20 minutes. Drain the rice and transfer to the slow cooker. Add all of the other ingredients and stir a couple of times. Cook in the slow cooker on low for eight hours or high for four hours.

Use two forks to shred the jackfruit and add salt or pepper to taste.

17. Slow Cooker Pork Roast with Cherries

Serves 6

When pork is done right (not dried out), it's not only juicy but slightly sweet. That's why it pairs well with the natural sugars in fruit.

It's recommended to use tart cherries for this; don't go overboard and overpower the meaty goodness with syrup. The pork shoulder will stay plenty tender thanks to a cup of apple juice.

Nutrition Facts (Per Serving) 581 CALORIES | 41 g PROTEIN | 14 g CARBS | 41 g FAT

INGREDIENTS

- ✓ 2 tsp. dried thyme
- ✓ 1 tsp. freshly ground black pepper
- ✓ 1/2 tsp. salt
- ✓ 3 lb. pork shoulder roast
- ✓ 2 Tbsp. extra-virgin olive oil

✓ 1 cup all-natural apple juice

✓ 1 onion, sliced

✓ 4 oz. (2 cups) dried cherries

✓ 2 Tbsp. cornstarch

DIRECTIONS

In a small bowl, stir together thyme, pepper and salt. Season each side of pork roast with seasoning mixture.

Add oil to Cuisinart 3-In-1 Cook Central 6-Quart Multi-Cooker and using the Brown/Saute setting set to 350 degrees, brown pork roast on all sides. Switch multi-cooker to Slow Cooker setting. Pour apple juice over pork roast and add onion and dried cherries. Cook on LOW for 8-10 hours.

Remove pork roast and set aside. Tent with aluminum foil to retain heat. Strain onion and cherries from cooking liquid to a bowl and set aside. Switch multi-cooker to Brown/Saute setting set to 350 degrees.

Whisk together corn starch and one cup cooking liquid. Whisk into remaining cooking liquid in multi-cooker and bring to a simmer. Cook until thickened. Serve pork roast over rice or pasta and topped with cherries and onions and sauce.

18. Slow Cooker Moroccan Lamb Stew

Serves 6

This stew is simple in that it doesn't have a lot of ingredients, but the flavors will knock your socks off.

The complexity comes from one addition called ras el hanout, which means "top of the shop." The North African blend can contain a variety of spices, such as nutmeg, cumin, ginger, turmeric, cinnamon, cayenne, and paprika.

Nutrition Facts (Per Serving) 528 CALORIES | 35 g PROTEIN | 52 g CARBS | 20 g FAT

INGREDIENTS

✓ 1 tsp. extra-virgin olive oil

✓ 1 1/2 lb. bone-in stewing
lamb

- ✓ 1 large onion, sliced
- ✓ 2 cloves garlic, finely chopped
- ✓ 2 tsp. ras el hanout spice

- ✓ 1–2 tsp. pure honey
- ✓ 1 can (15 oz.) chickpeas
- ✓ 5 oz. vegetable stock

blend

DIRECTIONS

Brown the lamb in the oil and then transfer to a slow cooker. Fry the onion in the pan until softened and slightly brown, add the garlic for a minute or so and then transfer to the slow cooker.

Add the spice, honey, chickpeas and hot vegetable stock. Bring to the bubble on high and then reduce to low for 4-5 hours or until falling off the bone. Take the meat off the bones and discard the bones. Serve with cous cous or bread.

19. Mushroom Leek Chicken Casserole

Serves 8

It's easy to make a one-pot meal in the oven, but it can be even easier to assemble the ingredients in a Crock Pot. This slow cooker casserole doesn't even require layering as with a lasagna.

Cook the chicken, sauté the onions and garlic, and stir the rest together. Then leave to set for just a couple hours on high. The result looks like Thanksgiving stuffing – and that's no accident with mushrooms, chicken thighs, chopped herbs, and bread crumbs.

Nutrition Facts (Per Serving) 501 CALORIES | 36 g PROTEIN | 41 g CARBS | 21 g FAT

INGREDIENTS

- ✓ 1 1/2 lb. boneless skinless
chicken thighs
- ✓ 2 Tbsp. butter

- ✓ 1 Tbsp. extra-virgin olive oil
- ✓ 1/4 lb. (about 3) leeks,
washed and sliced

- ✓ 8 oz. mushrooms, halved
- ✓ 1/2 small onion, diced
- ✓ 2 Tbsp. flour
- ✓ 1 Tbsp. fresh lemon juice
- ✓ 1 cup chicken broth
- ✓ 1 cup heavy cream
- ✓ 14 oz. bread crumbs (or country-style stuffing mix)
- ✓ 2 oz. (1/2 cup) Parmesan cheese, freshly grated
- ✓ 1/2 cup fresh chopped herb blend

DIRECTIONS

Heat butter and olive oil in skillet over medium high heat. Add chicken and cook 3-4 minutes on each side until lightly browned. Remove from pan and set aside.

Add onions to skillet and saute for 2-3 minutes until they start to soften. Add mushroom and leeks and continue to saute until slightly softened, about 4-5 minutes. Add minced garlic and saute for an additional 1-2 minutes. Sprinkle veggies with flour and stir to coat. Slowly stir in lemon juice, broth and then cream and chicken and let simmer for 2-3 minutes.

Remove from heat. Stir in stuffing, half of the cheese and fresh chopped herbs. Transfer to slow cooker that has been sprayed with nonstick spray. Top with remaining cheese

Cook on high for 2-3 hours or low for 4-6 until chicken is fully cooked.

20. Slow Cooker Chili Con Carne

Serves 8

To make the most of lean ground beef, cook it all day in tomatoes, carrots, garlic, and onions to make a hearty chili con carne.

With over a half pound of meat per person, this has an immense amount of protein. And for a little more heat, along with the green chiles there's chorizo. Select either medium or hot smoked pork sausage to adjust the spiciness.

Nutrition Facts (Per Serving) 800 CALORIES | 90 g PROTEIN | 61 g CARBS | 21 g FAT

INGREDIENTS

- ✓ 4 lb. lean ground beef
- ✓ 4 oz. chorizo sausage
- ✓ 2 lbs. carrots
- ✓ 1/2 bunch celery
- ✓ 1 can (19 oz.) kidney beans
- ✓ 1 can (28 oz.) plum tomatoes
- ✓ 2 medium yellow onions
- ✓ 3 cloves garlic
- ✓ 1 tsp. green chilies
- ✓ 3 Tbsp. balsamic vinegar
- ✓ 1 Tbsp. coconut oil
- ✓ 1 1/2 Tbsp. ground cumin
- ✓ 1 tsp. sea salt
- ✓ 2 tsp. freshly ground black pepper

DIRECTIONS

Heat a heavy-bottomed pan, preferably cast iron, on high. Add about one tbsp coconut oil and immediately add the ground beef.

Use a wooden spoon to chop through and stir the ground beef to promote even and thorough cooking. Make sure the beef is fully cooked. It should be a grey-brown, with no more traces of red. Drain the grease if you want to (use a strainer), but I poured everything into the crock pot.

Dice the onions and garlic. Add to the crock pot. Chop the hot peppers. Wash the celery, remove the leaves and chop into smaller, bite-sized pieces. Cut the chorizo in half along the length and then slice thinly.

Add the canned beans, tomatoes, the spices and remaining ingredients to the crock pot. Stir well with a wooden spoon pulling from the bottom of the pot. Because there is less liquid at the start, stirring is extra important to evenly distribute all the ingredients and spices. You can't stir once the slow cooker has started.

Set your slow cooker on low for 10-12 hours. Serve immediately when done or store in the fridge or freezer.

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