



HAPPY
Crocktober!

**SLOW COOKER RECIPES TO
FILL YOUR FALL**



Meet Lisa

I enjoy helping people learn that wellness is holistic; includes mind, body, and soul, and that we can enjoy the habits of self-care.

I am a Certified Health Coach and A Shaklee Ambassador, and I have fun playing in the kitchen and helping you do the same!

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Vegetarian Greek Stuffed Peppers

Ingredients

4 large bell peppers
1 can (15 oz) cannellini beans, rinsed and drained
1 cup crumbled feta
1/3 cup couscous
4 scallions, white and green parts separated, thinly sliced
1 garlic clove, minced
1 teaspoon dried oregano
Salt and pepper
Lemon wedges, for serving

Instructions

Slice a very thin layer from the bases of the bell peppers so they sit flat. Slice off ¼ inch from tops, just below stems. Cut out stems and discard. Coarsely chop pepper tops and place in a medium bowl. Remove ribs and seeds from peppers and discard.

Add beans, feta, couscous, scallion whites, garlic, and oregano to the bowl. Season with salt and pepper, and then toss to combine.

Stuff peppers with bean mixture, place upright in a slow cooker. Cover and cook on high for 4 hours or on low for 6-8 hours.

Sprinkle peppers with scallion greens. Serve with lemon wedges.



Slow Cooker Banana Bread Oatmeal

Ingredients

3 cups water
4 cups unsweetened almond milk, divided use
1 cup dry steel-cut oats
3 large ripe bananas, mashed
6 Tbsp. ground flaxseed
1 tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground nutmeg
¼ cup pure maple syrup
6 Tbsp. chopped raw walnuts

Instructions

Place water, 1 cup almond milk, oats, bananas, flaxseed, cinnamon, salt, and nutmeg in a 3-quart slow cooker; cover. Cook on low for 6 to 8 hours, or until oats are soft but chewy.

Top each serving evenly with maple syrup, walnuts, and remaining almond milk; serve immediately.

Turkey Taco Soup

Ingredients

1 tbsp. olive oil
1 lb. ground turkey
4 cups chicken or vegetable stock
1 small white onion, diced
1 can (14.5 oz) diced tomatoes
1 can (14.5 oz) crushed tomatoes
1 can (14.5 oz) black beans, rinsed and drained
1 can (14.5 oz) red kidney beans, rinsed and drained
1 can (11 oz) whole kernel corn
1 can (4 oz) diced green chiles
1 tbsp. chili powder
1 tsp. garlic powder
1 tsp. black pepper
1 tsp. cumin
1 tsp. salt
½ tsp. paprika
¼ tsp. onion powder.

Toppings: tortilla strips, diced avocado, sour cream, lime wedges

Instructions

Heat oil in a sauté pan over medium high heat. Add ground turkey and sauté until browned, breaking up chunks and stirring frequently, about 4-6 minutes. Drain and then add the meat to the bottom of a slow cooker.

Add remaining ingredients (except toppings) to the slow cooker and stir to combine. Cover and cook on high heat for 4 hours or low heat for 6-8 hours.

Season with salt and pepper if needed. Serve warm with desired toppings.



Slow Cooker Turkey Meatballs

Ingredients

- 1 lb. raw 93% lean ground turkey
- ½ tsp. sea salt or Himalayan salt, divided use
- ½ tsp. ground black pepper
- 1 large egg, lightly beaten
- ½ cup whole-grain panko (Japanese-style breadcrumbs)
- 2 cloves garlic, finely chopped
- 2 Tbsp. fresh parsley, finely chopped
- 2 Tbsp. grated Parmesan cheese
- 2 tsp. olive oil
- 1 medium onion, chopped
- 1 (28-oz.) can crushed whole tomatoes
- 1 tsp. dried oregano leaves

Instructions

Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.

Roll mixture into eighteen 1½-inch meatballs. Set aside.

Heat oil in large nonstick skillet over medium-high heat.

Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.

Repeat with the remaining meatballs. Set aside.

Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.

Top meatballs with cooked onion, tomatoes, oregano, and remaining ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

Beef and Broccoli Red Curry

Ingredients

2 pounds organic beef stew meat
1 can (14 oz) coconut milk
1 tbsp red curry paste
1 tbsp peanut butter, cashew butter, or sunflower seed butter
1 to 2 garlic cloves, crushed
1 teaspoon salt
2-3 medium bell peppers chopped (red, green, orange, or yellow)
1 small head broccoli, cut into florets

Instructions

Place the beef, coconut milk, red curry paste, peanut butter, garlic, and salt into slow cooker and stir to combine. Cook on low for about 6 hours or on high for about 3 hours.

Add the bell peppers and broccoli and continue to cook until tender, 15 to 20 minutes on high.

Serve with rice if desired.



Filipino Chicken Adobo

Ingredients

4 boneless, skinless chicken thighs
½ cup water
½ cup cane vinegar or rice wine vinegar
½ cup soy sauce
2 tsp whole black peppercorns
10 cloves garlic, halved
4 bay leaves

Instructions

Place all ingredients in a slow cooker. Cook for 6-8 hours.

Discard the bay leaves before serving. Serve with rice and your favorite salad.





Slow Cooker Mushrooms with Garlic and Herbs

Ingredients

- 1 lb. whole mushrooms (like brown, button, or cremini), stems trimmed
- 4 cloves garlic, finely chopped
- 2 Tbsp. finely chopped fresh thyme
- 1 bay leaf
- ½ cup low-sodium organic vegetable broth
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- ¼ cup unsweetened almond milk
- 2 Tbsp. unsalted butter
- 2 Tbsp. chopped fresh parsley (for garnish; optional)

Instructions

Place mushrooms, garlic, thyme, and bay leaf in a 3-quart slow cooker. Add broth. Season with salt and pepper if desired. Mix well; cover. Cook on high for 1 to 1½ hours (or on low for 3 to 3½ hours), or until tender. Add almond milk and butter; cook for an additional 30 minutes. Garnish with parsley if desired; serve immediately.

Caribbean Pulled Pork

Ingredients

2 pounds pork loin
¼ cup chili sauce
1 Scotch bonnet pepper, minced
¼ cup red wine vinegar
½ teaspoon freshly ground black pepper
1 tablespoon ginger preserves
2 tablespoons orange juice
1 tablespoon lime juice
½ teaspoon allspice
½ teaspoon ground cloves
½ teaspoon cayenne pepper
½ teaspoon oregano
½ teaspoon cumin
½ teaspoon thyme
1 onion, chopped
2 cloves garlic

Instructions

Place all ingredients into slow cooker. Cook on low for 8-10 hours, or until the pork is easily shredded with a fork.

Remove the pork from the slow cooker. Place it on a plate and shred it with a fork.

Mash the mixture in the slow cooker with a potato masher.

Return the pork to the slow cooker and toss to coat.



Slow Cooker Chicken Tacos

Ingredients

- 1 cup low-sodium organic chicken broth
- 4 cloves garlic, finely chopped
- 2 medium jalapeño peppers, seeded and deveined, chopped (optional)
- 2 Tbsp. chili powder
- 2 Tbsp. ground cumin
- 2 tsp. ground smoked paprika
- ½ tsp. sea salt (or Himalayan salt)
- 2 bay leaves
- 1 lb. raw chicken breast, boneless, skinless
- 8 (6-inch) corn tortillas, warm
- 1 cup pico de gallo (or fresh tomato salsa)
- 1 medium ripe avocado, sliced
- 1 medium lime, cut into 4 wedges
- ¼ cup finely chopped fresh cilantro

Instructions

Place chicken broth, garlic, jalapeños (if desired), chili powder, cumin, paprika, salt, bay leaves, and chicken in a 3-quart slow cooker; mix well and cover. Cook on high for 2½ to 3 hours (or on low for 4 to 5 hours), or until chicken is tender.

Transfer chicken to a cutting board and shred with 2 forks.

Evenly divide chicken between 8 tortillas. Top evenly with pico de gallo, avocado, lime juice, and cilantro; serve immediately.

Slow Cooker Baked Apples

Ingredients

5 medium Cortland (or Honey Crisp, Macintosh, or Mutsu) apples
½ cup whole-wheat flour
½ cup dry old-fashioned rolled oats
¼ cup coconut sugar
½ tsp ground cinnamon
½ tsp pumpkin pie spice
¼ tsp sea salt (or Himalayan salt)
2 tbsp organic grass-fed butter (or extra-virgin organic coconut oil)
¾ cup water

Instructions

Core apples using an apple corer (or sharp knife).
Add water to a 3-quart slow cooker and carefully place apples in slow cooker so that they are standing upright.
Combine flour, oats, sugar, cinnamon, pumpkin pie spice, salt, and butter in a small bowl; mix with a fork until crumbly.
Fill apples evenly with oat mixture.
Cook on low for 2 hours, or until apples are fork tender. Remove apples from slow cooker. Cool for 5 to 10 minutes.

