

Simple recipes for a delicious *Paleo* meal!

PALEO SLOW COOKER MEALS

*Includes 30 no-hassle slow
cooker sides, soups, healthy
desserts and snacks.*

grubs
paleo

enjoy!

RECIPES & PHOTOS BY REBECCA BOHL

Slow Cooker Paleo Meals

Asian-Inspired Short Ribs	4
Beef Bone Broth	5
Beef Red Curry	6
Braised Beef with Red Onion Relish	7
Butternut Squash Soup	8
Cajun Shrimp	9
Carnitas	10
Chicken and Gravy	11
Chicken Cacciatore	12
Chicken Chili Verde	13
Chicken Fajitas	14
Chicken Tikka Masala	15
Chorizo and Sweet Potatoes	16
Coconut Chicken Drumsticks	17
Fig and Apple Butter	18
Garlic Poached Shrimp	19
Honey Sesame Chicken	20
Meatballs	21
Mexican Cauliflower Rice	22
Poached Pears	23
Pork and Poblano Stew	24
Pork Shoulder with Fennel & Olives	25
Root Vegetable Stew	26
Short Ribs	27
Spaghetti Squash Curry	28
Strawberry Rhubarb Jam	29
Taco Meat	30
Thai Beef Stew	31
Thai Chicken and Shrimp	32
White Chicken Chili	33

Asian-Inspired Short Ribs

Short ribs make a simple and flavorful dinner, especially when they are made in the slow cooker. This recipe adds a few more ingredients than usual to the slow cooker in order to infuse Asian flavors into the tender meat. Prepare this in the morning, and then a nutritious and very delicious meal will be ready and waiting for you by dinnertime.



 servings 4

 difficulty MEDIUM

ingredients

2 lbs. bone-in short ribs
Salt and pepper
2 tbsp extra virgin olive oil
1/2 yellow onion, chopped
3 carrots, peeled and chopped
2 stalks celery, chopped
1 lemongrass stalk, trimmed, tough outer layers removed, thinly sliced
1 tsp fresh ginger, finely grated
4 cloves garlic, minced
1/2 cup beef broth
1/4 cup coconut aminos
2 tsp honey
Pinch of red pepper flakes
Fresh cilantro, for garnish
Sesame seeds, for garnish

directions

1. Place the onion, carrots, celery, lemongrass, ginger, and garlic into the slow cooker.
2. Generously season the short ribs with salt and pepper. Heat the oil in a large skillet over medium-high heat. Working in batches, sear the ribs in the pan until browned, about 4 minutes per side. Place into the slow cooker on top of the vegetables.
3. In a small bowl, whisk together the beef broth, coconut aminos, honey, and red pepper flakes. Pour the mixture over everything in the slow cooker. Stir to combine. Cover and cook on low heat for 9-11 hours. Remove the lemongrass stalk and place the ribs on a serving plate. Let the braising liquid sit for 5 minutes and skim any fat off the top. Pour about a cup of the liquid over the ribs. Top with sesame seeds and cilantro to serve.

Beef Bone Broth

The health benefits of bone broth are numerous, and it can be used in soups, stews, and stocks just like regular broth. It is rich in magnesium, phosphorus, and calcium, supporting your bone and joint health. If desired, you can get more flavor out of the bones by roasting them in the oven for half an hour at 350 degrees before placing them in the slow cooker.



 servings 10-12  difficulty EASY

ingredients

2 lbs. beef bones
1 medium yellow onion, peeled and chopped
1 large carrot, washed and chopped
1 stalk celery, chopped
3 cloves garlic
2 bay leaves
2 tbsp apple cider vinegar

directions

1. Place the onion, carrot, celery, and garlic into the slow cooker. Add the beef bones and bay leaves. Drizzle with apple cider vinegar. Add enough cold, filtered water to cover everything in the pot. Cover with a lid and cook on low heat for 10-12 hours.
2. Strain the broth into a large bowl using a cheesecloth or fine mesh strainer. Place in the refrigerator to chill for at least 4 hours or overnight. Skim any fat from the surface of the broth and discard. Store in airtight containers in the refrigerator, or portion the broth into Ziploc bags and freeze.

Beef Red Curry

Use your slow cooker as a simple way to make deliciously spicy curry. The beef is guaranteed to turn out tender and flavorful. Almost any kind of curry paste can be used; whether it is spicy red curry paste or mild Massaman curry paste. Serve the dish with a side of cauliflower rice, topped with fresh cilantro and a squeeze of lime.



 servings 4-6  difficulty MEDIUM

ingredients

2 lbs. boneless beef roast, trimmed of fat and cut into several large pieces
2 tbsp extra virgin olive oil
Salt and pepper
2 tbsp red curry paste
1 medium yellow onion, thinly sliced
1 red bell pepper, thinly sliced
3 cloves garlic, minced
1-inch piece fresh ginger, grated
1 14.5-oz can coconut milk
1 tbsp fish sauce
Juice of 1/2 lime
2 tbsp fresh cilantro, chopped
4 cups cooked cauliflower rice

directions

1. Heat the olive oil in a large skillet over medium-high heat. Generously season the roast with salt and pepper and add to the pan. Sear for 5 minutes, then flip over and repeat with the other side. Transfer the roast to the slow cooker.
2. Add the onion and bell pepper to the pan and sauté for 3-4 minutes. Add the garlic, ginger, and curry paste and sauté for 2-3 minutes. Pour in the coconut milk and fish sauce and stir, scraping any browned bits off the bottom of the pan. Add the mixture into the slow cooker. Cover and cook on low heat for 8-10 hours.
3. About 30 minutes before serving, season the curry to taste with salt and lime juice. Once done cooking, use forks to shred the beef into smaller pieces. Serve over cauliflower rice, topped with cilantro.

Braised Beef with Red Onion Relish

The preparation for this slow cooker recipe is basic and straightforward. Beef roast is cooked for 8-10 hours with some vegetables and a bit of seasoning, as usual. But when it comes time to serve the beef, the flavor gets amped up by a zesty red onion relish. Some of the braising liquid can also be reduced on the stove to form a tasty sauce for the dish.



 servings 6

 difficulty MEDIUM

ingredients

3 lbs. boneless beef roast,
trimmed of fat
Salt and freshly ground pepper
2 tbsp extra virgin olive oil
1 large onion, sliced
2 cloves garlic, minced
1/4 cup red wine vinegar
4 cups beef broth
3 carrots, peeled and chopped
4 sprigs fresh thyme

For the onion relish:

1/2 small red onion, finely diced
2 tbsp red wine vinegar
1 red chili, finely diced
2 tbsp fresh parsley, chopped
1 tbsp fresh basil, chopped
1 tsp lemon zest
Salt and freshly ground pepper

directions

1. Heat the olive oil in a large skillet over medium-high heat. Generously season the roast with salt and pepper and add to the pan. Sear for 5 minutes, then flip over and repeat with the other side. Transfer the roast to the slow cooker.
2. Add the onion and garlic to the pan and sauté for 3-4 minutes. Add the red wine vinegar and simmer for 2-3 minutes, scraping any browned bits off the bottom of the pan. Add to the slow cooker along with any juices. Pour in the beef broth and add the carrots and thyme. Cover and cook on low heat for 8-10 hours.
3. To make the onion relish, place the onion and red wine vinegar in a bowl and let sit for 30 minutes. Drain, and then add the remaining ingredients and stir to combine. Season to taste with salt and pepper.
4. If desired, add some of the braising liquid to a saucepan and bring to a simmer. Simmer, stirring occasionally, for 15-20 minutes until reduced by half. Season to taste with salt and pepper.
5. To serve, place the beef roast on a serving plate. Drizzle with the sauce, if desired, and top with red onion relish.

Butternut Squash Soup

This recipe for hearty, comforting butternut squash soup is well balanced and full of flavor. The tart apples go nicely with the sweet squash. Omit the bacon garnish to make the recipe completely vegetarian-friendly. Once the soup is done cooking, puree with an immersion blender until creamy, adding more almond milk if necessary to reach the desired consistency.



 servings 4

 difficulty MEDIUM

ingredients

1 butternut squash (about 4 lbs.), peeled, seeded, and diced
1 green apple, peeled, cored, and diced
1/2 yellow onion, chopped
1 clove garlic, chopped
2 cups vegetable broth
2 tsp dried thyme
1/2 tsp dried sage
1/2 tsp salt
1/4 tsp freshly ground pepper
1/2 cup almond milk
3 slices cooked bacon, crumbled
Fresh thyme, for garnish

directions

1. Place the squash, apple, onion, garlic, broth, dried thyme, sage, salt and pepper into the slow cooker. Cover and cook on low heat for 7-8 hours.
2. Add the almond milk to the slow cooker and stir to combine. Use an immersion blender to combine the ingredients until smooth, or transfer to a blender to puree. Adjust salt and pepper to taste. Serve warm, topped with bacon and fresh thyme as garnish.

Cajun Shrimp

Flavorful Cajun-spiced shrimp and Andouille sausages make up the main part of this meal. The slow cooking process gives the many flavors of the dish enough time to blend properly. The dish can either be served like a stew, or you can mix in some cauliflower rice to soak up the delicious spices.



 servings 4-6

 difficulty EASY

ingredients

- 1 tbsp extra virgin olive oil
- 8 oz. Andouille sausages, sliced
- 1 small yellow onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 1 15-oz. can diced tomatoes
- 1 cup chicken broth
- 2 tsp chili powder
- 1/4 tsp cayenne
- 1/4 tsp freshly ground pepper
- 1 1/2 lbs. raw shrimp, peeled and deveined, tails removed
- Salt, to taste
- 4 cups cooked cauliflower rice
- 2 tbsp fresh parsley, chopped

directions

1. Heat the olive oil in a skillet over medium heat. Sear the sausages for 2-3 minutes per side, and then place into the slow cooker. Add the onion, bell pepper, celery, and garlic to the same skillet and sauté for 3-4 minutes. Transfer to the slow cooker.
2. Add the diced tomatoes, chicken broth, chili powder, cayenne, and ground pepper to the slow cooker. Stir to combine. Cover and cook on low heat for 3 hours. Add the shrimp and cook for an additional 30 minutes. Season to taste with salt. Stir in cauliflower rice to serve, garnished with parsley.

Carnitas

Carnitas make a great filling for tacos, burritos, and enchiladas. Serve alongside fresh cilantro, avocados, and lime juice. Shred the pork once it is done cooking, then transfer it to a baking sheet and drizzle with a bit of the liquid that has accumulated in the slow cooker. Broil the meat in the oven for a few minutes, in order to attain a delicious crispy edge.



 servings 4-6

 difficulty EASY

ingredients

2 lbs. boneless pork shoulder,
trimmed
Salt and pepper
1 tsp cumin
1 tsp dried oregano
1/2 tsp chili powder
1 medium red onion, sliced
4 cloves garlic, minced
1 jalapeno, seeded and diced
1/2 cup orange juice
Juice of 1 lime

directions

1. Season the pork shoulder with salt and pepper and place into the slow cooker. Sprinkle with the cumin, oregano, and chili powder. Rub the seasoning into the pork. Add the onion, garlic, jalapeno, orange juice, and lime juice. Cover and cook on low heat for 8-10 hours or overnight.
2. Remove the pork from the slow cooker and let cool slightly. Preheat the oven to broil. Shred the pork and spread it out on a baking sheet lined with foil. Drizzle with a few spoonfuls of liquid from the slow cooker. Broil for 5-10 minutes, until the edges turn brown and crisp. Serve warm.

Chicken and Gravy

This recipe takes a standard approach to making chicken thighs in the slow cooker, but then makes use of the leftover braising liquid to make a thick, luscious gravy. Serve the gravy drizzled over the tender chicken, perhaps with a side of sweet potatoes, for a hearty meal.



 servings 4-6

 difficulty MEDIUM

ingredients

2 lbs. chicken thighs, skin removed
1 tbsp ghee
1 large onion, chopped
4 cloves garlic, chopped
1 tsp tomato paste
1/3 cup chicken stock
1 tsp dried thyme
1/2 tsp dried basil
Salt and freshly ground pepper

directions

1. Melt the ghee in a skillet over medium heat. Add the onions and sauté for 10-12 minutes until lightly browned. Add the garlic and tomato paste and cook for one minute more. Add the chicken stock and scrape any pieces from the bottom of the pan. Transfer everything to the slow cooker.
2. Pat the chicken dry with paper towel and season generously with salt and pepper. Sprinkle with thyme and basil and add to the slow cooker with the onion mixture. Cover and cook on low heat for 5-6 hours.
3. Remove the chicken thighs from the slow cooker and set aside to rest. Skim any fat from the braising liquid. Use an immersion blender to puree the liquid into gravy. Alternatively, carefully transfer to a blender to puree. Drizzle over the chicken to serve.

Chicken Cacciatore

The combination of peppers, onion, chicken, and tomatoes slowly cooking together in the kitchen all day leaves a delicious sweet aroma in the air. You will hardly be able to wait until dinner time to enjoy this cacciatore. Top with fresh herbs, such as basil or parsley, for serving.



 servings 6-8

 difficulty EASY

ingredients

2 lbs. chicken breasts and thighs, skin removed
Salt and pepper
1 medium yellow onion, thinly sliced
1/2 green bell pepper, sliced
1 28-oz. can tomato sauce
1 tsp salt
2 cloves garlic, minced
1 tsp dried oregano
1/2 tsp celery seed
1 bay leaf
1/4 cup chicken broth
6 oz. white mushrooms, sliced

directions

1. Add the onion and bell pepper to the slow cooker. Season the chicken with salt and pepper and place on top. Pour the tomatoes over the chicken and then add the remaining ingredients except the mushrooms. Stir everything together, cover, and cook on low heat for 6-8 hours. About 15 minutes prior to serving, stir in the mushrooms.

Chicken Chili Verde

Let the slow cooker do all of the work in preparing this meal that is great for a weeknight dinner or for feeding a crowd. This is a recipe that can be made with either chicken or pork. Serve the spicy, flavorful chili verde with fresh lime wedges and cilantro to finish off the dish.



 servings 6-8

 difficulty EASY

ingredients

2 lbs. boneless skinless chicken breast
Salt and pepper
2 cups chicken broth
1/4 cup extra virgin olive oil
1 tbsp ground coriander
2 tsp cumin
1 tsp oregano
1 medium onion, diced
4 cloves garlic, minced
10 Anaheim chilies, seeded and diced
2 jalapenos, seeded and diced

directions

1. Add the chicken broth, olive oil, and spices to the slow cooker and stir. Season the chicken with salt and pepper and add to the slow cooker. Add in the remaining ingredients, cover, and cook on low heat for 6-8 hours. Season to taste with salt and pepper.

Chicken Fajitas

Chicken fajitas are made even easier with this slow cooking method. The preparations can be completed in the morning, and the recipe only requires a bit of dicing. The finished product is a meal bursting with flavor, ready to be enjoyed by dinner. Make it into a fajita bowl by serving the chicken over rice, topped with cilantro and avocado.



 servings 4-6

 difficulty MEDIUM

ingredients

4 boneless, skinless chicken breasts
2 tbsp extra virgin olive oil
Juice of 1/2 lime
3 cloves garlic, minced
1 large yellow onion, thinly sliced
1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
2 tsp cumin
2 cups fresh salsa
3 tbsp cilantro, chopped
1 avocado, pitted and diced

directions

1. Place the onion and bell peppers into the bottom of a slow cooker. Add the chicken and remaining ingredients except the cilantro and avocado. Cover and cook on low heat for 6-8 hours, until the chicken is cooked through and the peppers are tender.
2. Remove the chicken from the slow cooker and shred. Serve with the onions and peppers, topped with cilantro and avocado.

Chicken Tikka Masala

Tender chicken thighs are slowly cooked in a flavorful sauce to make this comforting Indian-inspired meal. The main spice used, garam marsala, adds a complex depth of flavor to the dish. The unique step in this recipe is blending the onions and tomatoes to make a smooth puree, but the step can be skipped if desired.



 servings 4-6

 difficulty EASY

ingredients

2 lbs. chicken thighs, skin removed and cut into 1-inch pieces
1 tbsp ghee
1 medium yellow onion, chopped
3 cloves garlic, minced
1 15-oz. can crushed tomatoes
2 tbsp garam masala
1 tbsp cumin
1 tsp paprika
1/2 tsp cinnamon
1/2 tsp cayenne
1/4 tsp salt
1 cup coconut milk
1/4 cup fresh cilantro, chopped

directions

1. Melt the ghee in a saucepan over medium heat. Add the onion and sauté for 10-12 minutes. Add the garlic and cook for one minute more. Add the tomatoes and spices to the pan, stirring to combine. Remove from heat.
2. Use an immersion blender to blend the sauce until smooth. Pour into the slow cooker. Add the chicken and stir well to coat. Cover and cook on low heat for 4-5 hours.
3. Half an hour before serving, stir in the coconut milk. Adjust salt and pepper to taste. Serve warm garnished with cilantro.

Chorizo and Sweet Potatoes

This versatile dish is the perfect blend of sweet and spicy. It can be prepared as a side dish for dinner or act as a quick breakfast or lunch. Serve it topped with an egg, or simply with some ketchup on the side. There is an extra step in this recipe, where the onions and chorizo have to be browned on the stove before they are added to the slow cooker.



 servings 4-6

 difficulty MEDIUM

ingredients

4 sweet potatoes, peeled and diced
12 oz. chorizo, casings removed
1 tbsp ghee
1 small yellow onion, diced
4 cloves garlic, minced
1/2 tsp salt
1/2 tsp pepper
Fresh cilantro, for garnish

directions

1. Melt the ghee in a pan over medium heat. Add the onions and sauté for 4-5 minutes until translucent. Add the garlic and cook for an additional minute. Add the chorizo to the pan and cook until lightly browned. Season with salt and pepper.
2. Add the chorizo mixture and the sweet potatoes to the slow cooker. Cover and cook on high heat for 3 hours. Top with cilantro to serve.

Coconut Chicken Drumsticks

Simple drumsticks are slowly cooked in a cinnamon spice sauce for this delicious Asian-inspired recipe. The chicken turns out fragrant and very moist when cooked on low heat for a long period of time. Coconut milk, cinnamon, ginger, and cloves make this a warming dish that would be great for the winter months.



 servings 4-6

 difficulty EASY

ingredients

10 chicken drumsticks, skin removed
Salt and freshly ground pepper
1 medium white onion, thinly sliced
4 cloves garlic, minced
1-inch piece fresh ginger, grated
1 cup coconut milk
3 tbsp coconut aminos
1/2 tsp cinnamon
1/4 tsp ground cloves
2 tbsp cilantro, chopped

directions

1. Place the onion, garlic, ginger, coconut milk, coconut aminos, cinnamon, and ground cloves into the slow cooker. Stir to combine. Generously season the drumsticks with salt and pepper and place into the sauce. Stir to coat. Cover and cook on low heat for 4-5 hours or until the chicken is completely cooked through. Top with fresh cilantro to serve.

Fig and Apple Butter

In this recipe regular apple butter is given an earthy, sweet makeover with the addition of dried figs. This fig and apple butter is extremely easy to make in the slow cooker, but should be pureed once it is done cooking in order to achieve the right texture. Once chilled overnight, the butter will also thicken slightly.



 servings 3 CUPS  difficulty EASY

ingredients

5 apples, peeled, cored and diced
10 dried figs, stemmed and halved
2/3 cup water
1/3 cup honey
2 tbsp cinnamon
1/4 tsp nutmeg
Pinch of ground ginger
Pinch of salt

directions

1. Place all of the ingredients into the slow cooker and stir to evenly coat. Cover and cook on low heat for 6-7 hours. Let cool slightly and puree in a food processor or blender until smooth.

Garlic Poached Shrimp

Cooking shrimp could not be easier thanks to this recipe. It is one of the quickest recipes for using the slow cooker – ready in 45 minutes. The low heat setting is perfect for poaching shrimp in olive oil. The oil is infused with other flavors for half an hour before the shrimp is even added.



 servings 4-5

 difficulty EASY

ingredients

2 lbs. raw shrimp, peeled and deveined, tails removed
2 cups extra virgin olive oil
7 cloves garlic, peeled and sliced
2 slices lemon
1 tsp smoked paprika
1/2 tsp salt
1/4 tsp freshly ground pepper
1/4 tsp red pepper flakes
2 tbsp fresh parsley, chopped

directions

1. Place the olive oil, garlic, lemon slices, paprika, salt, pepper, and red pepper flakes into the slow cooker. Stir to combine. Cover and cook on high for 30 minutes.
2. Add the shrimp into the poaching oil. Cover and cook on high for 15-20 minutes, stirring once, until the shrimp are cooked through. Serve immediately, garnished with fresh parsley.

Honey Sesame Chicken

This recipe serves up a perfect balance between sweet, savory, and a little spicy. Chicken breast can be easily substituted for chicken thighs as an ingredient, though the cooking time may not take as long in the slow cooker. There is an extra step to this recipe, of shredding the chicken and cooking the sauce to thicken.



 servings 4

 difficulty MEDIUM

ingredients

1 1/5 lbs. boneless chicken thighs, skin removed
Salt and pepper
1/2 cup honey
1/2 cup coconut aminos
1/4 cup ketchup
2 tbsp extra virgin olive oil
2 cloves garlic, minced
1/4 tsp red pepper flakes
1/2 large onion, diced
1 tbsp arrowroot powder
Sesame seeds, for garnish
Green onions, for garnish

directions

1. Season the chicken with salt and pepper and place into the slow cooker. In a small bowl, mix together the honey, coconut aminos, ketchup, olive oil, garlic, and red pepper flakes. Pour over the chicken and add the onions. Cover and cook on low heat for 3-4 hours.
2. Remove the chicken from the slow cooker, leaving the sauce in place. Shred the chicken and set aside. Whisk the arrowroot powder with 1/4 cup water, and then add it into the sauce that is still in the slow cooker. Set the heat to high and cook for 15-20 minutes until the sauce is slightly thickened. Add the chicken back into the slow cooker and stir to coat. Serve the chicken garnished with sesame seeds and green onion.

Meatballs

Flavorful Italian meatballs are browned and then set in the slow cooker to take on juicy, delicious flavor. The slow cooker takes care of the long simmering process that meatballs usually require. They can also be served as an appetizer if you make them shaped slightly smaller and serve them with a toothpick.



 servings 4-6  difficulty MEDIUM

ingredients

2 lbs. ground beef
2 tbsp extra virgin olive oil, divided
1 medium yellow onion, finely diced
2 cloves garlic, minced
1 28-oz. can crushed tomatoes
1 tsp tomato paste
1 tsp dried oregano
1/2 tsp dried basil
1/2 cup almond flour
2 eggs, beaten
1/2 tsp salt
1/4 tsp freshly ground pepper
2 tbsp fresh parsley, chopped

directions

1. Heat one tablespoon of olive oil in a large skillet over medium heat. Add the onion and sauté for 4-5 minutes. Add the garlic and cook for one minute more. Remove from heat. Add half of the onion mixture to the slow cooker, and the other half to a bowl.
2. Add the diced tomatoes, tomato paste, oregano, and basil into the slow cooker and begin to cook on low heat while the meatballs are prepared.
3. In the bowl with the remaining onion mixture, add the ground beef, almond flour, eggs, salt, pepper, and parsley. Stir to combine. Use your hands to shape into meatballs.
4. Heat the remaining olive oil in the skillet over medium heat. Add the meatballs into the pan and cook just enough to brown on each side. Place the meatballs into the slow cooker, cover, and cook on low heat for 5 hours. Serve warm.

Mexican Cauliflower Rice

Slow cookers are a great tool for cooking entrees, but they can also be used for making large batches of tasty side dishes such as this Mexican cauliflower rice. Ricing the cauliflower prior to cooking is an optional step – you could also rice the soft cauliflower after it is done, or just use a fork to mash it. The spicy flavors are a delicious step up from basic cauliflower.



 servings 4-6

 difficulty EASY

ingredients

- 1 head of cauliflower, coarsely chopped
- 1 small yellow onion, diced
- 1/2 red bell pepper, diced
- 1/2 yellow bell pepper, diced
- 1 jalapeno pepper, seeded and diced
- 3 cloves garlic, minced
- 1 cup tomato sauce
- 1/4 cup chicken stock
- 1 tbsp chili powder
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp pepper
- Salt, to taste

directions

1. Place the cauliflower into a food processor and pulse until reduced to the size of rice grains.
2. Add the tomato sauce, chicken stock, and spices into the slow cooker and stir to combine. Add the remaining ingredients and stir to coat. Cover and cook on high for 3 hours. Adjust salt to taste. Drain any excess liquid before serving.

Poached Pears

To change things up, try making dessert in your slow cooker. Slowly poached pears create a wonderful fall dessert, especially when cooked with cinnamon and cranberries. This simple recipe is amenable to various different spice and juice combinations, so feel free to try your favorite. Serve alongside Paleo ice cream for a delicious warm and cold indulgence.



 servings 4

 difficulty EASY

ingredients

4 Bosc pears, peeled, with stems intact
1/2 cup apple cider
1/4 cup honey
1 tbsp coconut oil
1/4 tsp vanilla extract
1 tsp cinnamon, plus more for sprinkling
1/8 tsp nutmeg
1/2 cup unsweetened dried cranberries

directions

1. Slice off the very bottoms of the pears so that they can stand flat in the slow cooker. In a small saucepan, heat the apple cider, honey, coconut oil, and vanilla over low heat. Whisk to dissolve the honey. Stir in the cinnamon, nutmeg, and cranberries. Remove from heat.
2. Place the pears into the slow cooker and sprinkle with cinnamon. Pour the cider mixture over the pears. Cover and cook on low heat for 3-4 hours or until the pears are tender. Use a slotted spoon to remove them from the slow cooker and place into serving dishes. Spoon the poaching liquid over the top to serve.

Pork and Poblano Stew

This delicious, hearty stew has an amazing depth of flavor from slowly cooked pork, charred poblano peppers, and sweet potatoes. Before adding everything to the slow cooker, the pork should be lightly browned and the poblanos need to be blackened. Once everything is done slowly simmering together, stir in fresh cilantro to serve.



 servings 8

 difficulty MEDIUM

ingredients

2 lbs. pork shoulder, trimmed, cut into 1-inch pieces
4 poblano peppers
1 tbsp extra virgin olive oil
Salt and pepper, to taste
1 large yellow onion, diced
3 cloves garlic, minced
2 sweet potatoes, peeled and diced
1 tbsp dried oregano
1 tsp cumin
4 cups chicken stock
Fresh cilantro, for garnish

directions

1. Preheat the oven to broil and move the oven rack to the top position. Line a baking sheet with aluminum foil. Cut the poblano peppers into quarters and remove the seeds. Place them flat on the baking sheet with the skin side up. Broil for 12-15 minutes until the skins are blackened. Place into a paper bag or Ziploc and close. Allow the peppers to steam for 10-15 minutes to loosen the skin. Remove from the bag and gently peel off the skin, then chop and set aside.
2. Meanwhile, heat the olive oil in a skillet over medium heat. Working in batches, sear the pieces of pork to brown. Season with salt and pepper. Transfer to the slow cooker.
3. Add the onions into the skillet and sauté for 4-5 minutes, scraping any browned bits from the pan. Add the garlic and cook for one minute more. Stir in the chopped poblanos and remove from heat. Transfer to the slow cooker on top of the pork.
4. Add the sweet potatoes, oregano, cumin, and chicken stock to the slow cooker and stir to mix everything. Cover and cook on low heat for 3-4 hours. Serve hot, garnished with fresh cilantro.

Pork Shoulder with Fennel & Olives

This is an elegant, filling meal that you would never guess came out of the slow cooker. The flavors of sweet fennel, black olives, and oranges are a good accent to the rich pork shoulder. A shoulder blade roast or Boston butt is recommended for the cut of pork. Serve everything over creamy mashed cauliflower to make it into a meal.



 servings 4-6

 difficulty HARD

ingredients

3 lbs. boneless pork shoulder, trimmed
Salt and pepper, to taste
Paleo Worcestershire sauce (optional)
1 tbsp cumin
1 tsp onion powder
1 tsp garlic powder
1/2 tsp dried oregano
1/2 small red onion, diced
1/2 tsp fennel seeds
1 fennel bulb, cut into wedges
1 tbsp white wine vinegar
2 oranges, cut into eighths
1/2 cup black olives

For the cauliflower:

1 large head of cauliflower, cut into florets
1/4 cup almond milk
1 tbsp ghee
Salt, to taste

directions

1. Combine the cumin, garlic powder, onion powder, and oregano in a small bowl to make a dry rub and set aside. Season the pork shoulder with salt and pepper and place into the slow cooker. Add a few dashes of Paleo Worcestershire sauce, if desired. Spread the dry rub over the pork. Cover and cook on low heat for 10-12 hours or overnight.
2. Place a couple inches of water in a large pot. Once the water is boiling, place a steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and return the cauliflower to the pot. Add the milk, ghee, and salt to the cauliflower. Use an immersion blender or food processor to combine the ingredients until smooth.
3. When ready to serve, heat the olive oil in a skillet over medium heat. Add the onion and sauté for 4-5 minutes. Add the fennel seeds and fennel wedges and sauté for another 2 minutes. Add the vinegar and deglaze the pan, scraping any browned bits from the bottom. Add the oranges and olives, along with about 1/2 cup to 1 cup of the juices from the slow cooker. Bring to a simmer and cook for 5-7 minutes, until the liquid is slightly reduced.
4. To serve, divide the mashed cauliflower among the plates. Top with the pork, and drizzle with the fennel and orange mixture. If desired, top with additional juice from the slow cooker.

Root Vegetable Stew

This comforting stew is a great vegetarian option to make in your slow cooker. It is also a great way to use up any root vegetables during the winter. Once all of the veggies are prepped and chopped, they can simply be tossed together in the slow cooker – sautéing the onions first is an optional step.



 servings 4-6

 difficulty EASY

ingredients

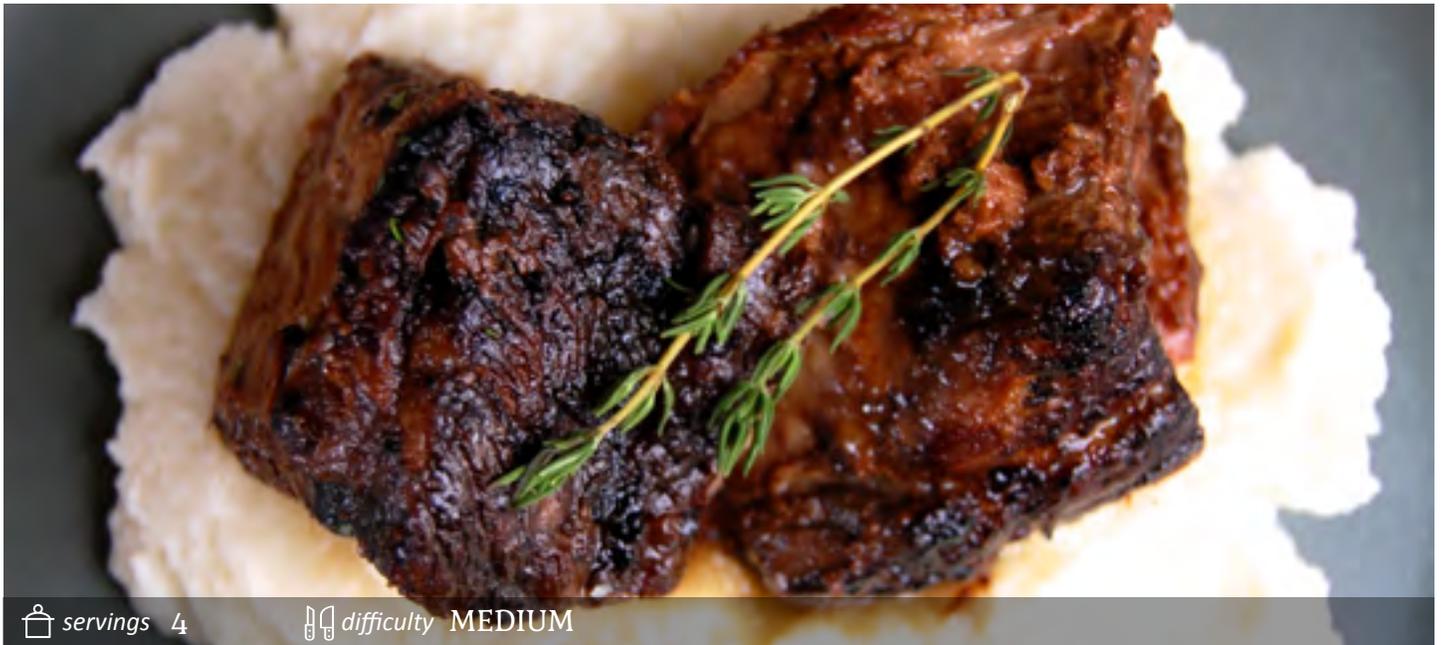
- 1 medium white onion, chopped
- 1 tbsp extra virgin olive oil
- 4 cloves garlic, minced
- 1 lb. sweet potatoes, peeled and chopped
- 1 small butternut squash, peeled, seeded and chopped
- 4-5 large carrots, peeled and chopped
- 3 parsnips, peeled and chopped
- 2 stalks celery, chopped
- 3 cups vegetable broth
- 1 bay leaf
- 4 sprigs thyme
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper

directions

1. Heat the olive oil in a pan over medium heat. Add the onion and sauté for 4-5 minutes until soft. Add the garlic and sauté for one minute more. Place into the slow cooker.
2. Add the sweet potatoes, squash, carrots, parsnips, and celery into the slow cooker. Add the vegetable broth, bay leaf, thyme, salt, and pepper. Carefully stir everything to combine. Cover and cook on low heat for 5-7 hours.
3. Remove the bay leaf and sprigs of thyme. Adjust salt and pepper to taste. Serve warm.

Short Ribs

Making short ribs in the slow cooker is an easy way to cook tender meat that falls right off the bone. Be sure to brown the short ribs in a skillet for added flavor and color before placing them into the slow cooker. These savory short ribs are best served alongside garlic mashed cauliflower and roasted broccoli.



 servings 4

 difficulty MEDIUM

ingredients

3 lbs. bone-in beef short ribs
Salt and pepper
1/2 medium yellow onion, chopped
2 tbsp extra virgin olive oil
1 cup beef broth
1 cup tomato sauce
4 cloves garlic, minced
3 tbsp honey
2 tbsp Paleo Worcestershire sauce
1/2 tsp dry mustard
3 sprigs fresh thyme

directions

1. Generously season the short ribs with salt, pepper, and the onion powder. Heat the oil in a large skillet over medium-high heat. Working in batches, sear the ribs in the pan until browned, about 4 minutes per side. Place into the slow cooker and add the onion.
2. In a medium bowl, stir together the beef broth, tomato sauce, garlic, honey, Worcestershire sauce, and dry mustard. Pour over the short ribs in the slow cooker. Cover and cook on low heat for 8-10 hours. Remove the ribs from the braising liquid and serve warm.

Spaghetti Squash Curry

Vegetarian curry is easy to make in the slow cooker thanks to spaghetti squash. The squash is readily shredded after cooking on low heat for a few hours, and you can add in any vegetables of your choosing. Broccoli, zucchini, and bell peppers would all go well with the creamy squash curry. This recipe was inspired by the online blog PaleoPot, a great resource for Paleo meals.



 servings 6

 difficulty EASY

ingredients

- 1 medium spaghetti squash
- 1 14.5-oz. can coconut milk
- 2 tbsp red curry paste
- 3 cloves garlic, minced
- 1/2 tsp fresh ginger, grated
- 1/2 red bell pepper, thinly sliced
- 1/2 head broccoli, cut into florets
- Salt and pepper, to taste
- 2 tbsp fresh cilantro, chopped
- Lime wedges, for serving

directions

1. Add the coconut milk, curry paste, garlic, and ginger into the slow cooker and stir to combine.
2. Poke a few holes in the squash with a fork and place it in the microwave for 3-4 minutes to soften. Use a sharp knife to cut the squash in half width-wise. Scoop out the seeds and discard. Place the halves, with the cut side down, into the slow cooker. Cover and cook on low heat for 4 hours. Add the bell pepper and broccoli, stirring to coat in coconut milk. Cover again and cook for at least 30-40 minutes more.
3. Remove the squash from the slow cooker, taking care since it will be hot. Scrape the insides with a fork to shred the squash into strands, and place into a large bowl. Add the coconut milk mixture and other vegetables from the slow cooker and stir to coat the squash. Adjust salt and pepper to taste. Serve warm garnished with fresh cilantro and lime wedges.

Strawberry Rhubarb Jam

Jam is a very simple condiment to make in the slow cooker. The tart and sweet flavors of rhubarb and strawberries together form a delicious jam. Depending on the consistency that you prefer, the finished product can be left chunky or blended to a smooth puree.



ingredients

4 pints strawberries, hulled and chopped
4 stalks rhubarb, chopped
1/3 cup honey
1/2 tsp cinnamon
Dash of lemon juice

directions

1. Combine all of the ingredients in the slow cooker and stir to evenly coat. Cover and cook on low heat for 6 hours. After four hours, remove the lid to allow some of the liquid to evaporate. Mash with a potato masher until desired consistency is reached.

Taco Meat

It is incredibly easy to make large batches of flavorful taco meat in the slow cooker. The meat can then be frozen or used for salads, tacos, burritos, or enchiladas. Mix the meat occasionally while it's cooking to break it up into smaller pieces. You can enjoy quite a few meals from this recipe and minimize your time in the kitchen.



 servings 6-8

 difficulty EASY

ingredients

2 lbs. ground beef
2 tbsp tomato paste
1 tbsp chili powder
2 tsp cumin
1 tsp garlic powder
1 tsp salt
1/2 tsp dried oregano
1/2 tsp onion powder
1/2 tsp paprika
1/2 tsp freshly ground pepper
1/4 cup water

directions

1. Add all of the ingredients together in the slow cooker. Mix well and use a spoon to break up the meat into smaller pieces. Cover and cook on high heat for 4 hours, stirring occasionally. If the meat looks soupy because of fat and excess water, strain it before serving. Serve warm.

Thai Beef Stew

Put a fun twist on traditional beef stew by adding Thai-inspired ingredients. This hearty stew features gingery, spicy beef as its focus. Beef roast should be cut up into smaller pieces and browned before being placed into the slow cooker. A side of cauliflower rice nicely balances the spicy stew.



 servings 6

 difficulty MEDIUM

ingredients

2 lbs. boneless beef roast, trimmed of fat and cut into 2-inch pieces
Salt and pepper
2 tbsp extra virgin olive oil
3 lemongrass stalks, trimmed, tough outer layers removed, thinly sliced
2-inch piece fresh ginger, peeled and diced
4 cloves garlic, chopped
2 red chilies, sliced
1/3 cup coconut aminos
2 tbsp honey
1 tbsp fish sauce
1 tsp cinnamon
1/2 tsp ground cloves
2 shallots, chopped
4 large carrots, peeled and chopped
3 green onions, chopped
Lime wedges, for serving

directions

1. Place the lemongrass, ginger, garlic, and chilies in a food processor. Blend until they form a smooth paste.
2. Heat the oil in a large skillet over medium-high heat. Generously season the beef with salt and pepper. Working in batches, sear the beef in the pan until browned. Place into the slow cooker and cover with lemongrass paste.
3. Add the coconut aminos, honey, fish sauce, cinnamon, and ground cloves to the slow cooker. Pour in enough water to cover everything in the pot. Cover with a lid and cook on high heat for 3 hours. Check occasionally to stir and to see if there is still enough water, adding more if necessary.
4. Add the shallots and carrots and cook on high for one hour more. The stew is ready to serve when the meat easily falls apart. Ladle the stew into bowls, top with scallions and serve with lime wedges.

Thai Chicken and Shrimp

In this recipe tender chicken thighs and shrimp are cooked together in a deliciously tangy, nutty sauce inspired by Thai peanut sauce. Almond butter is used in place of peanut butter, and a bit of red wine vinegar adds the tangy taste. Serve the creamy, protein-laden dish over cauliflower rice, garnished with fresh lime wedges.



 servings 4-5

 difficulty EASY

ingredients

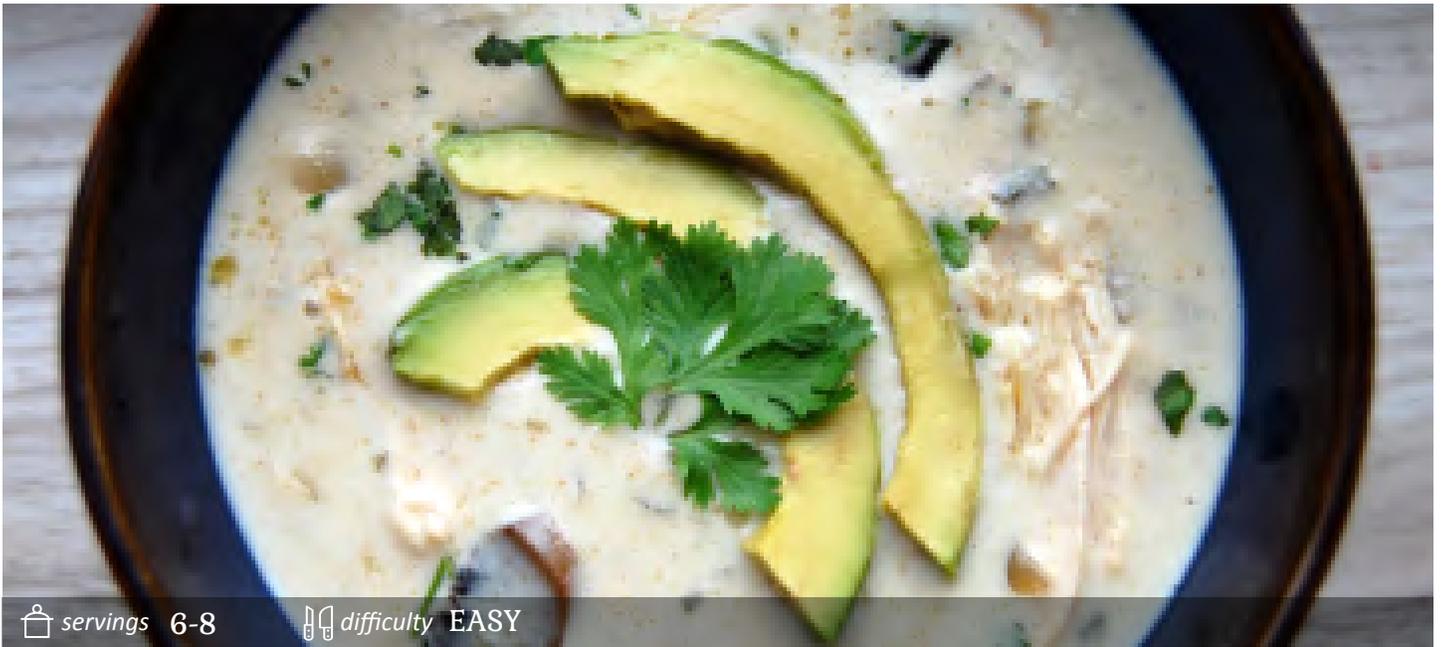
1 lb. chicken thighs, skins removed and cut into 1-inch pieces
1 14.5-oz. can coconut milk
1-inch piece fresh ginger, peeled and minced
3 cloves garlic, minced
1/2 cup almond butter
1 tbsp red wine vinegar
2 medium carrots, chopped
1/2 large yellow onion, chopped
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
1 lb. raw shrimp, peeled and deveined, tails removed
1-2 tsp lime juice
Salt, to taste
2 tbsp cilantro, chopped

directions

1. Place the coconut milk, ginger, garlic, almond butter, and vinegar into the slow cooker. Stir well to combine. Add the chicken, carrots, and onion and stir to coat. Cover and cook on low heat for 8-9 hours.
2. Add the bell pepper and shrimp into the slow cooker. Cover and cook for an additional 20-30 minutes until the shrimp are cooked through. Add the lime juice and salt to taste. Garnish with cilantro to serve.

White Chicken Chili

This recipe provides a great tomato-free alternative for chili, and still gets a lot of flavor from jalapenos and green chilies. It's flavorful, but not too spicy. Coconut milk is added just before serving, and then the chili is topped off with slices of avocado and fresh cilantro.



ingredients

2 lbs. boneless skinless chicken breast, cut into 1-inch pieces
1 medium white onion, diced
1 jalapeno, seeded and diced
4 cloves garlic, minced
4 cups chicken broth
8 oz. canned green chilies
10 oz. mushrooms, sliced
1 tbsp cumin
1 tsp dried oregano
1/8 tsp cayenne
Pinch of white pepper
1/2 cup coconut milk
Salt and pepper, to taste
1 avocado, pitted and sliced
2 tbsp cilantro, chopped

directions

1. Place the chicken into the bottom of a slow cooker. Add the remaining ingredients except the coconut milk, avocado, and cilantro. Stir to combine everything, cover, and cook on low heat for 7-8 hours. Half an hour before serving, stir in the coconut milk. Top with fresh cilantro and avocado slices to serve.