

PLANNING WITH KIDS

# SLOW COOKER RECIPES

*Gluten free, dairy free and refined sugar free!*



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All of the 13 recipes included in this e-book are gluten free, dairy free and refined sugar free. Most of the ingredients used in the recipes you should already have at home like:

- herbs and spices
- tinned tomatoes
- passata
- coconut cream
- vegetable stock (check label to make sure gluten free)
- chicken stock (check label to make sure gluten free)

There are a few ingredients you may not have on hand, so here are some ideas for substitutes:

- tamari soy sauce - this is a gluten free soy sauce, so if you don't have to be gluten free you can use soy sauce, or you could omit it altogether and add extra spices
- coconut oil – you can use other oils and if you are going to I would recommend olive oil
- arrowroot - is a thickener so you could use gluten free plain flour instead if you wanted to

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## Slow cooker turmeric chicken



Slow cooker turmeric chicken

### **Ingredients:**

- 3cm piece of ginger
- 5cm piece of turmeric
- 3 garlic cloves
- ½ tsp black pepper
- 1 red chilli
- 1 kg chicken breasts
- 2 heads broccoli
- 400 grams diced canned tomatoes
- ¾ cup vegetable stock
- 440mls coconut cream

### **Method:**

1. Finely grate the turmeric and ginger and prepare the garlic for crushing.
2. Finely chop the red chilli. Deseed it if you prefer less spice.
3. Dice the chicken and cut the broccoli into small florets.
4. Add the broccoli to the slow cooker and place the chicken on top.
5. In a jug mix the tomatoes, vegetable stock, black pepper, ginger, turmeric, garlic and chilli. Pour into the slow cooker and then cook on high for 3 - 4 hours or low for 7 - 8 hours.
6. 30 minutes before serving, add the coconut cream. I like my curry thicker so only add the solid part and stir. Allow to heat through.
7. Serve on a bed of rice. If you want to go even more turmeric flavour, add a teaspoon of turmeric powder to the rice while cooking.

<http://planningwithkids.com/2016/11/02/slow-cooker-turmeric-chicken/>

## Slow cooker chicken tacos



### Ingredients:

- 1 cup passata
- 4 tsp cumin powder
- 1 tsp dried oregano
- 1 ½ tsp salt
- 1 tsp black pepper
- 3 garlic cloves
- 1 large red chilli (de-seed if you prefer less spicy)
- 2 kg chicken breasts

### Method:

1. In a small bowl mix passata, the dry herbs and spices, crush the garlic and finely mince the chilli. Mix with a fork so well combined.
2. If the chicken breasts are thick, slice them in half horizontally and then place them in the slow cooker.
3. Pour the passata over the chicken and set the slow cooker to cook for 3 - 4 hours on high or 7 - 8 hours on low.
4. To test if the chicken is ready, simply use a fork to break away a piece of meat. If it is ready the meat will just start to fall apart easily.
5. Once ready remove the chicken from the slow cooker and place onto a large dish. Using two forks pull apart the meat.
6. You can use this meat as taco filling, in salads or serve with Mexican rice and vegetables.

### Notes:

This recipe does make a substantial amount of meat, so if you are looking to feed a family of six just the once from this meal, then I would halve the ingredients.

<http://planningwithkids.com/2016/08/28/slow-cooker-chicken-tacos/>

## Slow cooker ratatouille (vegetarian)



### Ingredients:

- 1 medium eggplant
- 4 cloves garlic
- 1 onion
- 3 zucchini
- 5 tomatoes
- 1 red capsicum
- 1 green capsicum
- 1 tsp basil
- 1 tsp oregano
- 3 tbsp apple cider vinegar
- Salt and pepper to taste
- 1 tbsp coconut oil

### Method:

1. Prepare veggies by slicing eggplant thinly (I cut some of the bigger pieces in half), peeling garlic, cut onion into wedges, slice zucchini (I use food processor), roughly chop tomatoes and slice capsicums.
2. Sprinkle salt on to eggplant, leave it for a few minutes and then pat dry with paper towel.
3. Add coconut oil to a large frying pan, add onion and fry for a couple of minutes.
4. Crush garlic into the pan, stir for a minute then add the eggplant and cook for a further few minutes.
5. Pour the eggplant mixture into the slow cooker, then add the rest of the ingredients to the slow cooker and cook for 8 - 9 hours on low or 4 - 5 hours on high.

<http://planningwithkids.com/2015/08/03/slow-cooker-ratatouille/>



## Slow cooker shredded chicken



### **Ingredients:**

- 2 large chicken breasts (approx 700 grams)
- 1 tbsp butter
- salt and pepper to taste
- $\frac{1}{3}$  cup vegetable or chicken stock

### **Method:**

1. Place chicken in slow cooker. Rub chicken with butter and season with salt and pepper. (If the chicken breasts are thick, slice them in half.)
2. Pour stock over the chicken, place lid on and cook for 8 - 10 hours on low or 4 - 5 hours on high.
3. Once chicken is cooked, remove the chicken from the slow cooker. Place in a large dish and use two forks to shred.
4. Store in an airtight container in the fridge.
5. You can keep some of the left over liquid and use in stir frys and other dishes to add flavour.

<http://planningwithkids.com/2015/07/27/slow-cooker-shredded-chicken/>

## Slow cooker pulled pork



### Ingredients:

- 2kg boneless leg of pork (you could use shoulder if you like)
- 2 tbsp coconut oil
- Salt and pepper to taste
- 4 cloves garlic
- 1 large piece of ginger (about 5 cms)
- 1 tsp fennel seeds
- 1 tbsp cinnamon
- 2 tablespoons tamari soy sauce
- 350 mls passata

### Method:

1. Prepare garlic for crushing and finely grate ginger and set aside.
2. Heat oil in a large frying pan on a medium high heat and then add the pork. Brown the pork on all sides, then remove and add to the slow cooker. Season with salt and pepper.
3. Add the garlic, ginger and spices to the pan and reduce to a low heat stirring constantly.
4. Add the passata and tamari soy sauce to the pan and bring to the boil. Reduce the temperature, stir for a minute or two and then pour over the pork in the slow cooker.
5. Set to cook on high 4 - 5 hours or low for 8 - 10 hours. The meat should fall apart easily once cooked.
6. Remove the meat from the slow cooker, place in a large serving tray and cover with foil.
7. Pour the marinade from the slow cooker into a saucepan and heat on a medium high heat until it reduces slightly.
8. Pull apart the meat (remove any fatty pieces) then pour over some of the marinade - as much or as little as you like. Serve!

<http://planningwithkids.com/2015/07/06/slow-cooker-pulled-pork/>



## Slow cooker sweet potato curry (vegetarian)



### Ingredients:

- 2 tbsp coconut oil
- 1 onion
- 1 ½ tbsp freshly grated ginger
- 2 garlic cloves
- 3 tbsp curry paste
- 1.2kgs sweet potato (approx 2 large)
- 500 grams broccoli (approx two small heads)
- 250 grams carrots (approx 2 large)
- 400 grams diced canned tomatoes
- ¾ cup vegetable stock
- 1 tbsp turmeric paste (optional)
- Salt and pepper to taste
- 440mls coconut cream

### Method:

1. The first stage is the preparation stage. Finely chop the onion, grate the ginger and prepare the garlic for crushing.
2. Cube the sweet potato into pieces roughly 1.5cm x 1.5 cm. Cut the broccoli into small pieces and dice the carrots.
3. In a large pan, heat the coconut oil on a medium heat. Add the onion and fry for a couple of minutes, then add ginger and crush garlic.
4. Add sweet potato and stir for a couple of minutes. Add in the paste and stir for a minute, then add all of this to the slow cooker.
5. Add broccoli, carrots, tomatoes, vegetable stock, salt and pepper to the slow cooker and give a gentle stir. I add some additional turmeric here. The flavour is lovely without it, but I need the anti-inflammatory properties of turmeric so this is why I add extra.
6. Cook on high for 6 hours, or until the vegetables are tender.
7. 30 minutes before serving, add the coconut cream. I like my curry thicker so only add the solid part and stir. Allow to heat through.
8. Serve on a bed of rice.

**Notes:**

I added turmeric paste for the extra boost of the anti-inflammatory properties it provides and used paste as turmeric wasn't in season. You could use fresh turmeric if you have it or leave it out altogether. I also add ground turmeric to my rice while it is cooking to make it the lovely yellow colour.

<http://planningwithkids.com/2015/04/28/slow-cooker-sweet-potato-curry-vegetarian/>

## Slow cooker beef stroganoff



### Ingredients:

- 500 grams diced beef
- 2 tablespoons arrowroot
- 2 tablespoons coconut oil
- 2 cloves garlic
- 2 large potatoes, cubed 1cm x 1cm
- 3 large carrots, sliced thinly
- 1 cup beef stock
- 3 tablespoons tomato paste
- 300 mls sour cream (optional)

### Method:

1. In a medium sized bowl place the meat, add the arrowroot then toss.
2. Heat oil in frying pan and brown the meat.
3. Once browned, transfer meat to the slow cooker and then add all ingredients with the exception of the sour cream.
4. Place lid on and cook on Auto/Low for 8-10 hours or High for 4-5 hours.
5. In the last 30 minutes add sour cream (optional) and stir in thoroughly.
6. Serve with rice or a large serving of green veggies.

<http://planningwithkids.com/2014/08/11/slow-cooker-beef-stroganoff/>

## Slow cooker honey sesame chicken



### Ingredients:

- 600 grams chicken breasts (2 breasts)
- ¼ cup Pureharvest Organic Tamari Soy Sauce
- ¼ cup Pureharvest Raw Organic Honey
- 2 cloves garlic
- 1 tbsp coconut oil
- Salt and pepper to taste
- 1 tbsp water
- 3 tsp arrowroot
- 3 spring onion stalks
- ⅓ cup sesame seeds
- 1 cup basmati rice

### Method:

1. In a small bowl mix Tamari soy sauce, honey, garlic, coconut oil (melted) and salt and pepper and whisk quickly with a fork. Raw honey is quite thick so it takes a little bit of whisking to ensure it is a runny consistency.
2. Slice chicken breasts in half width wise and place into the slow cooker.
3. Pour honey mixture onto the chicken and then cook on low for 3-4 hours, or high for 2 hours.
4. If you wish to serve with rice, start cooking this 15 minutes before the chicken is due to finish cooking.
5. Once the chicken is cooked, remove the chicken from the slow cooker and place it into a large dish. Keep the slow cooker turned on and make sure it is on high.
6. In a glass or small bowl add the arrowroot and water and mix well. Pour this into the slow cooker and stir well. To ensure the sauce thickens leave the sauce to cook for about 10 minutes, Stir about three times during this cooking process to make sure it thickens evenly.
7. While the sauce is cooking, use two forks and shred the chicken.
8. To serve place rice on a plate, add the chicken and then spoon some of the sauce from the slow cooker onto the chicken
9. Finely chop the spring onions and sprinkle on the chicken. Sprinkle on the sesame seeds, serve and enjoy!

<http://planningwithkids.com/2014/07/21/slow-cooker-honey-sesame-chicken-gluten-free-a-slow-cooker-giveaway/>

## Slow cooker cauliflower mash (vegetarian)



### Ingredients:

- 1 head of cauliflower
- 3 cups water
- 4 garlic cloves
- 2 medium carrots
- 1 tsp pink Himalayan salt

### Method:

1. Chop the cauliflower into florets and place them into the slow cooker.
2. Chop the carrot into small pieces and add to the slow cooker.
3. Then add the garlic cloves, salt and water.
4. Place on the lid and cook on high for 3-4 hours or low for 6 - 8 hours.
5. Once cooked use a slotted spoon and transfer the drained cauliflower and carrot to the bowl of your food processor. Discard the garlic cloves.
6. Pulse the cauliflower and carrot until it is creamy. Add water from the slow cooker if needed and season with salt and pepper to taste. (You can always mash by hand if you do not have a food processor.)

<http://planningwithkids.com/2014/05/20/slow-cooker-cauliflower-mash/>

## Slow cooker chicken satay



### Ingredients:

- 500 grams chicken
- 3 carrots
- 1 red capsicum
- 2 cloves of garlic
- 3 tbsps almond butter (I make my own - [recipe here](#))
- 3 tbsps tomato paste
- 3 tbsps sweet chilli sauce (I make my own - [recipe here](#))
- 250 mls coconut cream
- ½ cup almonds
- Optional to serve - baby spinach or steamed rice

### Method:

1. Slice capsicum and carrots and add to the slow cooker.
2. Place chicken into slow cooker with cut vegetables.
3. Crush garlic on top of the veggies.
4. Add remaining ingredients with the exception of the almonds and stir to combine.
5. Place lid on slow cooker and cook for 4 hours on high.
6. Serve with sautéed baby spinach or steamed rice.
7. Roughly chop almonds and sprinkle on top.

<http://planningwithkids.com/2014/03/23/slow-cooker-chicken-satay/>



## Spicy slow cooker lamb



### Ingredients:

- 2.4kg leg lamb
- 2 cups passata
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 cloves garlic
- 3 cups vegetable chicken stock
- 1 onion
- 1 tsp coconut oil
- 360 grams baby spinach

### Method:

1. The first thing you need to do if you are cooking a leg of lamb in a slow cooker, is make sure it will fit.
2. In a fry pan, add the leg of lamb and brown on all sides, then place browned lamb into slow cooker.
3. In a bowl, mix passata and spices, then pour the passata mix onto the lamb and cook on high for 4 hours.
4. Turn the leg of lamb over and then cook on low for another 4 hours or high for 2 hours.
5. Remove lamb from the slow cooker and let it sit for about ten minutes in a large dish covered by tin foil.
6. If you are going to serve with cauliflower rice, follow the instructions [here](http://planningwithkids.com/2013/08/18/spicy-slow-cooker-lamb/) or you can serve with rice.
7. Using forks shred the meat from the bone.
8. Place baby spinach on plates, top with cauliflower rice, then add lamb and serve!

### Notes:

While my notes refer to cooking in a slow cooker, you could easily cook this in a casserole type dish in the oven for a shorter time frame.

<http://planningwithkids.com/2013/08/18/spicy-slow-cooker-lamb/>

## Slow cooker beef stew



### Ingredients:

- 500 grams diced blade
- 1 large red capsicum
- 5 carrots
- 1 onion
- 1 cup dried apricots
- 3 cloves garlic
- 1 tsp cumin
- ½ tsp cayenne pepper
- 2 cups beef stock
- 1 tbsp coconut oil
- 2 large sweet potatoes

### Method:

1. Chop capsicum into small pieces. Slice carrots and finely chop onions.
2. I finely chopped the apricots as I don't really like eating them in big chunks, but you could chop them to any size you liked.
3. Add the coconut oil to the frying pan, once heated add meat and brown it. Then add onions and fry for a couple of minutes.
4. Add garlic and dry spices and stir for another minute or two, until it becomes fragrant.
5. Add the meat contents to the slow cooker. Top with chopped carrots, capsicum and apricots. Pour in beef stock and cook for 4 - 5 hours on high or 8 - 10 on low.
6. About 30 minutes before serving peel and chop sweet potatoes. Steam for 10 - 15 minutes. Drain into a medium size bowl and mash.
7. Serve the beef stew on a bed of mashed sweet potatoes. This photo was taken the day after I cooked the meal (needed better light for the photo!). And as such it was easier to syphon off some of the juices for the photo. The stew itself has lots of juice.

<http://planningwithkids.com/2013/05/05/slow-cooker-paleo-beef-stew/>

## Slow cooker shredded beef and rocket salad



### Ingredients:

- 2kgs boneless beef
- 4 cloves garlic
- ½ cup balsamic vinegar
- ½ cup maple syrup

### Method:

1. Place beef in the slow cooker
2. Add halved garlic cloves, pour the balsamic vinegar over the beef and then pour over the maple syrup.
3. Set slow cooker to cook for 3 - 4 hours on high or 6- 8 hours on low.
4. You will be able to tell if the meat is ready as it will easily break off with a fork.
5. Remove the beef from the slow cooker and place onto a large baking/lasagne dish.
6. Using forks pull apart the roast, then gently pour half a cup of the sauce over the meat.
7. The sauce has beautiful flavours, so keep it to add as a dressing to the salad.
8. If you like the meat warmed for your salad, place in a microwave safe bowl and heat. Add rocket and then add about a tablespoon of warmed dressing and toss.

### Notes:

For our family of seven to have a decent amount of left overs, I cook up over 2kgs. The recipe makes a lot, so for smaller families you might need to halve the quantities.

<http://planningwithkids.com/2014/01/19/slow-cooker-shredded-beef-and-rocket-salad/>