



Hungry Hobby

Slow Cooker Program

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<https://hungryhobby.net/meal-plans>

7 Brand New Slow Cooker Recipes & 1 Hungry Hobby Favorite for a total of 8 delicious ways to use your slow cooker this year! I hope you enjoy these recipes, and I'd love to know what you try. Tag me on Instagram @hungryhobbyRD or shoot me an email kelli@hungryhobby.net.

Suggestions for healthy slow cooking:

1. My current favorite slow cooker: [the Crock-Pot programmable locking lid version](#). No more bouncing around lids!
2. [Butcher Box](#) is my number one source of high-quality meat for my family. Read more about it [by clicking here](#).
3. [Thrive Market](#) is the online retailer I use to save money and stock up on most of my non-perishables like organic chicken broth, organic oats, etc. **Choose a FREE gift, up to \$22 value, when you purchase a [Thrive Market membership](#)!**

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Slow Cooker Energy Bars

8 servings

4 hours

Ingredients

- 1 tsp Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 1/3 cup Quinoa (dry)
- 1/2 cup Dried Unsweetened Cranberries
- 1/3 cup Pumpkin Seeds
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	172
Fat	10g
Carbs	17g
Fiber	3g
Sugar	8g
Protein	5g
Cholesterol	47mg
Sodium	114mg
Potassium	109mg
Vitamin A	118IU
Vitamin C	0mg
Calcium	95mg
Iron	2mg
Vitamin D	20IU

Directions

- 1 Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
- 2 In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
- 3 Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
- 4 Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
- 5 Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
- 6 Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

Notes

Storage: Store in an airtight container in the freezer up to 6 months.



Slow Cooker Maple Ginger Ribs with Purple Yam

8 servings

4 hours 30 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Fish Sauce
- 3 tbsps Maple Syrup
- 1/2 White Onion (chopped)
- 1/4 cup Ginger (peeled, chopped)
- 5 Garlic (cloves, minced)
- 2 stalks Green Onion (chopped, divided)
- 4 lbs Pork Ribs
- 4 cups Purple Yam (small, halved)
- 1/4 head Green Lettuce

Nutrition

Amount per serving	
Calories	548
Fat	25g
Carbs	30g
Fiber	3g
Sugar	7g
Protein	48g
Cholesterol	132mg
Sodium	625mg
Potassium	1441mg
Vitamin A	298IU
Vitamin C	15mg
Calcium	86mg
Iron	2mg
Vitamin D	59IU

Directions

- 1 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, white onion, ginger, garlic and green onion.
- 2 Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
- 3 About 20 minutes before your ribs are done, bring a pot of water to a boil and place the purple yams into a steaming basket. Cover and steam for about 10 to 15 minutes or until tender. Set aside.
- 4 Divide the lettuce onto plates and top with ribs and steamed yams. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top with black and/or white sesame seeds.

No Ribs: Use wings, chicken breast or drumsticks instead.

No Coconut Aminos: Use soy sauce or tamari instead.

No Fish Sauce: Omit completely or use additional coconut aminos instead.

BBQ Lover: Remove ribs from the slow cooker and grill over medium heat for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.



Slow Cooker Chicken Cacciatore

4 servings

4 hours

Ingredients

- 1 1/2 lbs Chicken Thighs (skinless, boneless)
- 1 Carrot (peeled and sliced)
- 2 cups Mushrooms (sliced)
- 2 cups Crushed Tomatoes
- 1 1/2 tsps Oregano
- 2 tbsps Capers
- 1/2 cup Black Olives (pitted, sliced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	286
Fat	10g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	38g
Cholesterol	160mg
Sodium	923mg
Potassium	1017mg
Vitamin A	3557IU
Vitamin C	23mg
Calcium	92mg
Iron	5mg
Vitamin D	5IU

Directions

- 1 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 2 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serve it With: Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.



Slow Cooker Salsa Chicken

4 servings

4 hours

Ingredients

- 1 1/4 lbs Chicken Breast (boneless, skinless)
- 1/2 cup Organic Salsa

Nutrition

Amount per serving	
Calories	179
Fat	4g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	32g
Cholesterol	103mg
Sodium	295mg
Potassium	561mg
Vitamin A	192IU
Vitamin C	1mg
Calcium	17mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 3 Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With: Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

Leftovers: Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry: If you are finding the chicken is too dry after shredding it, stir in extra salsa.



Slow Cooker Apple Cinnamon Pork Tenderloin

4 servings

4 hours

Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

Nutrition

Amount per serving	
Calories	251
Fat	3g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	25g
Cholesterol	74mg
Sodium	94mg
Potassium	745mg
Vitamin A	7698IU
Vitamin C	7mg
Calcium	56mg
Iron	3mg
Vitamin D	9IU

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender: Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens: Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs: Serve with rice, quinoa or mini potatoes.



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

1 Yellow Onion (diced)
 4 stalks Celery (diced)
 3 Carrot (medium, chopped)
 1 tbsp Rosemary (fresh)
 8 ozs Chicken Breast (boneless, skinless)
 1 lb Chicken Thighs (boneless, skinless)
 Sea Salt & Black Pepper (to taste)
 6 cups Water (or broth)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	24g
Cholesterol	99mg
Sodium	137mg
Potassium	504mg
Vitamin A	5253IU
Vitamin C	3mg
Calcium	59mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



Pulled Pork Salad with Goat Cheese Dressing

4 servings

4 hours

Ingredients

1 lb Boneless Pork Butt Or Shoulder
 3 Garlic Cloves
 1 Apple (sliced thinly)
 1 cup Vegetable Broth
 Salt (fine, sea salt, sea salt)
 8 cups Mixed Greens (I used romaine hearts)
 1/4 cup Dried Cranberries
 1 cup Shredded Carrots (*shredded)
 1 Apple
 2/3 cup Goat Cheese
 2 tbsps Raw Honey
 2 tsps Apple Cider Vinegar
 1/4 cup Unsweetened Almond Milk ((or any milk))

Nutrition

Amount per serving	
Calories	387
Fat	18g
Carbs	33g
Fiber	4g
Sugar	26g
Protein	24g
Cholesterol	77mg
Sodium	201mg
Potassium	652mg
Vitamin A	89IU
Vitamin C	12mg
Calcium	109mg
Iron	2mg

Directions

- 1 Pour vegetable broth in slow cooker.
- 2 Trim pork of excess fat. Then, poke holes and slits throughout the pork and fill with the holes with garlic and the slits with apples. Sprinkle the top with fine sea salt. Cover and cook on low for 6-8 hours or high for 4-6 hours.
- 3 For goat cheese dressing: Combine all ingredients (goat cheese, honey, ACV, and milk) in a blender. Blend until smooth. If you want a sweeter dressing, add more honey!
- 4 Once the pork is done remove from slow cooker using a slotted spoon.
- 5 Assemble salad(s) with 1/4 of meat, 2 cups lettuce, 1T cranberries, 1/4 cup shredded carrots, 1/4 sliced apple and 1/4 of goat cheese dressing.

Notes

apple: I used a mandolin at the #2 setting to slice the apple

recipe : <https://hungryhobby.net/pulled-pork-salad-2/>

goat cheese: not a fan of goat cheese? Swap feta!

Vitamin D

40IU



Slow Cooker Baked Apples

4 servings

2 hours

Ingredients

1/4 cup Apple Cider Vinegar
 1/4 cup Water
 1 tbsp Maple Syrup (divided)
 3/4 cup Granola
 1 tbsp Coconut Oil (melted)
 1 tsp Cinnamon
 4 Apple (medium, cored, leaving 1/2 inch at the bottom)

Nutrition

Amount per serving	
Calories	255
Fat	9g
Carbs	41g
Fiber	7g
Sugar	27g
Protein	4g
Cholesterol	0mg
Sodium	9mg
Potassium	342mg
Vitamin A	105IU
Vitamin C	9mg
Calcium	42mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
- 2 In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
- 3 Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
- 4 Top with any leftover granola before serving. Enjoy!

Notes

Serve it With: Our Pumpkin Spice Granola, Paleo Granola, Banana Coconut Granola, coconut cream, cashew cream, yogurt or ice cream.

No Slow Cooker: Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

Leftovers: Refrigerate in an air-tight container up to 3 days.