

**Sara Fins Health Coaching**

## 5 Days of Slow Cooker Dinners

These recipes are for 5 nights of slow cooker dinners and a corresponding shopping list. Each recipe serves 4, but you can easily double the recipe to have leftovers to freeze for future dinners in a jiffy!

For more information on eating well without spending hours in the kitchen or tons of money in the grocery store, visit:  
[www.sarafins.com](http://www.sarafins.com) to learn about Sara Fins and her programs.

# 5 Days of Slow Cooker Dinners

 43 items

## Breakfast

**1/3 cup** Maple Syrup

## Seeds, Nuts & Spices

**1 1/2 tsps** Black Pepper

**2 1/2 tbsps** Chili Powder

**2 1/2 tsps** Cumin

**1 tbsp** Curry Powder

**1 1/2 tsps** Dried Basil

**1 tsp** Garlic Powder

**1/2 tsp** Oregano

**1 tsp** Paprika

**1 1/8 tbsps** Sea Salt

Sea Salt & Black Pepper

## Frozen

**1 1/2 cups** Frozen Corn

**1/2 cup** Frozen Peas

## Vegetables

**3 cups** Baby Spinach

**1** Carrot

**1 head** Cauliflower

**1 stalk** Celery

**6** Garlic

**8 cups** Green Beans

**6** Green Bell Pepper

**1 cup** Matchstick Carrots

**2 cups** Mushrooms

**8** Portobello Mushroom

Caps

**1/2** Sweet Onion

**1** Sweet Potato

**1/2** White Onion

**1/2** Yellow Onion

## Bread, Fish, Meat & Cheese

**8 ozs** Chicken Breast

**2 lbs** Chicken Thighs

**1 lb** Extra Lean Ground Turkey

## Condiments & Oils

**1/3 cup** Dijon Mustard

**2 tbsps** Extra Virgin Olive Oil

**3 tbsps** Yellow Mustard

## Cold

**1** Egg

## Boxed & Canned

**3 cups** Canned Whole Tomatoes

**2 cups** Chickpeas

**2 cups** Crushed Tomatoes

**4 cups** Lentils

**2 cups** Organic Salsa

**2 cups** Organic Vegetable Broth

**1 cup** Red Kidney Beans

**1 cup** White Navy Beans

## Baking

**2 tbsps** Coconut Flour

# Slow Cooker Maple Mustard Chicken

 10 ingredients  4 hours  4 servings

## Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

## Notes

**No Chicken Thighs** Use chicken breast or drumsticks instead.

**Save Time** Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

**More Carbs** Serve with rice, sweet potato or quinoa.

## Ingredients

|                |                                     |
|----------------|-------------------------------------|
| <b>2 lbs</b>   | Chicken Thighs (skinless, boneless) |
| <b>2 tbsps</b> | Maple Syrup                         |
| <b>1/3 cup</b> | Dijon Mustard                       |
| <b>1 tsp</b>   | Dried Basil                         |
| <b>1 tsp</b>   | Paprika                             |
| <b>1/2 tsp</b> | Sea Salt                            |
| <b>1/2 tsp</b> | Black Pepper                        |
| <b>8 cups</b>  | Green Beans (washed and trimmed)    |
| <b>1 tbsp</b>  | Extra Virgin Olive Oil              |
|                | Sea Salt & Black Pepper (to taste)  |

# Slow Cooker Stuffed Peppers

 15 ingredients  4 hours  4 servings

## Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

## Notes

**Vegans and** Use cooked lentils or beans instead of ground meat.

**Vegetarians**

**No Ground Turkey** Use ground chicken or beef instead.

**No Slow Cooker** Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

**No Cauliflower** Serve over rice, quinoa, greens or sweet potato mash.

## Ingredients

|         |                           |
|---------|---------------------------|
| 4       | Green Bell Pepper (large) |
| 1 lb    | Extra Lean Ground Turkey  |
| 1/2 tsp | Sea Salt                  |
| 1/2 tsp | Black Pepper              |
| 1 tbsp  | Chili Powder              |
| 1/2 tsp | Cumin                     |
| 1/2 tsp | Dried Basil               |
| 1       | Egg                       |
| 2       | Garlic (cloves, minced)   |
| 1/2     | Yellow Onion (diced)      |
| 1 cup   | Baby Spinach (chopped)    |
| 1 tbsp  | Extra Virgin Olive Oil    |
| 2 tbsps | Coconut Flour             |
| 2 cups  | Organic Salsa             |
| 1 head  | Cauliflower (large)       |

# Curried Chicken Slow Cooker Stew

 9 ingredients  6 hours  6 servings

## Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

## Notes

**More Carbs** Serve it over brown rice.

**More Protein** Serve it over quinoa.

**Vegan and Budget-Friendly** Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

**Turn it Into a Soup** Double up on the broth.

**More Green Veggies** Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

## Ingredients

|         |  |
|---------|--|
| 1       | Sweet Potato (large, diced)                    |
| 2 cups  | Chickpeas (cooked, drained and rinsed)         |
| 1/2 cup | Frozen Corn                                    |
| 1/2 cup | Frozen Peas                                    |
| 1 tsp   | Cumin (ground)                                 |
| 1 tbsp  | Curry Powder                                   |
| 2       | Garlic (cloves, minced)                        |
| 2 cups  | Organic Vegetable Broth (or any type of broth) |
| 8 ozs   | Chicken Breast                                 |

# Slow Cooker Vegan Chili

 13 ingredients  8 hours  4 servings

## Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for at least 8 hours.
3. Ladle into bowls and enjoy!

## Notes

|                |  |
|----------------|--|
| Serve it With  | Organic toast, quinoa, brown rice or a salad.                                    |
| Storage        | Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.   |
| Make Ahead     | Chop celery, bell peppers, carrot and onion ahead of time.                       |
| Kid-Friendly   | Omit the chili powder and puree until smooth. Serve with organic tortilla chips. |
| Extra Spicy    | Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.          |
| More Greens    | Mix in chopped kale or spinach. Stir until wilted.                               |
| Extra Toppings | Top with green onion or diced avocado.   |

## Ingredients

|                    |   |
|--------------------|---|
| <b>3 cups</b>      | Canned Whole Tomatoes                         |
| <b>1 cup</b>       | Red Kidney Beans (cooked, drained and rinsed) |
| <b>1 cup</b>       | White Navy Beans (cooked, drained and rinsed) |
| <b>1 cup</b>       | Frozen Corn                                   |
| <b>1 stalk</b>     | Celery (diced)                                |
| <b>1</b>           | Green Bell Pepper (de-seeded and chopped)     |
| <b>1</b>           | Carrot (chopped)                              |
| <b>1/2</b>         | White Onion (diced)                           |
| <b>2</b>           | Garlic (cloves, minced)                       |
| <b>1 tsp</b>       | Cumin   |
| <b>1/2 tsp</b>     | Oregano                                       |
| <b>1 1/2 tbsps</b> | Chili Powder                                  |
| <b>1 1/2 tsps</b>  | Sea Salt                                      |

# Vegan Sloppy Joes

 13 ingredients  4 hours  4 servings

## Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

## Notes

**Meat Lover** Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

**Next Level** Add cheese, avocado, pickles, onions and/or cashew sour cream.

## Sloppy Joes

**Repurpose Leftovers** Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

## Ingredients

|                |                                      |
|----------------|--------------------------------------|
| <b>4 cups</b>  | Lentils (cooked, drained and rinsed) |
| <b>1/2</b>     | Sweet Onion (finely diced)           |
| <b>1</b>       | Green Bell Pepper (finely diced)     |
| <b>2 cups</b>  | Mushrooms (sliced)                   |
| <b>1 cup</b>   | Matchstick Carrots                   |
| <b>1 tsp</b>   | Garlic Powder                        |
| <b>3 tbsps</b> | Yellow Mustard                       |
| <b>1/4 cup</b> | Maple Syrup                          |
| <b>2 cups</b>  | Crushed Tomatoes                     |
| <b>1 tsp</b>   | Sea Salt                             |
| <b>1/2 tsp</b> | Black Pepper                         |
| <b>8</b>       | Portobello Mushroom Caps             |
| <b>2 cups</b>  | Baby Spinach (chopped)               |