



# LOW CARB ONE POT COLLECTION



**Full Bloom 2022 eBook**



# SAVING DINNER

*by Leanne Ely*

## One Pot

*Crock Pot Recipes (Low Carb)*

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# One Pot

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# *Sticky Garlic Tomato Chicken Drumsticks*

Recipe 1 – Serves 4

Prep time: 10-15 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 1 pound vine ripened tomatoes, quartered
- 2 tablespoons olive oil
- sea salt and freshly ground black pepper to taste
- 2 tablespoons fresh rosemary, chopped
- 1 teaspoon oregano
- 6 garlic cloves, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon onion powder
- 1 pound chicken drumsticks

**INSTRUCTIONS:** In a large bowl, toss together all ingredients except chicken (tomatoes through onion powder).

Place chicken drumsticks in a large crock cooker, pour tomato mixture all over drumsticks, make sure all sides are fully saturated and cook on LOW for 7 to 8 hours or on HIGH for 3 to 4 hours. Drumsticks should be fork tender or should temp at 170-180 degrees. Serve hot.

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# *Garden Herb Pot Roast*

Recipe 2 – Serves 4

Prep Time: 20-25 minutes

Cook Time: 3-4 hours on High, 8-10 hours on Low

## **INGREDIENTS:**

2 tablespoons room temperature unsalted butter, divided  
5 cups cauliflower florets  
1 large red onion, sliced  
3 garlic cloves, minced  
3 celery stalks, chopped  
1 tablespoon fresh rosemary, chopped  
1 tablespoon fresh thyme, chopped  
2 teaspoon fresh oregano, chopped  
3 pound chuck roast  
sea salt and freshly ground black pepper  
2/3 cup red wine, (or increase the broth by this amount)  
1/2 cup low sodium beef broth

**INSTRUCTIONS:** Grease inside of crock cooker with 1 tablespoon of butter. Add cauliflower, onion, garlic, and celery to crock cooker. Season veggies with salt and pepper and herbs (rosemary through oregano).

Heat the remaining tablespoon of butter in a large skillet over high heat. Season all sides of chuck roast with salt and pepper. Brown all sides of roast in skillet then place on top of veggies in crock cooker.

Add remaining ingredients to crock cooker (wine through broth) and cook on LOW for 8 to 10 hours or HIGH for 3 to 4 hours. Roast should be fork tender. Serve hot.

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# *Spicy Italian Veggie Stew*

Recipe 3 – Serves 4

Prep time: 10-15 minutes

Cook time: 3 hours on High, 5 hours on Low

## **INGREDIENTS:**

- 1 pound spicy Italian sausage
- 3 garlic cloves, minced
- 1 medium onion, diced
- 3 large celery stalks, chopped
- 1 (28 ounce) can crushed tomatoes
- 1 cup cubed zucchini
- 3 cups cubed pumpkin
- 6 cups low sodium chicken broth, divided
- sea salt and freshly ground black pepper
- 1/2 to 1 teaspoon red pepper flakes (only if you like a real kick)
- 2 1/2 cups chopped spinach

**INSTRUCTIONS:** In a large skillet over medium high heat, brown sausage. Add garlic, onion and celery to sausage, stir for about a minute, drain any grease and transfer to crock cooker. Add the can of tomatoes, zucchini, pumpkin, 6 cups of chicken broth, salt, pepper and red pepper flakes.

Cook on LOW for 5 hours or HIGH for 3 hours. Add the spinach to crock cooker, stir to combine. Cook on high for another 30 to 60 minutes and then serve.

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# *Garlic Thyme Chicken Marsala*

Recipe 4 – Serves 4

Prep time: 15-20 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 pound skinless boneless chicken thighs
- sea salt and freshly ground black pepper
- 4 garlic cloves, minced
- 2 large shallots, chopped
- 1 teaspoon dried thyme
- 1 1/2 cups mushrooms, sliced
- 1 cup marsala wine (OR white wine OR low sodium chicken broth)
- 1 cup low sodium chicken broth, divided
- 1/4 cup cornstarch

**INSTRUCTIONS:** Grease bottom of slow cooker with olive oil. Add chicken thighs, then add in next 7 ingredients (salt and pepper through 1/2 cup of chicken broth). Cook on LOW for 7 to 8 hours or on HIGH for 3 to 4 hours.

Once chicken is cooked through, fork tender or temping at 170-180 degrees, remove from crock cooker and set aside.

In a small bowl, whisk together cornstarch and remaining 1/2 cup of chicken broth. Transfer all contents from crock cooker to a large sauce pan or skillet over medium high heat. Whisk in cornstarch mixture, stir regularly for 3 to 5 minutes or until everything thickens up. Serve mushroom sauce mixture over chicken.

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# *Baked Cauliflower Chowder*

Recipe 5 – Serves 4

Prep time: 15-20 minutes

Cook time: 2-3 hours on High, 4-5 hours on Low

## **INGREDIENTS:**

- 8 cups cauliflower florets
- 1 medium onion, diced
- 3 celery stalks, chopped
- 2 garlic cloves, minced
- sea salt and freshly ground black pepper to taste
- 1 teaspoon ground white pepper
- 4 ounces sour cream
- 4 cups low sodium chicken broth
- 1/2 cup heavy cream
- 1 1/2 cups shredded sharp cheddar cheese
- 6 strips bacon, cooked and chopped
- 1 small bunch of chives, chopped

**INSTRUCTIONS:** In a crock cooker, combine first 8 ingredients (cauliflower through broth). Cover and cook on LOW for 4 to 5 hours or HIGH for 2 to 3 hours.

30 minutes before serving, transfer half of crock cooker contents to a blender or food processor, allow for about 5 minutes of cool off time before covering and pureeing. Stir pureed portion back into crock cooker and add heavy cream and cheese. Stir in, recover, and cook on HIGH for 15 to 30 minutes, or until cheese is fully melted down and blended. Serve with bacon and chives on top.

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# *Cider BBQ Chicken*

Recipe 6 – Serves 4

Prep time: 5-10 minutes

Cook time: 3-4 hours on High, 7-8 hours on low

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 1/2 pounds skinless boneless chicken thighs
- 1 medium red onion, diced
- 3 tablespoons apple cider vinegar
- 1 teaspoon stevia
- 1/2 cup sugar free barbeque sauce
- 1/2 cup low sodium chicken broth
- sea salt and freshly ground black pepper, to taste

**INSTRUCTIONS:** Grease crock cooker with olive oil. Place the chicken thighs on the bottom.

In a large bowl, whisk together remaining ingredients. Pour all over chicken and cover. Cook on LOW for 7 to 8 hours or HIGH for 3 to 4 hours. Chicken should be fork tender or temping at 170-180 degrees. Serve hot.

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# Easy Curry Chicken

Recipe 7 – Serves 4

Prep time: 10-15 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## INGREDIENTS:

- 2 skinless boneless chicken breasts, cubed
- 2 cups frozen (or fresh) green beans
- 1 large onion, diced
- 2 1/2 tablespoons freshly grated ginger
- 4 garlic cloves, minced
- 2 tablespoons unsalted butter, melted
- 1 (32 ounce) can of crushed tomatoes
- 1 tablespoon curry powder
- sea salt and freshly ground black pepper, to taste
- 2 tablespoons tomato paste
- 1 cup heavy cream
- 1/2 cup plain Greek yogurt
- 1 small bunch cilantro, chopped

**INSTRUCTIONS:** In a large bowl combine first 9 ingredients (chicken through salt and pepper). Stir till fully combined and transfer to crock cooker. Cover and cook on LOW for 7 to 8 hours or HIGH for 3 to 4 hours.

Shortly before serving, in a medium bowl, whisk together tomato paste, cream, and yogurt. Stir mixture into crock cooker and cook on high for another 30 minutes. Chicken should be fork tender. Then serve with fresh cilantro on top.

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# *Southwest Steak Stew*

Recipe 8 – Serves 4

Prep time: 15-20 minutes

Cook time: 3-4 hours on High, 6-7 hours on Low

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 1/2 pound skirt steak, cut into strips
- sea salt and freshly ground black pepper
- 1 teaspoon red pepper flakes
- 1 large onion, sliced
- 1 large red bell pepper, seeded and cut into strips
- 1 large green bell pepper, seeded and cut into strips
- 1 ½ cups cubed zucchini
- 2 cups chopped cauliflower
- 1 (14 ounce) can diced tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon chili powder
- 6 cups low sodium beef broth
- 1/2 tablespoon apple cider vinegar

**INSTRUCTIONS:** Heat olive oil in a large skillet over medium high heat. Season steak with salt, pepper and red pepper flakes. Quickly brown in skillet and transfer to crock cooker. Add in all remaining ingredients (onion through vinegar). Stir until fully combined. Cover and cook on LOW for 6 to 7 hours or HIGH for 3 to 4 hours. Steak should be fork tender. Serve hot.

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# *Zesty Simple Zucchini Lasagna*

Recipe 9 – Serves 4

Prep time: 15-20 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 1 pound ground Italian sausage
- 1 pound ground beef
- 3 garlic cloves, minced
- 2 medium shallots, diced
- 1 (32 ounce) can tomato sauce
- 1 cup low sodium beef broth
- 1 tablespoon apple cider vinegar
- sea salt and freshly ground black pepper
- 1 teaspoon dried oregano
- 1 large zucchini, sliced into thin strips
- 2 cups ricotta cheese
- 3 cups mozzarella cheese
- 1 1/2 cups Parmesan cheese

**INSTRUCTIONS:** Heat skillet over medium high heat. Add sausage and ground beef, quickly brown and stir in garlic and shallots. Transfer to a large bowl after about a minute. Add next 5 ingredients (tomato sauce through oregano). Stir to combine.

Begin layer ingredients into crock cooker. Begin with a layer of meat sauce at the bottom. Then spread ricotta on top of uncooked zucchini strips, and layer those on top of meat sauce (will need to break some to fit the shape of crock cooker). Sprinkle with mozzarella and Parmesan. And repeat until meat sauce is gone (do not layer zucchini over last spread of meat sauce). Set leftover mozzarella and Parmesan aside in refrigerator.

Cook on LOW for 7 to 8 hours or on HIGH for 3 to 4 hours. Or until the zucchini is cooked through. Shortly before serving, add remaining cheese to the top of the lasagna. Cook on high for 15 to 30 minutes or until completely melted.

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# *Gimme All The Ribs*

Recipe 10 – Serves 4

Prep time: 10-15 minutes

Cook time: 4 hours on High, 8-10 hours on Low

## **INGREDIENTS:**

- 3 pounds beef ribs
- 1 tablespoon sea salt
- 2 teaspoons freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 cup sugar free ketchup
- 1 cup low sodium beef broth
- 1/2 cup apple cider vinegar
- 1 tablespoon stevia
- 1 to 2 teaspoons red pepper flakes (however spicy you like it)
- 1 tablespoon olive oil

**INSTRUCTIONS:** In a small bowl, combine spices (salt through cayenne pepper). Rub mixture all over the ribs and place into a crock cooker.

In a medium bowl, whisk together remaining ingredients (ketchup through olive oil). Pour mixture over ribs.

Cook on LOW for 8 to 10 hours or on HIGH for 4 hours. Beef will become tender enough to shred with fork.

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# *Green Enchilada Soup*

Recipe 11 – Serves 4

Prep time: 20-25 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 2 (16 ounce) jars of salsa verde
- 2 pounds skinless boneless chicken thighs, chopped
- 1 large onion, chopped
- 1 medium jalapeno, seeded and minced
- sea salt and freshly ground black pepper, to taste
- 6 low carb tortillas, chopped
- 5 cups low sodium chicken broth
- 1 cup sour cream
- 1 cup Mexican blend shredded cheese
- 1 large avocado, peeled, pitted, and diced
- 1 small bunch cilantro, chopped

**INSTRUCTIONS:** In a large crock cooker, combine first 7 ingredients (salsa through broth).

Give it a good stir, then cook on LOW for 7 to 8 hours or on HIGH for 3 to 4 hours.

Stir in sour cream and cheese, allow to reheat in crock cooker for 10 to 15 minutes, then serve with avocado and cilantro on top.

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# *Spiced Chili*

Recipe 12 – Serves 4

Prep time: 20-25 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 1/2 pounds ground turkey
- 3 garlic cloves, minced
- 1 large onion, chopped
- 1 large head cauliflower, chopped
- 1 medium butternut squash, peeled and seeded and diced
- 1 (32 ounce) can crushed tomatoes
- 1 (14 ounce) can diced tomatoes
- 2 cups cubed eggplant
- 1 cup low sodium beef broth
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon cinnamon
- 1 small bunch cilantro, chopped
- sour cream

**INSTRUCTIONS:** Heat olive oil in a large skillet over medium high heat. Quickly brown ground turkey, stirring in garlic and onion. After about a minute, transfer to crock cooker and add all remaining ingredients EXCEPT cilantro and sour cream.

Stir well until fully combined, then cook on LOW for 7 to 8 hours or HIGH for 3 to 4 hours. Serve with a fresh dollop of sour cream and sprinkle of cilantro.

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# *Ginger Beef Broccoli*

Recipe 13 – Serves 4

Prep time: 15-20 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 1 tablespoon sesame oil
- 1 1/2 pounds flank steak, sliced into strips
- 1 medium onion, diced
- 2 1/2 cups broccoli florets, chopped
- 3 garlic cloves, minced
- 2 tablespoons freshly grated ginger
- sea salt and freshly ground black pepper, to taste
- 1 cup low sodium beef broth
- 1 tablespoon rice vinegar
- 1/2 cup soy sauce, divided
- 1 teaspoon stevia
- 1 tablespoon cornstarch

**INSTRUCTIONS:** Heat sesame oil in a large skillet over medium high heat. Quickly sear flank steak for a few seconds, then transfer to a crock cooker. Add onion and broccoli on top of steak.

In a medium bowl, whisk together next 7 ingredients (garlic through stevia – only use 1/4 cup of soy sauce). Pour all over beef and veggies, give it a good stir, then cook on LOW for 7 to 8 hours or HIGH for 3 to 4 hours.

Shortly before serving, whisk together cornstarch with remaining 1/4 cup of soy sauce. Stir mixture into crock cooker and recover. Cook for another 30 minutes or until contents thicken. Steak should be fork tender. Serve hot.

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# *Lemon White Wine Pork Chops*

Recipe 14 – Serves 4

Prep time: 15-20 minutes

Cook time: 3-4 hours on High, 6-7 hours on Low

## **INGREDIENTS:**

- 1 tablespoon butter
- 4 (6 to 8 ounce) boneless pork chops
- 4 garlic cloves, minced
- sea salt and freshly ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 cup lemon juice
- 1 1/2 cups dry white wine
- 1 cup low sodium chicken broth, divided
- 1 tablespoon cornstarch

**INSTRUCTIONS:** Heat butter in a large skillet over high heat. Quickly brown both sides of chops in skillet and transfer to crock cooker.

In a medium bowl, whisk together next 8 ingredients (garlic through 1/2 cup of chicken broth). Pour over pork chops and cook on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours.

Shortly before serving, whisk together remaining 1/2 cup of broth and cornstarch. Stir into crock cooker, recover, and cook on high for at least 30 to 45 minutes, or until liquids thicken into a nice gravy. Pork chops should be fork tender or temp at 160 degrees. Serve chops with a spoonful of gravy over the top.

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# *Butter Herb Drumsticks*

Recipe 15 – Serves 4

Prep time: 10-15 minutes

Cook time: 3-4 hours on High, 7-8 hours on Low

## **INGREDIENTS:**

- 3 tablespoons butter
- 2 pounds chicken drumsticks
- sea salt and freshly ground black pepper, to taste
- 1 tablespoon Dijon mustard
- 1 large lemon, juiced
- 1 1/2 cups low sodium chicken broth
- 3 garlic cloves, minced
- 1 teaspoon dried rosemary
- 1 teaspoon herbs de Provence
- 1 teaspoon onion powder

**INSTRUCTIONS:** Heat butter in a large skillet over high heat. Season drumsticks with salt and pepper and quickly brown in skillet. Transfer to crock cooker once browned.

In a medium bowl, whisk together remaining ingredients (Dijon through onion powder), include some more salt and pepper. Pour mixture all over drumsticks and cook on LOW for 7 to 8 hours or on HIGH for 3 to 4 hours. Chicken should be fork tender or temp at 170-180 degrees. Serve with sauce.

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# SAVING DINNER

*by Leanne Ely*

## One Pot

*Dutch Oven Recipes (Low Carb)*

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# One Pot

## *Dutch Oven Recipes (Low Carb)*

**Recipe 1: Bacon Braised Chuck Roast**

**Recipe 2: Grapefruit Rosemary Roast Chicken**

**Recipe 3: Zesty Parmesan Peppers**

**Recipe 4: Creamy Shallot Swiss Chard Chicken**

**Recipe 5: Tomato Balsamic Shepard's Pie**

**Recipe 6: Brown Butter Chicken and Cauliflower**

**Recipe 7: Make Julia Proud Beef Stew**

**Recipe 8: Broccoli Chicken and "Rice" Hotdish**

**Recipe 9: Sunny Italian Linguine**

**Recipe 10: Maple Shallot Brisket**

**Recipe 11: Tantalizing Tarragon Turkey**

**Recipe 12: Chardonnay Mustard Pot Roast**

**Recipe 13: Creamy Cabbage and Sausage**

**Recipe 14: Last Harvest Ratatouille**

**Recipe 15: Creamy Chicken Marsala**



# *Bacon Braised Chuck Roast*

Recipe 1 – Serves 4

Prep time: 10-15 minutes  
Cook time: 2 ½ hours-2 ¾ hours

## **INGREDIENTS:**

1/2 pound bacon, chopped  
3 to 4 pound chuck roast  
sea salt and freshly ground black pepper, to taste  
3 tablespoons coconut flour  
2 tablespoons butter  
2 large carrots, peeled and chopped  
2 celery stalks, chopped  
2 large shallots, diced  
3 garlic cloves, minced  
2 cups red wine, (or use beef broth)  
2 cups low sodium beef broth  
2 tablespoons apple cider vinegar  
1 teaspoon dried rosemary  
1/2 teaspoon dried thyme  
1/2 teaspoon onion powder  
1/2 teaspoon cumin  
1/4 teaspoon ground nutmeg

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a large Dutch oven, cook bacon over medium high heat. Cook for 4 to 6 minutes or until nearly crispy.

While bacon is sizzling, season roast in salt and pepper then dredge in flour.

Remove bacon and set aside. You only need enough grease to lightly cover the bottom of the Dutch oven, so if there is excess you can discard it.

Add butter to Dutch oven and turn heat up to high. Brown roast on all sides then remove from pan and set aside.

Turn heat down to medium and add carrots, celery, shallots and garlic. Sauté for 2 to 3 minutes, then add wine. Whisk together, getting good bits off the bottom of the pan. Bring to a boil for about a minute before adding broth and vinegar. Whisk together again. Add roast back in and stir in remaining ingredients (rosemary through nutmeg). Make sure they're completely submerged in liquid (add a splash more wine or broth or both if needed).

Cover with lid and place in the oven for 1 1/2 hours. Reduce heat to 325 and cook for an additional 45 minutes. Remove from oven and allow to sit for 15 to 30 minutes. Serve with cooking juices over the top.

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# *Grapefruit Rosemary Roast Chicken*

Recipe 2 – Serves 4

Prep time: 5-10 minutes  
Cook time: 80-120 minutes

## **INGREDIENTS:**

- 4 tablespoons room temperature unsalted butter
- 3 garlic cloves, minced
- 1 large grapefruit, zested and juiced (do not discard orange halves)
- 1 1/2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon coriander
- 1 tablespoon fresh rosemary, chopped
- 3 to 5 pound whole chicken, gizzards and neck removed
- 2 large shallots, halved

**INSTRUCTIONS:** Preheat oven to 400 degrees.

In a food processor, combine first 7 ingredients (butter through rosemary – only use grapefruit zest and juice for this, not halves). Blend until smooth.

Place chicken into a large Dutch oven and generously baste with all of the mixture. Stuff chicken with grapefruit halves and shallots.

Place in oven and cook for 60 to 90 minutes (until thickest part of breast reaches 170 degrees). After 30 minutes of roasting, place lid on top of Dutch oven to keep skin from getting burnt. If chicken protrudes too much from the top to be able to fit the lid, then just gently tent with foil.

Once done, remove from oven and allow to sit for 20 minutes before serving. Be sure to serve with those yummy cooking juices.

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# *Zesty Parmesan Peppers*

Recipe 3 – Serves 4

Prep time: 5-10 minutes

Cook time: 45 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 small onion, diced
- 1 pound lean ground beef
- 1/2 pound Italian sausage
- 3 cups cauli-rice
- 1 cup cherry tomatoes, chopped
- 1 cup parmesan cheese
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 (32 ounce) can of tomato sauce
- 4 to 6 large bell peppers, tops removed, seeds and ribs scooped out

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a large Dutch oven, heat olive oil over medium high heat. Add garlic and onion. Sauté for 2 to 3 minutes. Add ground beef and sausage. Cook for 6 to 8 minutes or until meat is browned. Drain any grease and transfer contents to a large mixing bowl.

Add next 9 ingredients to mixing bowl (cauli-rice through paprika). Stir together and fully combine ingredients.

Drizzle some of the tomato sauce into Dutch oven to just cover the bottom. Stuff peppers with meat and rice mixture and place in Dutch oven. Pour remaining tomato sauce all over the top and cover with lid.

Cook for 45 minutes or until peppers are tender.

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# *Creamy Shallot Swiss Chard Chicken*

Recipe 4 – Serves 4

Prep time: 5-10 minutes

Cook time: 10 minutes

## **INGREDIENTS:**

3 tablespoons unsalted butter, divided  
2 pounds skinless boneless chicken thighs  
sea salt and freshly ground black pepper, to taste  
2 medium shallots, minced  
1 1/2 cups low sodium chicken broth  
2 cups half and half  
4 cups Swiss chard leaves, chopped  
1 teaspoon ground white pepper  
1 teaspoon onion powder  
1/4 cup cold water  
2 tablespoons arrowroot powder

**INSTRUCTIONS:** Heat 1 tablespoon of butter in large Dutch oven over medium high heat. Season chicken all over with salt and pepper. Quickly brown chicken on all sides in butter then remove from pan.

Add remaining tablespoons of butter to pan and shallots. Sauté for 2 minutes turn heat down to medium then add broth. Whisk up all the good bits on the bottom of the pan. Return chicken back to Dutch oven and cover.

Cook for 3 minutes, then remove lid and add in half and half, Swiss chard, white pepper, and onion powder. Stir together, adjust salt and pepper as necessary, and once greens wilt down, recover, turn heat down to low and cook for another 5 minutes.

Whisk cold water and arrowroot powder together into a paste. Uncover pot and add paste to contents. Stir in until fully combined and continue to stir until liquid thickens. Serve with a good scoop of the Swiss chard on top.

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# *Tomato Balsamic Shepard's Pie*

Recipe 5 – Serves 4

Prep time: 10-15 minutes  
Cook time: 1 hour-1 ½ hours

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 1/2 pounds lean ground beef
- sea salt and freshly ground black pepper, to taste
- 3 garlic cloves, minced
- 1 medium onion, diced
- 2 large carrots, peeled and chopped
- 1 cup frozen petite peas
- 3 1/2 cups low sodium beef broth
- 1 (14 ounce) can tomato sauce)
- 1/4 cup balsamic vinegar
- 3 tablespoons tomato paste
- 3 tablespoons Worcestershire sauce
- 1/4 cup cold water
- 2 tablespoons all purpose flour
- 1 large head of cauliflower, steamed
- 1/2 stick room temperature unsalted butter
- 3/4 cup heavy cream
- 1 teaspoon ground white pepper

**INSTRUCTIONS:** Preheat oven to 350 degrees.

Heat olive oil in a large Dutch oven over medium high heat. Season beef in salt and pepper. Quickly brown beef in heated oil. Remove from pan and set aside.

Add garlic and onion to pan, sauté for 2 minutes, stirring occasionally. Then add in carrots and sauté for another minute. Add peas, broth, tomato sauce, balsamic vinegar, and beef. Bring to a boil then reduce heat to medium. Return beef to Dutch oven, and add in tomato paste and Worcestershire sauce. Stir well. In a small bowl, whisk together water and flour to form a paste. Stir into Dutch oven contents until fully combined. Cover, turn heat down to low and cook for 10 minutes.

In a large bowl, combine cauliflower, butter, cream, white pepper, salt and pepper to taste. Mash until fully combined. Remove lid from Dutch oven, give contents a stir, should have thickened up (add just a touch more flour if it hasn't). Spread mashed cauliflower evenly over the top of the beef mixture and then place in the oven.

Cook for 45 minutes or until mashed cauliflower is nice and golden on top. Remove from oven and allow to sit 15 to 20 minutes before serving.

# *Brown Butter Chicken and Cauliflower*

Recipe 6 – Serves 4

Prep time: 5-10 minutes  
Cook time: 1 hour-1 ½ hours

## **INGREDIENTS:**

1 stick unsalted butter  
3 to 5 pound whole chicken, gizzards and neck removed  
4 garlic cloves, minced  
sea salt and freshly ground black pepper, to taste  
¾ cup low sodium chicken broth  
1 head of cauliflower, cut into florets  
1 teaspoon dried thyme  
½ teaspoon dried rosemary

## **INSTRUCTIONS:** Preheat oven to 400 degrees.

Heat butter in a large Dutch oven over medium high heat. Once melted down, continue to whisk for 2 to 4 minutes. Brown bits will begin to form on the bottom, whisk them up and once the brown begins to form turn heat off after 20 to 30 seconds. Then continue to whisk for another 30 seconds and then transfer butter to a small bowl.

Season chicken with garlic, salt, and pepper all over. Place remaining ingredients (broth through cauliflower) into the bottom of the Dutch oven. Season with salt and pepper and stir well to combine ingredients. Then place chicken on top and drizzle browned butter all over chicken and cauliflower.

Cover and place in the oven. Roast for 45 minutes, then remove lid and roast another 20 to 30 minutes or until chicken is cooked through. Serve with cauliflower.

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# *Make Julia Proud Beef Stew*

Recipe 7 – Serves 4

Prep time: 15-20 minutes

Cook time: 1 ½ hours

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 2 pounds beef stew meat
- sea salt and freshly ground black pepper, to taste
- 1/2 cup coconut flour
- 3 garlic cloves, minced
- 1 medium yellow onion, diced
- 1 medium red onion, diced
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 cups cauliflower florets
- 3 cups low sodium beef broth
- 1 cup cabernet sauvignon (or other red wine, or use beef broth)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 1 bay leaf

**INSTRUCTIONS:** Heat olive oil in a large Dutch oven over medium high heat. Season beef with salt and pepper then dredge in flour.

Quickly brown beef in heated oil, then remove from pan and set aside. Add garlic and onion to pan. Sauté for 2 to 3 minutes, then add in carrots and celery. Sauté for another minute and then add in next 5 ingredients (cauliflower through onion powder). Stir and bring to a boil, then reduce to low. Add in beef, thyme, rosemary, and bay leaf. Season with salt and pepper as necessary, then cover and simmer for 1 1/2 hours.

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# *Broccoli Chicken and “Rice” Hotdish*

Recipe 8 – Serves 4

Prep time: 5-10 minutes

Cook time: 1 hour

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 4 tablespoons unsalted butter
- 1 medium onion, diced
- 2 skinless boneless chicken breasts, cut into strips
- sea salt and freshly ground black pepper, to taste
- 5 1/2 cups low sodium chicken broth
- 1 cup half and half
- 4 cups cauli-rice
- 2 cups broccoli florets
- 3 garlic cloves, minced
- 1 cup shredded cheddar cheese

**INSTRUCTIONS:** Preheat oven to 350 degrees.

Heat oil and butter in a large Dutch oven over medium high heat. Add onion and chicken to pot. Sauté for 2 to 3 minutes, then add salt, pepper and broth. Bring to a boil and then remove from heat. Add all remaining ingredients and gently stir to combine.

Cover with lid and place in the oven. Bake for 1 hour or until “rice” is tender. Let sit for 10 minutes before serving, and fluff up cauli-rice.

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# *Sunny Italian Linguine*

Recipe 9 – Serves 4

Prep time: 10-15 minutes

Cook time: 20 minutes

## **INGREDIENTS:**

3 garlic cloves, minced  
1 medium shallot, sliced  
1 medium onion, sliced  
1 cup basil leaves, chopped  
1 1/2 cups cherry tomatoes, halved  
1 red bell pepper, seeded and cut into thin strips  
3 large zucchinis, cut into thin noodle-like ribbons  
3 cups low sodium chicken broth  
sea salt and freshly ground black pepper, to taste  
1/2 teaspoon red pepper flakes  
shredded mozzarella cheese

**INSTRUCTIONS:** In a large Dutch oven, combine all ingredients and put over medium high heat. Bring to a boil then reduce heat to medium low. Continue to cook until all liquid is absorbed, about 20 minutes. Serve with mozzarella cheese on top.

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# Maple Shallot Brisket

Recipe 10 – Serves 4

Prep time: 5-10 minutes

Cook time: 4-5 hours

## INGREDIENTS:

- 3 garlic cloves, peeled
- 3 medium shallots
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 1 tablespoon apple cider vinegar
- 1/3 cup maple syrup
- 2 tablespoons spicy brown mustard
- 3 pound brisket
- 1 tablespoon olive oil
- 1 cup low sodium beef broth

**INSTRUCTIONS:** Preheat oven to 300 degrees.

In a food processor, combine first 8 ingredients (garlic through mustard), blend until smooth.

Heat oil in a large Dutch oven over high heat. Season all sides of brisket with salt and pepper then brown all sides in oil then remove from pot and turn off heat.

Rub garlic mixture all over browned brisket. Pour broth into the bottom of the Dutch oven and then place brisket inside and cover. Move to oven and roast for 4 to 5 hours. Brisket will be tender enough to shred with fork. Remove from oven and allow to sit for 10 minutes before serving.

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# *Tantalizing Tarragon Turkey*

Recipe 11 – Serves 4

Prep time: 5-10 minutes

Cook time: 1 ½ hours

## **INGREDIENTS:**

- 5 tablespoons room temperature unsalted butter, divided
- 4 garlic cloves, peeled
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground white pepper
- 1 teaspoon onion powder
- 2 tablespoons fresh tarragon, chopped
- 3 pound turkey breast tenderloin

## **INSTRUCTIONS:** Preheat oven to 375 degrees.

In a food processor, combine 4 tablespoons of butter and next 6 ingredients (garlic through tarragon), blend until smooth.

Heat 1 remaining tablespoon of butter in a large Dutch oven over medium high heat. Season tenderloin lightly with salt and pepper. Quickly brown all sides of tenderloin in Dutch oven. Turn off heat and remove turkey from pot.

After it cools down a bit (give it about 10 minutes), rub the compound butter all over. Place any remaining compound butter into the Dutch oven. Place turkey in Dutch oven once more, and cover with lid. Place in oven and roast for 1 1/2 hours. About every 30 minutes, baste with melted butter and cooking juices in the bottom of the pan.

Allow to rest for 15 minutes before serving and pour butter/juice combo over the top of the served turkey.

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# *Chardonnay Mustard Pot Roast*

Recipe 12 – Serves 4

Prep time: 5-10 minutes

Cook time: 2 ½ hours

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 3 pound chuck roast
- sea salt and freshly ground black pepper, to taste
- 3 garlic cloves, minced
- 1 medium red onion, diced
- 2 cups low sodium beef broth
- 1 cup apple chardonnay (or more broth)
- 2 tablespoons Dijon mustard
- 2 sprigs fresh rosemary

**INSTRUCTIONS:** In a large Dutch oven, heat olive oil over medium high heat. Season roast with salt and pepper on all sides. Brown in Dutch oven on all sides then remove from pot and set aside.

Add garlic and onion to pot and sauté for 2 to 3 minutes. Whisk together broth, wine, mustard, rosemary, salt and pepper. Turn heat down to low and place beef back into pot. Pour broth mixture all over roast and pan.

Place lid on Dutch oven and simmer on low for 2 1/2 hours. Roast should be fork tender once done.

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# *Creamy Cabbage and Sausage*

Recipe 13 – Serves 4

Prep time: 10-15 minutes

Cook time: 45 minutes

## **INGREDIENTS:**

- 1/2 pound bacon, chopped
- 1 pound pork sausage links, sliced
- 1 1/2 tablespoons all purpose flour
- 3 cups low sodium beef broth
- 1 cup heavy cream
- 1 large onion, sliced
- 1 small head of cabbage, sliced
- 2 cups cauliflower florets
- 2 bay leaves
- 3 sprigs fresh thyme
- sea salt and freshly ground black pepper, to taste

**INSTRUCTIONS:** Heat Dutch oven over medium high heat, add bacon to pot and cook for 4 to 5 minutes or until bacon is about to get crispy. Remove bacon from pan and set aside on a paper towel covered plate.

Add sausage to pan and cook for 3 to 4 minutes until nicely brown and lightly cooked. Remove from pot, set aside, and then add flour to the pan. Turn down heat to low and whisk in with bacon and sausage grease and create a paste.

Add broth and cream to Dutch oven, turn heat back up to medium high and bring to a very soft boil, then add in all remaining ingredients. Stir well and reduce heat to low. Add bacon and sausage, cover and simmer on low for 45 minutes or until cabbage and cauliflower are tender. Remove bay leaves and thyme sprigs before serving.

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# *Last Harvest Ratatouille*

Recipe 14 – Serves 4

Prep time: 15-20 minutes

Cook time: 30 minutes

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 2 large onions, diced
- 6 garlic cloves, minced
- 2 large eggplants, cubed
- 2 (14 ounce) cans fire roasted tomatoes
- sea salt and freshly ground black pepper, to taste
- 1 large red bell pepper, seeded and diced
- 1 large yellow bell pepper, seeded and diced
- 2 large zucchini, diced
- 1 bay leaf
- 3 sprigs fresh oregano
- 1 cup low sodium vegetable broth
- 3 tablespoons red wine vinegar

**INSTRUCTIONS:** Preheat oven to 375 degrees.

Heat olive oil in a large Dutch oven over medium high heat. Sauté onions and garlic in oil for 2 to 3 minutes.

Add all remaining ingredients. Stir together and cover with lid. Place in oven and roast for 30 minutes or until veggies are tender.

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# *Creamy Chicken Marsala*

Recipe 15 – Serves 4

Prep time: 5-10 minutes  
Cook time: 45-50 minutes

## **INGREDIENTS:**

- 4 tablespoons unsalted butter
- 2 pounds skinless boneless chicken thighs
- sea salt and freshly ground black pepper, to taste
- 4 garlic cloves, minced
- 1 medium onion, diced
- 2 cups mushrooms, sliced
- 1 cup cooking sherry, (or use chicken broth)
- 2 cups low sodium chicken broth
- 1 teaspoon dried thyme
- 1/2 cup heavy cream
- 1/4 cup cold water
- 2 tablespoons all arrowroot powder

**INSTRUCTIONS:** Heat butter in a large Dutch oven over medium high heat. Season chicken thighs with salt and pepper and brown on all sides in pot. Remove from Dutch oven and add garlic and onion to the pot. Sauté for 2 to 3 minutes, then add in mushrooms and sauté for another minute.

Add sherry and broth to Dutch oven and as soon as it boils turn heat down to low. Add chicken back to pot, season with thyme, salt and pepper. Cover and simmer on low for 40 minutes. Add heavy cream to pot, in a small bowl whisk together arrowroot powder and water into a paste. Add to pot and stir until fully combined. Cover and simmer for another 5 to 10 minutes or until sauce has thickened. Serve with sauce over the top.

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# SAVING DINNER

*by Leanne Ely*

## One Pot

*Instant Pot Recipes (Low Carb)*

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# One Pot

## *Instant Pot Recipes (Low Carb)*

**Recipe 1: Orange Mongolian Beef**

**Recipe 2: Garlic and Green Chile Carnitas**

**Recipe 3: Herby Butter Chicken**

**Recipe 4: Sticky Balsamic Sriracha Wings**

**Recipe 5: Honey Leek Pot Roast**



# Orange Mongolian Beef

Recipe 1 – Serves 4

Prep time: 5-10 minutes  
Cook time: 10-15 minutes

## INGREDIENTS:

2 pounds flank steak, cut into strips  
sea salt and freshly ground black pepper  
1 tablespoon olive oil  
4 garlic cloves, minced  
2 teaspoons freshly grated ginger  
1/3 cup soy sauce  
3/4 cup low sodium beef broth  
1/2 cup fresh orange juice  
1 tablespoon orange zest  
1 tablespoon rice vinegar  
1 tablespoon arrowroot powder  
3 tablespoons water  
1 bunch of scallions, chopped

**INSTRUCTIONS:** Place oil in cooking pot and press “browning”. Season beef with salt and pepper and add to pot. Brown meat in batches and remove from pot and set aside. Then add garlic and ginger, sauté for a minute. Then add in soy sauce, broth, orange juice and zest and vinegar. Whisk together and add beef back to pot.

Cook on high pressure for 10 minutes. Then turn off pressure cooker and use a quick pressure release. Carefully remove lid.

In a small bowl, whisk together arrowroot powder and water. Whisk into the sauce, and stir for 1 to 3 minutes or until it thickens. Serve with scallions over the top.

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# *Garlic and Green Chile Carnitas*

Recipe 2 – Serves 4

Prep time: 5-10 minutes

Cook time: 50 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 2 pounds boneless pork shoulder roast
- 3 teaspoons sea salt
- freshly ground black pepper to taste
- 5 garlic cloves, minced
- 1 medium onion, chopped
- 2 teaspoons cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 cup low sodium chicken broth
- 1 (8 ounce) can diced green chile's
- 1 bay leaf

**INSTRUCTIONS:** Heat oil in Instant Pot over “browning” setting. Season shoulder roast with salt and pepper. Brown on all sides, then remove and set aside. Saute garlic and onion in Instant Pot for 2 to 3 minutes.

Rub remaining seasonings all over roast (cumin through onion powder). Place back in Instant Pot, and add all remaining ingredients (broth through bay leaf).

Cover and cook using the pressure cooker setting, put it on high pressure and set the meat button to 50 minutes. After 50 minutes, release pressure and slowly remove lid. Shred with two forks and make sure it's all saturated in its cooking juices. Remove bay leaf before serving.

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# *Herby Butter Chicken*

Recipe 3 – Serves 4

Prep time: 5-10 minutes

Cook time: 40 minutes

## **INGREDIENTS:**

- 4 tablespoons room temperature butter
- 3 garlic cloves
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 tablespoon olive oil
- 3 to 4 pound whole chicken, gizzards and neck removed
- 1 cup low sodium chicken broth
- 1/3 cup dry white wine
- 2 tablespoons arrowroot powder

**INSTRUCTIONS:** In a food processor combine first 6 ingredients (butter through basil). Blend until smooth and set aside.

Heat olive oil in Instant Pot over “browning” setting. Brown chicken starting breast side down. Rotate till all sides are lightly browned.

Rub butter mixture all over chicken and place back in Instant Pot. Lock the lid on top and set valve to “sealing”. Select “poultry” set at high pressure. Cook for 20 minutes. After 20 minutes, allow valve to vent, then remove lid and turn chicken over. Secure lid once more and cook for another 20 minutes on high pressure.

Remove from Instant Pot, set aside and keep warm. Transfer cooking juices to a sauce pan over medium high heat. Add in broth, wine, salt and pepper to taste, and whisk in arrowroot powder. Keep whisking until it thickens into a nice gravy and serve over chicken.

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# *Sticky Balsamic Sriracha Wings*

Recipe 4 – Serves 4

Prep time: 5-10 minutes  
Cook time: 14-15 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1/2 cup your favorite Low Carb BBQ sauce
- 1/3 cup balsamic vinegar
- 1 cup low sodium chicken broth
- 3 tablespoons sriracha or your preferred hot sauce
- 4 garlic cloves, minced
- 1 medium shallot, minced
- 1/2 teaspoon red pepper flakes
- 2 pounds chicken wings

**INSTRUCTIONS:** Add first 8 ingredients to Instant Pot, whisk well then add in wings. Set valve for pressure cooker, and cook on high for 10 minutes.

Preheat broiler.

Quick release the valve after 10 minutes, and once pressure is released carefully remove lid.

Spread wings onto a foil covered baking pan. Pour cooking juices over the top. Place under broiler for 4 to 5 minutes.

# *Leek Pot Roast*

Recipe 5 – Serves 4

Prep time: 5-10 minutes

Cook time: 35 minutes

## **INGREDIENTS:**

- 1 cup low sodium beef broth
- 1/3 cup red wine or beef broth
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 4 garlic cloves
- 2 medium sized leeks, trimmed and chopped
- sea salt and freshly ground black pepper
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 3 pound chuck roast

**INSTRUCTIONS:** In a food processor, combine all ingredients **EXCEPT** roast. Blend until smooth.

Heat Instant Pot on “browning” setting. Season all sides of roast with salt and pepper. Quickly brown all sides of roast in Instant Pot.

Pour balsamic mixture over the top of the roast, cover and seal lid. Manually set timer to 35 minutes. After 35 minutes, release pressure and vent. Carefully remove lid after pressure is released.

Shred with forks and make sure to get in all the cooking juices.

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# SAVING DINNER

*by Leanne Ely*

## One Pot

*Pressure Cooker Recipes (Low Carb)*

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# One Pot

## *Pressure Cooker Recipes (Low Carb)*

**Recipe 1: Smoky Spiced Chicken**

**Recipe 2: Bacon Garlic Pork Shoulder**

**Recipe 3: Finger Lick'in Ribs**

**Recipe 4: Lemony Herb Shrimp**

**Recipe 5: Lemony Chicken Piccata**

**Recipe 6: Tender Garlic Beef and Veggies**

**Recipe 7: Spiced Turnip Stew**

**Recipe 8: Garlicky Tomato Steaks**

**Recipe 9: Jalapeno Mexican Chili**

**Recipe 10: Lemon Pepper Chicken and Herb Sauce**

**Recipe 11: Pancetta Clam Chowder**

**Recipe 12: Pork Pot Sticker Meatballs**

**Recipe 13: Cider Herb Chicken Thighs**

**Recipe 14: Rosemary Beef**

**Recipe 15: Creole' Gumbo**



# *Smoky Spiced Chicken*

Recipe 1 – Serves 4

Prep time: 15 minutes

Cook time: 40 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 4 pounds skinless chicken leg quarters
- 1 medium onion, diced
- sea salt and freshly ground black pepper, to taste
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1/2 cup low sodium chicken broth
- 2 medium sweet potatoes, peeled and cubed
- 1/2 cup sour cream

**INSTRUCTIONS:** Heat the oil in the pressure cooker over medium high heat. Add chicken and cook until golden on all sides, about 4 to 5 minutes. Transfer to plate.

Add the onion, salt, pepper, paprika, garlic powder, parsley and broth to the pressure cooker; blend well. Return chicken to pressure cooker and place chopped potato over the top. Season lightly with salt and pepper.

Lock the lid and bring to pressure over high heat, 4 to 5 minutes. Reduce heat to medium and cook for 7 minutes. Remove from heat and let stand for 5 minutes to finish cooking.

With steam vent pointed away from you, gently release any remaining pressure and transfer the chicken to a plate and keep warm. Cook the liquid in the pot for 15 minutes. Whisk sour cream into liquid and serve sauce over chicken.

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# *Bacon Garlic Pork Shoulder*

Recipe 2 – Serves 4

Prep time: 15 minutes

Cook time: 8-1 minutes

## **INGREDIENTS:**

2 pounds pork shoulder, sliced to be as flat as possible

1/2 cup spicy brown mustard

3 garlic cloves, minced

sea salt and freshly ground black pepper, to taste

1/2 pound bacon

wooden toothpicks

2 tablespoons olive oil

2 medium shallots, diced

2 large carrots, peeled and chopped

4 cups cubed cauliflower florets

**INSTRUCTIONS:** Lay sliced pork on a flat surface. Spread the mustard evenly in a thin coat on the pork. Evenly season with garlic, salt, and pepper. Place the strips of bacon over the top and trim of excess bacon that might hang over side of the pork. Roll pork, bacon sides up, and secure with toothpicks.

Heat the oil in the pressure cooker over medium heat. Add pork rolls and remaining ingredients (onion through cauliflower). Close pressure cooker top and place percolator on top (follow manufacturer's recommendations).

When steam starts to release and pressure cooker percolates, lower the heat to a minimum temperature that keeps the pressure cooker percolating.

Once percolation starts, only keep over heat for 8 to 10 minutes, then remove. Do not open pressure cooker until it cools and pressure is relieved. Remove pork, veggies, and cauliflower then serve.

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# *Finger Lick'in Ribs*

Recipe 3 – Serves 4

Prep time: 5-10 minutes  
Cook time: 15-20 minutes

## **INGREDIENTS:**

2 pounds boneless country-style pork ribs, cut into 2-inch chunks  
1 teaspoon onion powder  
1 teaspoon paprika  
1 teaspoon garlic powder  
1/2 teaspoon cayenne pepper  
sea salt and freshly ground black pepper, to taste  
1 cup low sodium chicken broth  
1/4 cup ketchup  
1 1/2 tablespoons apple cider vinegar  
2 tablespoons honey  
2 teaspoons Worcestershire sauce  
1 teaspoon mustard  
1 tablespoon olive oil

**INSTRUCTIONS:** Season ribs with spices (onion powder through salt/pepper).

In a medium bowl, combine all remaining ingredients **EXCEPT** oil.

Heat the oil in the pressure cooker and brown the ribs on all sides, remove from pot and drain excess grease. Return ribs to the pot, pour ketchup mixture all over the top. Close cover securely, place pressure regulator on vent pipe. Bring pressure to full pressure over high heat then reduce heat to medium high and cook for 15 minutes (cooker should maintain a slow, steady rocking motion – adjust if necessary).

Remove from heat and allow pressure to drop on its own. Skim fat from sauce if necessary and serve with ribs.



# *Lemony Herb Shrimp*

Recipe 4 – Serves 4

Prep time: 5-10 minutes

Cook time: 6 minutes

## **INGREDIENTS:**

1/2 cup water  
1/2 cup dry white wine, (or use chicken broth)  
2 pounds large peeled and deveined shrimp  
sea salt and freshly ground black pepper, to taste  
2 tablespoons fresh dill, chopped  
1 lemon, sliced

**INSTRUCTIONS:** Place trivet in pressure cooker, add water and wine.

Season shrimp with salt, pepper and dill. Arrange lemon slices on top. Close cooker and bring to full pressure over high heat. Reduce heat and cook for 6 minutes.

Remove cooker from heat and release pressure. Open cooker and place shrimp on a serving dish. Discard lemon slices.

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# *Lemony Chicken Piccata*

Recipe 5 – Serves 4

Prep time: 15 minutes

Cook time: 15-20 minutes

## **INGREDIENTS:**

- 4 skinless boneless chicken breast halves
- 1/3 cup almond flour
- 3 tablespoons olive oil
- 3 medium shallots, chopped
- 2 garlic cloves, minced
- 1 cup low sodium chicken broth
- 2 large lemons, juiced
- 2 teaspoons sherry, (or increase chicken broth by this amount)
- sea salt and freshly ground black pepper, to taste
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon dried basil
- 1 cup pimento-stuffed green olives, minced
- 1/4 cup sour cream
- 1 teaspoon cornstarch
- 1/4 cup shredded Parmesan cheese

**INSTRUCTIONS:** Lightly dust chicken with almond flour, shake off excess. Heat the oil in a pressure cooker over medium high heat, add chicken and sauté until brown on all sides. Remove from cooker and set aside.

Add shallots and garlic to pressure cooker, sauté and scrape up all the browned bits from the pan and stir in next 7 ingredients (broth through olives). Return chicken to pressure cooker and secure the lid. Bring to high pressure then reduce heat to maintain pressure, cook for 10 minutes. Release pressure and then remove lid.

Give contents a good stir, then remove chicken from cooker and keep warm. In a small bowl, whisk together sour cream and cornstarch then stir mixture into cooking juices and cook over medium heat for 1 to 2 minutes until sauce thickens. Serve sauce over chicken and garnish with cheese.

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# *Tender Garlic Beef and Veggies*

Recipe 6 – Serves 4

Prep time: 15 minutes

Cook time: 35 minutes

## **INGREDIENTS:**

- 2 pound beef roast
- 5 garlic cloves, peeled
- sea salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 cups low sodium chicken broth
- 1 bay leaf
- 1 medium onion, quartered
- 2 large carrots, peeled and chopped
- 2 large celery stalks, chopped
- 5 cups cauliflower florets
- 3 tablespoons unsalted butter

**INSTRUCTIONS:** Using a paring knife, cut 1 1/2" deep slits in the top of the roast then cut one hole about every inch to insert garlic cloves. Pushing completely into the meat. Season meat with salt and pepper.

Heat the oil in the pressure cooker over medium high heat. Brown the roast on all sides, drain any excess oil. Pour the broth into the cooker and add bay leaf. Place browned meat on a cooking rack, making sure it doesn't exceed the 2/3 full marking in the cooker.

Close pressure cooker lid securely and place regulator on vent pipe. Cook for 30 minutes with pressure regulator rocking slowly. Quick-cool the cooker and remove meat. Place veggies on rack then return the meat on top, again, making sure it's not past the 2/3 full marking.

Add butter and close pressure cooker lid securely, placing regulator on vent pipe. Cook for 5 minutes before slicing. The remaining cooking liquid makes a great sauce, either as is or lightly thickened.

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# *Spiced Turnip Stew*

Recipe 7 – Serves 4

Prep time: 20-25 minutes

Cook time: 13-15 minutes

## **INGREDIENTS:**

2 tablespoons unsalted butter  
2 large onions, chopped  
3 garlic cloves, minced  
2 celery stalks, chopped  
2 carrots, peeled and chopped  
2 pounds turnips, peeled and cubed  
6 cups low sodium chicken broth  
sea salt and freshly ground black pepper, to taste  
1 teaspoon paprika  
1 teaspoon chili powder  
1/2 teaspoon cinnamon  
1/2 teaspoon cayenne pepper  
Sour cream

**INSTRUCTIONS:** Melt the butter in the pressure cooker over medium heat, add onions, garlic, celery, and carrot. Sauté for 2 to 3 minutes or until veggies have started to soften.

Add remaining ingredients **Except** sour cream (turnips through cayenne pepper). Place the lid on pressure cooker and bring to high pressure, reducing heat to stabilize pressure, and cook for 10 minutes.

Cool mixture slightly, then place in a blender and process until very smooth. Return to cooker and adjust seasonings to taste, serve hot with a dollop of sour cream.

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# *Garlicky Tomato Steaks*

Recipe 8 – Serves 4

Prep time: 15-20 minutes

Cook time: 15-20 minutes

## **INGREDIENTS:**

- 2 pounds beef round steak, trimmed and cut into four 5-ounce pieces
- 1 teaspoon garlic powder
- sea salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 large carrots, peeled and chopped
- 4 cups cubed zucchini
- 3 cups low sodium beef broth
- 1 cup diced tomatoes
- 3 tablespoons tomato paste
- 1 cup red wine, (or increase beef broth by this amount)
- 3 tablespoons almond flour
- 1/4 cup cold water

**INSTRUCTIONS:** Season steaks with garlic powder, salt and pepper. Heat the oil in the pressure cooker over medium high heat, add steaks and brown both sides then remove from cooker.

Add the onion to the cooker and sauté until golden. Return the meat to the cooker and place the carrots and zucchini on the top. Stir in beef broth, diced tomatoes, tomato paste, and wine. Place the lid securely on the cooker and bring to high pressure, reducing the heat to stabilize the pressure, cook for 10 minutes.

Release pressure by placing the pressure cooker in the sink and running cool water over it. To make gravy, transfer cooking liquid to a small saucepan. Combine almond flour and cold water to make a smooth paste, then slowly add mixture to cooking liquid, stirring over medium high heat until thickened. Serve gravy over steaks.

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# *Jalapeno Mexican Chili*

Recipe 9 – Serves 4

Prep time: 10-15 minutes

Cook time: 25-30 minutes

## **INGREDIENTS:**

2 1/2 pounds beef stew meat, cut into 1/2 inch cubes  
1 tablespoon olive oil  
sea salt and freshly ground black pepper, to taste  
12 ounces beef broth  
2 cups salsa  
1 (6 ounce) can of chipotle peppers in adobo sauce  
1 large jalapeno, seeded and chopped  
2 cups low sodium beef broth  
1 tablespoon tomato paste  
2 teaspoons chili powder  
1 teaspoon ground cumin

**INSTRUCTIONS:** Place meat in a large bowl and toss with oil, set aside. Heat pressure cooker over high heat until hot, add the meat and brown on all sides no more than a couple minutes. Transfer meat to a large bowl.

Add broth to the cooker and scrape up all the browned bits from the bottom. Return the meat to the cooker along with remaining ingredients, stir to combine. Lock the pressure cooker lid in place according to manufacturer's instructions.

When the steam begins to hiss out of the cooker, reduce the heat to low, just enough to maintain a very weak whistle. Cook for 25 minutes. Remove from the heat and carefully release steam. Serve hot.

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# *Lemon Pepper Chicken and Herb Sauce*

Recipe 10 – Serves 4

Prep time: 5-10 minutes  
Cook time: 25-30 minutes

## **INGREDIENTS:**

- 1 (2 to 3 pound) whole chicken, rinsed and patted dry
- sea salt and freshly ground black pepper, to taste
- 2 teaspoons lemon zest
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 1 cup low sodium chicken broth
- 2 large lemons, juiced
- 1/4 cup cold water
- 2 tablespoons cornstarch
- 1 tablespoon fresh chopped thyme and parsley

**INSTRUCTIONS:** Season chicken with salt, pepper, lemon zest, and garlic powder. Heat the oil in the pressure cooker over medium high heat, add chicken and brown on all sides then remove from cooker.

Place rack in pressure cooker then place the chicken on the rack. Add broth and lemon juice around the chicken. Place the lid on the cooker, seal and bring up to pressure. Cook for 25 minutes.

Release pressure by quick release method. Remove chicken to a platter. Pour accumulated juices into a small saucepan over medium high heat. Mix water and cornstarch together in a paste and stir into juices in pan. Whisk together for a couple minutes until it thickens into a nice gravy. Add salt and pepper to taste, as well as the fresh herbs then serve over chicken.

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# *Rich Pancetta Clam Chowder*

Recipe 11 – Serves 4

Prep time: 20-25 minutes

Cook time: 15-20 minutes

## **INGREDIENTS:**

- 4 tablespoons unsalted butter
- 4 slices pancetta, cut into pieces
- 1 medium onion, diced
- 5 cups cauliflower florets, chopped
- 2 medium green bell peppers, seeded and chopped
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves, minced
- 1 quart clam juice
- 1/2 cup dry white wine, (or use chicken broth)
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 2 cups canned minced clams

**INSTRUCTIONS:** Melt the butter in pressure cooker. Add pancetta, onion, cauliflower, bell pepper, celery, carrot and garlic. Cook and stir until onion is translucent, 3 to 4 minutes. Add clam juice, wine, salt, pepper, oregano, and thyme. Cover and cook for 7 minutes at 15 pound pressure.

Turn off the heat and wait for the steam gauge to reach zero, then release pressure. Stir in clams and heat through.

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# *Pork Pot Sticker Meatballs*

Recipe 12 – Serves 4

Prep time: 5-10 minutes  
Cook time: 6-10 minutes per batch

## **INGREDIENTS:**

- 1 pound ground pork
- 1/2 pound ground sweet pork sausage
- 1 tablespoon freshly grated gingerroot
- 3 garlic cloves, minced
- 2 eggs, lightly beaten
- 1/4 cup scallions, minced
- 1/3 cup low sodium soy sauce, divided
- 3 tablespoon dry sherry, divided, (or use beef broth)
- 3/4 cup dry white wine, (or use beef broth)
- 3 tablespoons rice vinegar
- 1/2 teaspoon sriracha
- 2 tablespoons sesame oil

**INSTRUCTIONS:** In a medium bowl, combine pork, sausage, gingerroot, garlic, eggs, and scallions; with your very clean hands, lightly but thoroughly work mixture together. Now drizzle 4 tablespoons of soy sauce and 2 tablespoons of sherry on top; blend well into meat mixture.

Dip your hands in warm water and form the mixture into balls about the size of cherry tomatoes. Brown the meatballs on all sides and then set aside.

Prepare dipping sauce: In a small bowl, whisk together vinegar, sriracha, sesame oil and remaining soy sauce and sherry; set aside.

Place the base rack in the pressure cooker, pour in the wine and arrange the meatballs about 1/4 inch apart (you may have to cook them in batches). Place the lid on the cooker, bring the pressure up to 15 pounds and cook for exactly 6 minutes. Turn off the heat, reduce pressure immediately and remove meatballs and serve immediately with dipping sauce.

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# *Cider Herb Chicken Thighs*

Recipe 13 – Serves 4

Prep time: 10-15 minutes

Cook time: 35 minutes

## **INGREDIENTS:**

3 pounds boneless skinless chicken thighs  
3 tablespoons Dijon mustard  
1 tablespoon olive oil  
1/2 cup dry white wine, (or use chicken broth)  
2 tablespoons apple cider vinegar  
2 Granny Smith apples, cored, peeled and quartered  
4 garlic cloves, minced  
sea salt and freshly ground black pepper, to taste  
2 sprigs fresh rosemary  
3 sprigs fresh thyme

**INSTRUCTIONS:** Spread mustard over the thighs. Heat oil in a pressure cooker over medium-high heat; brown the thighs on all sides then remove from cooker and pour off any excess fat. Add the wine and vinegar to the cooker and whisk up all of the browned bits from the bottom of the cooker.

Add apples, garlic, salt and pepper; top with the chicken and scatter the rosemary and thyme sprigs over all. Close the lid securely and bring the pressure to the first red ring over high heat, adjusting heat to stabilize at the first red ring.

Cook for 35 minutes then remove cooker from the heat and release the pressure with natural release method. Open the cooker and test the meat for doneness (it should register 180 degrees on a meat thermometer).

If roast is not yet done, close the cooker and cook for an additional 3 to 5 minutes or until it reaches 180 degrees on a meat thermometer. Remove chicken from cooker and, using a hand blender/mixer, puree the apples and garlic to make a sauce OR transfer to a blender and puree. Serve sauce with chicken.

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# Rosemary Beef

Recipe 14 – Serves 4

Prep time: 5-10 minutes  
Cook time: 50-60 minutes

## INGREDIENTS:

sea salt and freshly ground black pepper, to taste  
1/2 teaspoon dried rosemary  
1/2 teaspoon dried thyme  
4 (1 1/2 pounds) beef shanks  
2 tablespoons olive oil, divided  
6 garlic cloves, peeled  
2 cups low sodium beef broth, divided

**INSTRUCTIONS:** In a small bowl or cup, combine salt, pepper, rosemary and thyme; sprinkle over beef shanks. In a 5- to 7-quart pressure cooker, heat 1 tablespoon of oil over medium-high heat.

Add shanks and cook, in batches, turning occasionally, until lightly browned, about 3 minutes; transfer to a plate and set aside. Remove cooker from heat and cool slightly. Return to medium heat and add remaining oil and the garlic; stir until garlic is barely beginning to color, about 1 minute; immediately add half the broth and bring to a boil, whisking up all of the browned bits from the bottom of the cooker.

Add remaining broth and return shanks to the cooker. Lock the lid in place and bring to high pressure over high heat, adjusting to maintain pressure. Cook for 20 minutes then remove cooker from heat and quick-release the pressure. Open the lid, tilting it away from your face to block any escaping steam. Switch positions of the shanks, from top to bottom.

Lock the lid in place and bring to high pressure. Cook for an additional 20 minutes. Transfer the shanks to a serving platter and cover with aluminum foil wrap to keep warm. Allow cooking liquid to stand for 5 minutes then skim off any fat from the surface; cook, uncovered, until liquid is reduced by half, about 5 minutes, whisking occasionally to help dissolve the garlic. Pour the sauce over the beef shanks and serve immediately.

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# *Creole' Gumbo*

Recipe 15 – Serves 4

Prep time: 15-20 minutes

Cook time: 25-30 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1/2 pound kielbasa, cut into 1/4-inch pieces
- 1 medium onion, chopped
- 1 celery stalk, chopped
- 1 red bell pepper, seeded and chopped
- 2 garlic cloves, minced
- sea salt and freshly ground black pepper, to taste
- 1 1/2 teaspoons Cajun seasoning
- 1 bay leaf
- 3 cups low sodium chicken broth
- 1 (32 ounce) can of whole tomatoes drained and chopped (juice reserved)
- 3 tablespoons almond flour
- 1 tablespoon tomato paste
- 1 cup frozen okra
- 1/2 pound medium shrimp, peeled and deveined
- 2 cups chopped cauliflower florets, steamed

**INSTRUCTIONS:** In a 5- to 7-quart pressure cooker, heat the oil over medium heat; add sausage and cook, stirring often, until lightly browned, about 5 minutes. Stir in onion, celery, bell pepper and garlic; cook, stirring occasionally, until vegetables begin to soften, about 2 minutes. Stir in salt, pepper, Cajun seasoning and bay leaf. Add broth, tomatoes and their juice. Lock the lid in place and bring to high pressure over high heat, adjusting the heat to maintain pressure; cook for 8 minutes.

Meanwhile, in a medium nonstick skillet over medium heat, cook the almond flour, stirring often, until it is toasted and turns light brown, about 5 minutes; transfer to a bowl and set aside. Remove the pressure cooker from the heat and quick-release the pressure. Open the lid, tilting it away from your face to block any escaping steam. Remove bay leaf.

Gradually whisk about 1 1/4 cups of the cooking liquid into the browned flour to make a thin paste then stir this mixture into the cooker. Add the tomato paste and frozen okra and cook, uncovered, occasionally stirring and breaking up the block of okra until it is tender, about 10 minutes. Stir in shrimp and cook just until it turns pink and firm, about 1 minute. To serve, evenly divide hot cooked cauliflower in bowls; spoon gumbo on top.

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# SAVING DINNER

*by Leanne Ely*

## One Pot

*Roasting Pan Recipes (Low Carb)*

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# One Pot

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**Recipe 13: Fennel and Pork Roast**

**Recipe 14: Chipotle Pepper Shrimp**

**Recipe 15: Simple Spiced Salmon**



# *Persian Roasted Chicken*

Recipe 1 – Serves 4

Prep time: 5-10 minutes  
Cook time: 60-90 minutes

## **INGREDIENTS:**

- 2 teaspoons sea salt
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1/2 teaspoon freshly ground black pepper
- 1 orange, juiced
- 1/3 cup pomegranate juice
- 3 to 4 pound chicken, gizzards and neck removed
- 3 tablespoons melted unsalted butter

**INSTRUCTIONS:** Preheat oven to 400 degrees.

In a small bowl, combine first 8 ingredients (salt through pomegranate juice). Then rub chicken down with butter, make sure to get it everywhere even under the skin over the breast. Season evenly with spice and juice mixture and transfer to a roasting pan, breast side up.

Place chicken in oven and cook for 60 to 90 minutes or until the thickest part of the breast reaches 170 degrees. After the first 30 minutes of roasting, lightly tent pan with foil and continue cooking. Once done, remove from oven and allow to rest for 15 minutes before serving. It never hurts to add some of those cooking juices over the top!

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# *Honey Shallot Salmon*

Recipe 2 – Serves 4

Prep time: 5-10 minutes  
Cook time: 20-25 minutes

## **INGREDIENTS:**

2 garlic cloves  
2 medium shallots, chopped  
2 tablespoons olive oil  
1/4 cup honey  
1 teaspoon lemon zest  
sea salt and freshly ground black pepper, to taste  
2 pounds wild caught salmon filets

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a food processor, combine all ingredients **EXCEPT** salmon. Puree until smooth. Place salmon in a roasting pan and generously baste all sides in shallot honey mixture.

Place salmon in oven and roast for 20 to 25 minutes. Until fish easily flakes with fork. Remove and serve.

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# *Autumn Apples with Brats*

Recipe 3 – Serves 4

Prep time: 10-15 minutes

Cook time: 30-40 minutes

## **INGREDIENTS:**

- 2 tablespoons olive oil, divided
- 2 granny smith or Honeycrisp apples, cored and sliced
- 1 large onion, sliced
- 1/2 small head of cabbage, sliced
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon fennel seeds
- 1 teaspoon cinnamon
- 1 cup low sodium chicken broth
- 2 tablespoons apple cider vinegar
- 1 1/2 pounds bratwurst links
- 5 garlic cloves, peeled

**INSTRUCTIONS:** Preheat oven to 380 degrees.

In a large bowl toss together all ingredients (olive oil through garlic).

Place contents into a large roasting pan, evenly spread out.

Place in oven and roast for 30 to 40 minutes or until brats are cooked through and veggies are tender. Serve with a scoop of apples and onions.

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# *Herby Cabernet Roast Beef*

Recipe 4 – Serves 4

Prep time: 5-10 minutes  
Cook time: 20 minutes per pound

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 3 to 4 pound eye of round roast beef
- sea salt and freshly ground black pepper, to taste
- 5 garlic cloves, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 5 tablespoons unsalted butter
- 1 1/2 cups red wine, (or use beef broth)

## **INSTRUCTIONS:** Preheat oven to 400 degrees.

In a large skillet, heat oil over high heat. Season roast with salt and pepper and quickly brown in skillet. Transfer to a roasting pan and rub down with garlic, rosemary, thyme, and oregano.

Place in oven and cook for 20 minutes per pound or until cooked to your desired doneness.

Once done, remove from oven and roasting pan, allow meat to rest for 15 minutes before slicing.

Place roasting pan over a couple burners on stove top, turn heat to medium high on both burners. Add butter and wine to the pan. Bring to a boil and whisk up all the good bits on the bottom. After sauce reduces by nearly half, serve over beef.

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# Maple Berry Lamb Shanks

Recipe 5 – Serves 4

Prep time: 5-10 minutes

Cook time: 40 minutes

## INGREDIENTS:

1 tablespoon olive oil  
1/4 cup maple syrup  
1/4 cup balsamic vinegar  
1 cup frozen mixed berries  
4 garlic cloves, peeled  
1 medium shallot  
1/2 cup red wine, (or use beef broth)  
sea salt and freshly ground black pepper, to taste  
2 pounds lamb shanks

**INSTRUCTIONS:** Preheat oven to 380 degrees.

In a food processor, combine all ingredients **EXCEPT** lamb. Blend until smooth.

Place lamb shanks in a roasting pan and generously slather berry mixture on all sides.

Place in oven and roast for 40 minutes or until cooked to desired doneness. After about 20 minutes, baste with cooking juices on bottom of pan and continue cooking. Once done, remove from oven and let rest for 15 to 20 minutes then serve with cooking juices over the top.

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# *Sticky Garlic Drumsticks*

Recipe 6 – Serves 4

Prep time: 5-10 minutes

Cook time: 1 hour

## **INGREDIENTS:**

1 tablespoon olive oil  
5 tablespoons honey  
4 garlic cloves, peeled  
1 medium shallots  
1/2 cup low sodium chicken  
1/2 cup BBQ sauce  
3 tablespoons apple cider vinegar  
sea salt and freshly ground black pepper, to taste  
2 pounds drumsticks

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a food processor, combine all ingredients **EXCEPT** drumsticks. Puree until smooth.

Place drumsticks in a roasting pan and heavily saturate with garlic mixture. Place in oven and roast for an hour. Baste with cooking juices after about 30 minutes then finish roasting.

Serve with cooking juices.

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# *Bourbon Bacon Pot Roast*

Recipe 7 – Serves 4

Prep time: 5-10 minutes  
Cook time: 2 ½ hours-3 hours

## **INGREDIENTS:**

1/2 pound bacon, chopped  
1 tablespoon butter  
3 pound chuck roast  
3 garlic cloves, minced  
1 medium red onion, diced  
sea salt and freshly ground black pepper, to taste  
1 teaspoon ground coriander  
1/2 teaspoon dried rosemary  
1/2 teaspoon dried thyme  
1/2 cup bourbon of your choice (or use beef broth)  
3/4 cup low sodium beef broth

**INSTRUCTIONS:** Preheat oven to 300 degrees.

Scatter bacon on bottom of roasting pan.

Heat butter in a large skillet over high heat. Season roast with salt and pepper then brown in skillet for a few seconds to a minute per side. Then place on top of bacon.

In a medium bowl, whisk together all remaining ingredients (garlic through broth). Pour all over roast and bacon, then place in oven.

Cook for 2 1/2 to 3 hours or until roast is tender enough to shred with fork.

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# *Lemon Halibut and Broccoli*

Recipe 8 – Serves 4

Prep time: 5-10 minutes  
Cook time: 20-30 minutes

## **INGREDIENTS:**

2 tablespoons butter, melted  
2 pounds halibut fillets (or other firm fleshed white fish)  
1 pound broccoli florets  
1 large lemon, sliced  
sea salt and freshly ground black pepper, to taste  
1 teaspoon garlic powder  
1 teaspoon onion powder

**INSTRUCTIONS:** Preheat oven to 375 degrees.

Lightly grease the bottom of the roasting pan with just a small amount of the butter. Place halibut fillets on bottom of pan, then top with broccoli then top with lemon slices. Drizzle remaining butter over the top of everything and season with salt, pepper, garlic powder and onion powder.

Place in oven and roast for 20 to 30 minutes or until fish flakes easily with fork and broccoli is cooked through.

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# *Compound Butter Pork Chops*

Recipe 9 – Serves 4

Prep time: 5-10 minutes  
Cook time: 45-60 minutes

## **INGREDIENTS:**

- 6 tablespoons room temperature unsalted butter
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon fresh sage
- 1 tablespoon fresh chives
- 1/2 tablespoon fresh rosemary
- 1/2 tablespoon fresh tarragon
- 3 garlic cloves, peeled
- 4 thick cut bone-in pork chops

**INSTRUCTIONS:** Preheat oven to 380 degrees.

In a food processor, combine all ingredients **EXCEPT** pork chops. Puree until smooth. Slather all sides of chops generously with butter mixture. Lay them out on a roasting pan and place in oven.

Roast for 45 to 60 minutes or until chops reach 160 degrees. Remove from oven and allow to rest for 15 minutes. Serve with cooking juice/butter mixture over the top.

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# *Sweet and Salty Vinegar Wings*

Recipe 10 – Serves 4

Prep time: 5-10 minutes

Cook time 1 hour

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 (14 ounce) can tomato sauce
- 1/2 cup brown sugar
- 1/4 cup Worcestershire sauce
- 1/3 cup apple cider vinegar
- 2 tablespoons tomato paste
- 3 garlic cloves, minced
- 1 medium shallot, chopped
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon red pepper flakes
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 2 pounds chicken wings

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a large mixing bowl, combine all ingredients **EXCEPT** wings. Whisk together well. Place wings in a roasting pan and heavily saturate with tomato mixture.

Place in oven and roast for 1 hour. Remove and allow to rest for 10 minutes before serving.

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# *Sorghum Cider Ribs*

Recipe 11 – Serves 4

Prep time: 5-10 minutes

Cook time: 2 hours

## **INGREDIENTS:**

1 cup BBQ sauce  
1/4 cup apple cider vinegar  
3 tablespoons sorghum (or molasses)  
5 garlic cloves, minced  
sea salt and freshly ground black pepper, to taste  
2 tablespoons olive oil  
2 pounds boneless beef ribs

**INSTRUCTIONS:** Preheat oven to 300 degrees.

In a medium bowl, whisk together all ingredients **EXCEPT** ribs. Place ribs in roasting pan and heavily slather mixture on all sides.

Place in oven and roast for 2 hours or until ribs are cooked through and tender enough to shred. Baste in cooking juices every 30 minutes.

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# *Lemon Turmeric Chicken*

Recipe 12 – Serves 4

Prep time: 5-10 minutes + (1 hour marinade)

Cook time: 40-50 minutes

## **INGREDIENTS:**

- 2 large onions, sliced
- 4 garlic cloves, minced
- 3 large lemons, juiced
- 1 1/2 plain Greek yogurt
- 2 teaspoons turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- sea salt and freshly ground black pepper, to taste
- 2 pounds skinless boneless chicken breasts, cubed
- 1 small bunch of cilantro, chopped

**INSTRUCTIONS:** In a small bowl, whisk together all ingredients **EXCEPT** chicken and cilantro. Once fully combined, add chicken to bowl, make sure it's fully saturated in mixture, then cover and place in refrigerator for at least 1 hour or overnight.

At time of cooking, preheat oven to 380 degrees. Take chicken out of refrigerator, and spread over the bottom of a large roasting pan lined with parchment paper.

Place in oven and roast for 40 to 50 minutes or until thickest part of breast reaches 170 degrees.

Serve hot with cilantro on top.

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# *Fennel and Pork Roast*

Recipe 13 – Serves 4

Prep time: 5-10 minutes  
Cook time: 45-60 minutes

## **INGREDIENTS:**

- 2 large bulbs of fennel, sliced
- 1 large onion, sliced
- 1 cup low sodium chicken broth
- 2 tablespoons apple cider vinegar
- 3 tablespoons melted butter, divided
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon ground white pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon ground nutmeg
- 3 to 4 pound pork tenderloin

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a large bowl, toss together all ingredients **EXCEPT** pork and 1 tablespoon of butter. Evenly spread mixture into a large roasting pan, place pork on top, drizzle the last bit of butter over the top, season evenly with salt and pepper.

Place in oven and roast for 45 to 60 minutes or until pork reaches 160 degrees and fennel is tender.

# *Chipotle Pepper Shrimp*

Recipe 14 – Serves 4

Prep time: 5-10 minutes  
Cook time: 30-40 minutes

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 1 (8 ounce) can chipotle peppers in adobo sauce, chopped
- 3 garlic cloves, minced
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 3 pounds of large shrimp, peeled and deveined

**INSTRUCTIONS:** Preheat oven to 380 degrees.

Place all ingredients, **EXCEPT** shrimp, in a food processor and blend until smooth. In a large bowl, toss shrimp with mixture then spread out on a large roasting pan lined with parchment paper.

Roast for 30 to 40 minutes or until shrimp is pink and opaque.

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# *Simple Spiced Salmon*

Recipe 15 – Serves 4

Prep time: 5-10 minutes  
Cook time: 20-30 minutes

## **INGREDIENTS:**

- 1 1/2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/4 teaspoon chili powder
- 2 tablespoons olive oil
- 2 pounds wild caught salmon fillets

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a small bowl, whisk together first 8 ingredients (salt through chili powder).

Lightly grease bottom of roasting pan with just a little bit of oil. Place salmon fillets into roasting pan, brush with remaining oil then season with spice mixture.

Place in oven and roast for 20 to 30 minutes or until salmon is cooked through and flakes easily with fork.

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# SAVING DINNER

*by Leanne Ely*

## One Pot

*Skillet Low Carb Recipes*

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# One Pot

## *Skillet Low Carb Recipes*

**Recipe 1: Cowboy Green Beans and Cauli Rice**

**Recipe 2: Lemon Caper Butter Chicken**

**Recipe 3: Bacon Wrapped Shrimp**

**Recipe 4: Sticky Garlic Steak Stir Fry**

**Recipe 5: Savory Herb Pork Chops**

**Recipe 6: Smoky Shrimp Fajitas**

**Recipe 7: Marinated Lime Chicken**

**Recipe 8: Classic Salisbury Steak**

**Recipe 9: Zesty Pork Chops**

**Recipe 10: Mustard Chicken Thighs**



# *Cowboy Green Beans and Cauli Rice*

Recipe 1 – Serves 4

Prep time: 15-20 minutes

Cook time: 25-35 minutes

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 celery stalks, chopped
- 1 large green bell pepper, seeded and diced
- 4 cups chopped cauliflower florets
- 1 1/2 cups low sodium chicken broth
- 1 (14 ounce) can diced tomatoes
- 3 cups chopped fresh green beans
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- 1 1/2 pounds smoked sausage, sliced

**INSTRUCTIONS:** Heat oil in a large skillet over medium high heat. Add onion and garlic and sauté for 2 minutes. Then add in celery and bell pepper, sauté for another minute.

Add in cauli rice, quickly stir it into veggies then add in broth and tomatoes. Once mixture boils, reduce heat to low and cover with lid. Simmer for 20 to 30 minutes or until most liquid is absorbed and the cauli rice is cooked through.

Add in remaining ingredients, turn heat back up to medium and cook for another 5 minutes, stirring every couple of minutes. Remove from heat and serve.

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# *Lemon Caper Butter Chicken*

Recipe 2 – Serves 4

Prep time: 15-0 minutes

Cook time: 1 hour

## **INGREDIENTS:**

6 tablespoons unsalted butter  
2 large lemons, juiced and zested  
2 tablespoons capers  
3 garlic cloves, minced  
sea salt and freshly ground black pepper, to taste  
1 teaspoon dried thyme  
2 cups thinly sliced potatoes  
2 medium shallots, sliced thin  
2 pounds chicken thighs

**INSTRUCTIONS:** Preheat oven to 350 degrees.

In a medium bowl, whisk together first 6 ingredients (butter through thyme).

In a large bowl, toss together potatoes and shallots. Add half of the butter mixture, toss until fully saturated. In the bottom of an oven safe skillet, layer the zucchini and shallots.

Place chicken thighs on top of potatoes, drizzle remaining butter mixture over the top of chicken and potatoes. Place in oven and roast for 1 hour or until chicken reaches 170 degrees.

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# *Bacon Wrapped Shrimp*

Recipe 3 – Serves 4

Prep time: 5-10 minutes

Cook time: 6 minutes

## **INGREDIENTS:**

1/2 to 1 pound bacon strips, cut in half  
2 pounds of large, peeled and deveined shrimp  
1 tablespoon unsalted butter  
3 garlic cloves, minced  
sea salt and freshly ground black pepper, to taste  
wooden toothpicks

## **INSTRUCTIONS:** Preheat broiler.

Wrap a piece of bacon around edge of each shrimp, secure with toothpick.

Heat butter in a large oven safe skillet over medium high heat. Add garlic, sauté for 2 minutes then remove from heat. Arrange the shrimp in skillet and season with salt and pepper.

Place under broiler. Cook for 1 to 2 minutes. Then flip over to other side and cook another 1 to 2 minutes.

If bacon isn't cooked to desired doneness when you remove from broiler, then remove the shrimp from skillet. Reheat skillet over medium high heat, and use tongs to fry edges of bacon in skillet.

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# *Sticky Garlic Steak Stir Fry*

Recipe 4 – Serves 4

Prep time: 5-10 minutes

Cook time: 10 minutes

## **INGREDIENTS:**

- 1 cup low sodium beef broth
- 2 tablespoons rice vinegar
- 1/4 cup soy sauce
- 1 teaspoon stevia
- sea salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 tablespoon freshly grated ginger
- 2 teaspoons sesame seeds
- 2 pounds flank steak, sliced thin
- 1 bunch of green onions, trimmed and cut into 1 inch pieces
- 1 tablespoon toasted sesame oil

**INSTRUCTIONS:** In a medium bowl, whisk together first 5 ingredients (broth through salt and pepper). Set aside.

Heat oil in a large skillet over medium high heat. Add garlic and ginger, sauté for 2 to 3 minutes, then add in sesame seeds. Sauté another 30 seconds before adding in steak.

Quickly brown steak on all sides, then turn heat down to a low medium. Pour in broth mixture and add in green onions and sesame oil. Cook for another 5 to 7 minutes or until steak is cooked through.

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# *Savory Herb Pork Chops*

Recipe 5 – Serves 4

Prep time: 5-10 minutes

Cook time: 40 minutes

## **INGREDIENTS:**

- 4 tablespoons unsalted butter, divided
- 4 thick cut boneless pork chops
- sea salt and freshly ground black pepper, to taste
- 3 garlic cloves, minced
- 2 cups mushrooms, sliced
- 2 cups dry white wine, (or use chicken broth)
- 1 cup low sodium chicken broth
- 3 sprigs fresh thyme
- 1/4 cup cold water
- 2 tablespoons cornstarch

**INSTRUCTIONS:** Heat 1 tablespoon of butter in a large skillet over medium high heat. Season chops with salt and pepper, then brown for 1 minute on both sides. Remove from pan and add remaining butter.

After butter melts, add in garlic and mushrooms. Sauté for 2 to 3 minutes, then add in wine and broth. Bring to a boil then reduce heat to low. Add pork back to skillet, season everything with a bit more salt and pepper, add sprigs of thyme, cover and cook for 30 minutes or until chops reach 160 degrees and are no longer pink in the middle.

Shortly before serving, whisk cornstarch and water together to create a paste. Whisk paste into skillet and turn heat back up to medium. Cook for 3 to 5 minutes or until sauce thickens nicely. Remove sprigs of thyme before serving.

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# *Smoky Shrimp Fajitas*

Recipe 6 – Serves 4

Prep time: 10-15 minutes

Cook time: 9 minutes

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 large jalapeno, seeded and minced
- 1 large onion, sliced
- 1 large red bell pepper, seeded and sliced
- 1 large green bell pepper, seeded and sliced
- 2 pounds of peeled and deveined shrimp
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon dried oregano

**INSTRUCTIONS:** Heat olive oil in a large skillet over medium high heat. Add in garlic and jalapeno. Sauté for 1 minute then add in onion, sauté for another 1 to 2 minutes. Add in bell peppers and sauté, yet again, for 1 more minute.

Now add in all remaining ingredients. Continue to cook stirring regularly for 5 minutes or until shrimp is cooked through and becomes pink and opaque.

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# *Marinated Lime Chicken*

Recipe 7 – Serves 4

Prep time: 5-10 minutes + (30 minute marinade)

Cook time: 30 minutes

## **INGREDIENTS:**

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 2 large limes, juiced and zested
- 2 cups low sodium chicken broth
- 1 tablespoon apple cider vinegar
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cumin
- 1/4 teaspoon red pepper flakes
- 2 skinless boneless chicken breasts, cut into strips

**INSTRUCTIONS:** In a large bowl, whisk together all ingredients **EXCEPT** chicken. Add chicken to mixture and cover and place in refrigerator to marinate for at least 30 minutes before cooking.

Transfer to a room temperature large skillet. Turn heat onto medium high. After a couple minutes, when mixture begins to boil, turn heat down to low. Cover and simmer for 30 minutes or until chicken reaches 170 degrees. Serve with cooking juices.

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# *Classic Salisbury Steak*

Recipe 8 – Serves 4

Prep time: 5-10 minutes

Cook time: 20 minutes

## **INGREDIENTS:**

- 1 1/2 pounds lean ground beef
- 1/2 cup low carb bread crumbs
- 1 tablespoon tomato paste
- 2 1/4 cups low sodium beef broth, divided
- 1 teaspoon mustard
- 1/4 cup and 1 tablespoon Worcestershire sauce, divided
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon cumin
- 2 tablespoons olive oil
- 1/4 cup cold water
- 2 tablespoons cornstarch

**INSTRUCTIONS:** In a large bowl combine beef, bread crumbs, tomato paste, 1/4 cup broth, mustard, 1 tablespoon Worcestershire sauce, salt, pepper, garlic powder, onion powder and cumin. Using your hands, mix together thoroughly and form 2" patties.

Heat olive oil in a large skillet over medium high heat. Sear for 3 to 5 minutes per side or until patties are cooked through. Remove from skillet and add remaining broth and Worcestershire sauce. Whisk well to get the bits off the bottom of the pan and once the mixture boils, reduce heat to low. Simmer for 10 minutes.

In a small bowl, whisk together water and cornstarch to create a slurry. Whisk paste into broth mixture and turn heat back up to medium. Continue to whisk as mixture begins to boil, and allow to simmer for 3 to 5 minutes or until it fully thickens and reduces. Serve gravy over patties.

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# *Zesty Pork Chops*

Recipe 9 – Serves 4

Prep time: 5-10 minutes  
Cook time: 25-30 minutes

## **INGREDIENTS:**

2 medium shallots  
3 garlic cloves, peeled  
1 cup red wine, (or use beef broth)  
2 tablespoons apple cider vinegar  
1 tablespoon fresh thyme, chopped  
sea salt and freshly ground black pepper, to taste  
2 tablespoons unsalted butter  
1 1/2 pounds pork chops

**INSTRUCTIONS:** In a food processor, combine first 6 ingredients. Blend until smooth.

Heat butter in a large skillet over medium high heat. Season pork with salt and pepper on both sides the brown all sides of chops in butter. Remove pork from skillet and set aside.

Pour mixture into skillet, as soon as it boils turn heat down to low. Add pork back to skillet, cover and simmer for 10 minutes, then turn over pork chops. Cover again and simmer for another 10 to 15 minutes or until pork reaches 160 degrees. Serve with cooking juices.

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# *Mustard Chicken Thighs*

Recipe 10 – Serves 4

Prep time: 5-10 minutes  
Cook time: 40-50 minutes

## **INGREDIENTS:**

3 garlic cloves, peeled  
1 tablespoon olive oil  
2 tablespoons Dijon mustard  
1 tablespoon apple cider vinegar  
1 cup low sodium chicken broth  
sea salt and freshly ground black pepper, to taste  
1 1/2 pounds chicken thighs

**INSTRUCTIONS:** Preheat oven to 375 degrees.

In a food processor, combine all ingredients **EXCEPT** chicken. Place chicken in an oven safe large skillet then fully slather in mustard mixture.

Place in oven and roast for 20 minutes, then flip thighs over and roast for another 20 to 30 minutes or until chicken reaches 170 degrees.

# SAVING DINNER

*by Leanne Ely*

## One Pot

*Stockpot Recipes (Low Carb)*

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# One Pot

## *Stockpot Recipes (Low Carb)*

**Recipe 1: Beef and Broccoli Soup**

**Recipe 2: Zucchini Chicken Bacon Chowder**

**Recipe 3: Chicken Taco Soup**

**Recipe 4: Minestrone Soup**

**Recipe 5: Creamy Broccoli Soup**

**Recipe 6: New Orleans Chili**

**Recipe 7: South of the Border Shrimp Stew**

**Recipe 8: Classic Comfort Chowder**

**Recipe 9: Dublin Cabbage Stew**

**Recipe 10: Extra Chili Chili**

**Recipe 11: Peppered Beef Soup**

**Recipe 12: Creamy Green Chile Chowder**

**Recipe 13: Fire Roasted Stew**

**Recipe 14: Tuscany Sausage Stew**

**Recipe 15: Cheesy Southwestern Chicken Soup**



# *Beef and Broccoli Soup*

Recipe 1 – Serves 4

Prep time: 15-20 minutes

Cook time: 30-45 minutes

## **INGREDIENTS:**

2 pounds beef stew meat, cut into 1-inch pieces  
sea salt and freshly ground black pepper, to taste  
1 tablespoon olive oil  
3 medium shallots, chopped  
2 large carrots, peeled and chopped  
1 cup fresh white mushrooms, chopped  
2 celery stalks, chopped  
3 garlic cloves, minced  
1/2 teaspoon dried thyme  
5 cups low sodium beef broth  
3 tablespoons cooking sherry  
1 cup chopped broccoli florets

**INSTRUCTIONS:** Season stew meat with salt and pepper. Heat olive oil in a large stockpot over medium high heat. Brown stew meat and add in onion, carrots, mushrooms, celery, and garlic. Sauté for 1 to 2 minutes, then add in remaining ingredients. Bring to a boil and then to down to low and simmer for 30 to 45 minutes until meat is cooked through, and veggies are tender. Season with salt and pepper to taste.

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# *Zucchini Bacon Chicken Chowder*

Recipe 2 – Serves 4

Prep time: 15-20 minutes

Cook time: 20-25 minutes

## **INGREDIENTS:**

- 1/2 pound bacon, chopped
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 1 large carrot, peeled and chopped
- 2 garlic cloves, minced
- 1/4 cup almond flour
- 4 cups low sodium chicken broth
- 3 cups chopped zucchini
- 2 cups cooked and cubed chicken meat (use a rotisserie chicken if short on time)
- sea salt and freshly ground black pepper to taste
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon ground nutmeg
- 3 cups heavy cream
- 1 cup cheddar cheese

**INSTRUCTIONS:** Heat bacon in a large stockpot over medium high heat. Add onion, celery, carrot and garlic. Sauté for 3 to 4 minutes or until onion is translucent. Add almond flour to mixture, stir in for about a minute then add broth. Stir well and add all remaining ingredients **EXCEPT** the cream and cheese.

Bring to a boil and reduce heat to low and simmer for 20 minutes or until potatoes are tender. Stir in the cream and cheddar cheese. Be careful not to boil and curdle cheese. Once fully melted and combined, serve.

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# *Chicken Taco Soup*

Recipe 3 – Serves 4

Prep time: 15-20 minutes

Cook time: 30-35 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 large jalapeno, seeded and minced
- 1 large red bell pepper, seeded and cut into strips
- 1 large green bell pepper, seeded and cut into strips
- 1 (14 ounce) can diced tomatoes
- 2 cups chopped cauliflower florets
- 6 cups low sodium chicken broth
- 1 pound boneless skinless chicken breasts, cut into strips
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1 bay leaf
- 1 small bunch cilantro, chopped
- sour cream

**INSTRUCTIONS:** Heat oil in a large stockpot over medium high heat. Add onion, garlic and jalapeno. Sauté for 2 minutes, then add bell pepper strips for another minute. Then add next 10 ingredients (tomatoes through bay leaf). Stir well and bring to a boil.

Turn heat down to low and simmer for 30 minutes. Serve and garnish with cilantro and sour cream.

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# *Minestrone Soup*

Recipe 4 – Serves 4

Prep time: 15-20 minutes

Cook time: 30-35 minutes

## **INGREDIENTS:**

- 1 pound ground Italian sausage
- 1 medium onion, diced
- 3 garlic cloves, minced
- 6 cups low sodium beef broth
- 2 (14 ounce) cans diced tomatoes
- 1 (14 ounce) can tomato sauce
- 1 large zucchini, sliced
- 2 medium carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 large green bell pepper, seeded and diced
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- shredded Parmesan cheese

**INSTRUCTIONS:** In a large stockpot over medium high heat, brown sausage. Add onion and garlic and sauté for 1 to 2 minutes. Drain any grease.

Add next 10 ingredients (broth through basil). Stir together and bring to a boil. Reduce heat to low and simmer for 30 minutes. Serve with Parmesan cheese.

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# *Creamy Broccoli Soup*

Recipe 5 – Serves 4

Prep time: 15-20 minutes

Cook time: 45-50 minutes

## **INGREDIENTS:**

8 strips of bacon, chopped  
1 stick unsalted butter  
1 medium onion, chopped  
2 celery stalks, chopped  
3 garlic cloves, minced  
1/4 cup almond flour  
4 cups low sodium chicken broth  
sea salt and freshly ground black pepper, to taste  
1 teaspoon ground white pepper  
5 cups broccoli florets  
2 1/2 cups heavy cream  
2 cups shredded cheddar cheese

**INSTRUCTIONS:** Heat large stockpot over medium high heat, add bacon to skillet. Sauté until all bacon pieces are cooked through, 4 to 6 minutes. Remove bacon from pot and place on paper towel covered plate. Drain most of the bacon grease from pot, it's ok to leave a little just covering the bottom. Add stick of butter, melt down and then add onion, celery, and garlic. Stir and cook for 2 to 4 minutes or until onion is becoming translucent. Then add almond flour and stir in for 1 minute.

Add broth, salt, pepper, white pepper, and broccoli. Bring to a boil and turn down heat to low and simmer for 30 minutes or until broccoli is tender. Stir in cream and cheese. Cook for another 5 to 10 minutes or until cheese is fully melted and combined.

Serve with the bacon pieces on top.

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# *New Orleans Chili*

Recipe 6 – Serves 4

Prep time: 10-15 minutes

Cook time: 30-40 minutes

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 large green bell pepper, seeded and chopped
- 1 1/2 pounds smoked sausage, sliced
- 3 cups cubed eggplant
- 3 cups low sodium chicken broth
- 1 (14 ounce) can diced tomatoes
- 1 (14 ounce) tomato sauce
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper
- 1 bay leaf

**INSTRUCTIONS:** Heat olive oil in a large stockpot over medium high heat. Add onion, celery, carrots and bell pepper. Sauté for 2 to 3 minutes, add in sausage and cook for another minute. Add all remaining ingredients and turn heat down to low. Simmer for 30 to 40 minutes. Remove bay leaf before serving.

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# *South of the Border Shrimp Stew*

Recipe 7 – Serves 4

Prep time: 10-15 minutes

Cook time: 1 hour

## **INGREDIENTS:**

2 pounds of large shrimp, peeled and deveined  
1 medium onion, diced  
1 medium green bell pepper, seeded and diced  
1 medium red bell pepper, seeded and diced  
1 (16 ounce) jar of salsa  
3 cups low sodium chicken broth  
3 cups cubed zucchini  
sea salt and freshly ground black pepper, to taste  
1 teaspoon cumin  
1 teaspoon cayenne pepper  
1/2 teaspoon chili powder  
1/2 teaspoon dried oregano  
sour cream  
1 medium avocado, peeled, pitted and diced (not till serving)  
1 small bunch of fresh cilantro, chopped

**INSTRUCTIONS:** In a large stockpot, combine all ingredients except sour cream, avocado, and cilantro. Turn heat to low and simmer for 1 hour. Serve with sour cream, avocado, and cilantro.

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# Classic Comfort Chowder

Recipe 8 – Serves 4

Prep time: 15-20 minutes

Cook time: 50-55 minutes

## INGREDIENTS:

- 3 tablespoons unsalted butter
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 tablespoon cornstarch
- 4 cups low sodium chicken broth
- 2 skinless boneless chicken breasts, cubed
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 3 cups chopped cauliflower florets
- 1 cup frozen petite green peas
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground white pepper
- 1/2 cup heavy cream

**INSTRUCTIONS:** Heat butter in a large stockpot over medium high heat. Add onion and garlic, sauté for 2 to 3 minutes. Add in flour and sauté for another minute. Add all remaining ingredients **EXCEPT** heavy cream.

Turn heat down to low and simmer for 40 minutes. Stir in heavy cream and cook for another 10 minutes. Serve hot.

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# *Dublin Cabbage Stew*

Recipe 9 – Serves 4

Prep time: 10-15 minutes

Cook time: 35-40 minutes

## **INGREDIENTS:**

- 1 pound ground Italian sausage
- 3 medium leeks, sliced
- 2 medium carrots, peeled and chopped
- 1 small head cabbage, chopped
- 2 celery stalks, chopped
- 6 cups low sodium chicken broth
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon ground nutmeg

**INSTRUCTIONS:** Heat sausage in a large stockpot over medium high heat. Add leeks and sauté for 2 to 3 minutes. Drain any grease and add remaining ingredients. Stir and turn heat on low. Simmer for 35 to 40 minutes until veggies are tender.

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# *Extra Chili Chili*

Recipe 10 – Serves 4

Prep time: 5-10 minutes

Cook time: 1 hour

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 medium onion chopped
- 3 cups tomato juice
- 1 (32 ounce) can crushed tomatoes
- 1 large green bell pepper, seeded and diced
- 1 large jalapeno, seeded and chopped
- 1 (14 ounce) can diced tomatoes
- 2 (4 ounce) cans diced green chilies
- 1 cup cubed zucchini
- 2 cups cauliflower florets
- sea salt and freshly ground black pepper, to taste
- 2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- sour cream
- shredded cheddar cheese

**INSTRUCTIONS:** In a large stockpot over medium heat, combine all ingredients **EXCEPT** sour cream and cheese. As soon as chili begins to boil, turn heat down to low. Simmer for 1 hour and serve with sour cream and cheddar cheese on top.

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# Peppered Beef Soup

Recipe 11 – Serves 4

Prep time: 5-10 minutes  
Cook time: 45-60 minutes

## INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 1/2 pounds ground beef
- 1 large jalapeno, seeded and minced
- 1 (14 ounce) can diced tomatoes
- 1 large green bell pepper, seeded and diced
- 4 cups low sodium beef broth
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1 cup half and half
- 2 cups shredded pepper jack cheese
- sour cream

**INSTRUCTIONS:** Heat oil in a large stockpot over medium high heat. Add onion and garlic, sauté for 1 to 2 minutes, then add in beef. Brown all over and drain any grease.

Stir in all remaining ingredients **EXCEPT** half and half, cheese, and sour cream. Turn down to low and simmer for 45 to 60 minutes. Stir in half and half and cheese, allow to simmer for another 5 to 10 minutes, then serve with sour cream on top.

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# *Creamy Green Chile Chowder*

Recipe 12 – Serves 4

Prep time: 5-10 minutes  
Cook time: 40-50 minutes

## **INGREDIENTS:**

2 pounds ground turkey, browned and drained  
1 medium onion, diced  
1 1/2 cups frozen cauliflower florets  
1 cup cubed zucchini  
2 (14 ounce) cans diced tomatoes with green chilies  
4 cups low sodium chicken broth  
sea salt and freshly ground black pepper, to taste  
1 teaspoon cayenne pepper  
1 teaspoon paprika  
1 teaspoon garlic powder  
1 teaspoon cumin  
1 small bunch of cilantro, chopped  
1 1/2 cups sour cream  
shredded Mexican blend cheese

**INSTRUCTIONS:** Place all ingredients **EXCEPT** sour cream, cilantro and cheese, into a large stockpot over medium heat. Once it starts to boil, turn down heat to low and simmer for 40 minutes. Stir in sour cream and simmer for another 10 minutes. Serve with cilantro and cheese on top.

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# *Fire Roasted Stew*

Recipe 13 – Serves 4

Prep time: 10-15 minutes

Cook time: 1 hour

## **INGREDIENTS:**

- 1 tablespoon olive oil
- 2 pounds sirloin steak, cubed
- sea salt and freshly ground black pepper, to taste
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 large green bell pepper, seeded and diced
- 2 celery stalks, chopped
- 2 (14 ounce) cans fire roasted tomatoes
- 1 (8 ounce) can chipotle peppers in adobo sauce, chopped
- 3 cups low sodium beef broth
- 1 (14 ounce) can tomato sauce
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- sour cream

**INSTRUCTIONS:** Heat oil in a large stockpot over medium high heat. Season steak with salt and pepper and brown in stock pot. Remove and add onion and garlic. Sauté for 3 minutes then add in bell pepper and celery, cook for another minute.

Add in all remaining ingredients **EXCEPT** sour cream. Add beef back to pot and season with salt and pepper to taste. Stir together well, and turn heat down to low. Simmer for an hour and serve with sour cream.

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# *Tuscany Sausage Stew*

Recipe 14 – Serves 4

Prep time: 10-15 minutes

Cook time: 20-30 minutes

## **INGREDIENTS:**

- 1 1/2 pounds spicy Italian sausage
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 large carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 medium red bell pepper, seeded and diced
- 1 (14 ounce) can diced tomatoes
- 1 (14 ounce) can tomato sauce
- 3 cups low sodium beef broth
- 2 tablespoons tomato paste
- sea salt and freshly ground black pepper to taste
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes

**INSTRUCTIONS:** Heat sausage in a large stockpot over medium high heat. Brown for about 1 minute then add in onion and garlic. Cook for another 2 to 3 minutes, and drain grease. Add in all remaining ingredients (carrot through pepper flakes). Stir well to combine, and turn heat down to medium low. Simmer for 20 to 30 minutes or until veggies are tender.

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# *Cheesy Southwestern Chicken Soup*

Recipe 15 – Serves 4

Prep time: 10-15 minutes

Cook time: 40 minutes

## **INGREDIENTS:**

- 2 tablespoons unsalted butter
- 1 large onion, diced
- 3 garlic cloves, minced
- 1 large jalapeno pepper, seeded and minced
- 2 large green bell peppers, seeded and diced
- 4 large tomatillos, chopped
- 2 skinless boneless chicken breasts, cubed
- 3 cups low sodium chicken broth
- 2 (4 ounce) can of green chilies
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 2 cups heavy cream
- 1 cup shredded cheddar cheese
- 1 cup shredded pepper jack cheese

**INSTRUCTIONS:** Heat butter in a large stockpot over medium high heat. Add onion, garlic, and jalapeno. Sauté for 2 minutes and add in green bell pepper and tomatillos. Cook for another minute then add in next 6 ingredients (chicken through paprika). As soon as it begins to boil, turn heat down to low and simmer for 30 minutes.

After 30 minutes, add in heavy cream and cheese. Stir in well and cook for another 10 minutes before serving.

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# SAVING DINNER

*by Leanne Ely*

## 10 Low Carb One-Pot *Desserts*

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## 10 Low Carb One-Pot Desserts

**Recipe 1: Pumpkin Ginger Pudding**

**Recipe 2: Vanilla Cheesecake**

**Recipe 3: Chocolate Chocolate Chip Cake**

**Recipe 4: Cinnamon Cherry Crumble**

**Recipe 5: Ginger Chocolate Almond Clusters**

**Recipe 6: Warm Clove and Cinnamon Pumpkin Cake**

**Recipe 7: Blackberry Peach Cobbler**

**Recipe 8: Chocolate Nutmeg Bread Pudding**

**Recipe 9: Ginger Pears**

**Recipe 10: Sea Salt Chocolate Fudge**



# *Pumpkin Ginger Pudding*

Recipe 1 – Serves 4

Prep Time: 10 minutes

Cook Time: 8 minutes (+ 4 hours cooling)

## **INGREDIENTS:**

1 ¼ cups heavy cream  
¼ cup water  
½ teaspoon liquid stevia  
½ cup pure pumpkin puree  
1 teaspoon cinnamon  
¼ teaspoon ground ginger  
pinch sea salt  
2 cups whipped cream

**INSTRUCTIONS:** To get the pressure cooker ready, add one cup of water and the steamer basket and set aside.

In a medium heat proof bowl (that will fit into the one pot cooker) whisk together all the ingredients except the whipped cream. Place the bowl, covered in foil, in the instant pot over the water bath and steamer basket. Lock the lid in place and cook on HIGH pressure for 8 minutes.

Once the cook time is up, turn off the cooker and let stand for 30 minutes, or until the pressure has gone down. Release the lid and let it rest an additional 5 minutes.

Remove the bowl of pudding and gently fold the mixture with a wooden spoon. Chill in the refrigerator, covered with cling wrap, for at least 3 hours before folding in the whipped cream. Once the whipped cream is folded in, serve.

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# *Vanilla Cheesecake*

Recipe 2 – Serves 4

Prep Time: 15 minutes

Cook Time: 40 minutes (+3 hours chill time)

## **INGREDIENTS:**

- 1 cup ground up sugar and gluten free vanilla cookies
- 4 tablespoons melted unsalted butter
- 2 (8 ounce) packages cream cheese, softened
- 1/4 teaspoon sea salt
- 2 tablespoons sour cream
- 1/2 teaspoon liquid stevia
- 2 large eggs
- 1 large egg yolk
- 1 teaspoon vanilla
- 2 cups water

**INSTRUCTIONS:** In a parchment-lined cheesecake pan, once that will fit into your instant pot, mix together the cookie crumbs and the melted butter. Press into the bottom of the pan and set aside.

In a food processor, pulse together the cream cheese through stevia, until smooth. Add in the eggs through vanilla and continue to puree until completely smooth and velvety. Pour the cheesecake batter into the crust lined cheesecake pan. Completely cover the entire pan with foil and set aside.

Pour 2 cups of water into the one pot cooker. Place the trivet inside the pot and then place the foil wrapped cheesecake pan inside, making sure there is space around the edges for the steam to rise. Lock the lid in place and cook the cheesecake on HIGH pressure for 40 minutes. Allow to rest once the time is up by turning off the pressure and allowing it to naturally release the pressure inside the pot. Once the pressure is released, take off the lid and allow the cheesecake to come to room temp. Remove from the pot once cooled and then place in the refrigerator for at least 3 hours to set. Remove from the fridge, un-pan and serve.

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# *Chocolate Chocolate Chip Cake*

Recipe 3 – Serves 4

Prep Time: 15 minutes

Cook Time: 45 minutes

## **INGREDIENTS:**

$\frac{3}{4}$  cup almond flour  
 $\frac{1}{4}$  cup dark chocolate chips  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon sea salt  
3 tablespoons cocoa powder  
3 tablespoons unsalted butter, softened  
 $\frac{1}{2}$  teaspoon stevia  
1 large egg  
 $\frac{1}{4}$  cup water  
 $\frac{1}{4}$  cup heavy cream  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{2}$  teaspoon vanilla extract

**INSTRUCTIONS:** In a medium bowl, whisk together the flour through the cocoa powder and set aside.

In a stand mixer, beat together the butter and stevia until light and fluffy. Add in the egg and mix until smooth.

In a separate medium bowl, stir together the water through the vanilla. Alternate adding in the wet and dry ingredients to the mixer. Do not over mix. Pour the batter into a greased 6" cake pan and tap to release all the air bubbles and then set aside.

In the one pot cooker, place the trivet and place the cake on top. Lock the lid into place and then cook on the pressure cooker setting on LOW for 40 to 45 minutes. Release the pressure with the natural method and then remove the lid. Let the cake cool to room temp and then remove from the one pot cooker. Slice and serve.

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# *Cinnamon Cherry Crumble*

Recipe 4 – Serves 4

Prep Time: 10 minutes

Cook Time: 2 hours

## **INGREDIENTS:**

4 cups frozen cherries  
½ cup coconut sugar  
1/4 teaspoon sea salt  
1 1/2 teaspoons cinnamon, divided  
2/3 cup chopped almonds  
1/4 cup almond flour  
1 teaspoon powdered stevia  
4 tablespoons unsalted butter, softened  
1 teaspoon vanilla extract  
4 large scoops low carb vanilla ice cream

**INSTRUCTIONS:** In the bottom of the crock cooker, mix together the cherries through the cinnamon in an even layer.

In a medium bowl mix together the almonds through the stevia until combined. Mix in the butter and vanilla to the dry ingredients until a crumble forms. Sprinkle the crumble over the berries and then cover the crock cooker with the lid. Cook the mixture on LOW for 2 hours. Serve over the ice cream.

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# *Ginger Chocolate Almond Clusters*

Recipe 5 – Serves 4

Prep Time: 10 minutes

Cook Time: 2 hours

## **INGREDIENTS:**

16 ounces unsalted almonds  
16 ounces salted almonds  
2 (12-ounce bags) semisweet chocolate chips  
2 (10-ounce bags) dark chocolate chips  
2 cups heavy cream  
1/2 teaspoon minced dried ginger

**INSTRUCTIONS:** Layer all the ingredients into the crock cooker and cover with the lid. Cook on LOW for 2 hours. Scoop out the mixture with two spoons and drop onto a parchment lined sheet pan. Let cool completely before serving.

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# *Warm Clove and Cinnamon Pumpkin Cake*

Recipe 6 – Serves 4

Prep Time: 15 minutes  
Cook Time: 2 ½ to 3 hours

## **INGREDIENTS:**

½ cup unsalted butter, softened  
1 cup coconut sugar  
3 eggs, room temperature  
15 ounces pure pumpkin puree  
1½ cups almond flour  
1½ teaspoon baking powder  
1½ teaspoon baking soda  
½ teaspoon ground cinnamon  
½ teaspoon pumpkin pie spice  
⅛ teaspoon ground cloves  
½ teaspoon sea salt

**INSTRUCTIONS:** Grease the inside of the crock cooker.

In a stand mixer, cream together the butter and coconut sugar until fluffy. Add in the eggs and beat until smooth. Next add in the pumpkin and mix once more.

In a separate medium bowl, whisk together the remaining ingredients. Mix into the wet ingredients until just combined. Pour into the crock cooker and smooth into an even layer. Cover the cooker with the lid and cook on LOW for 2 ½ to 3 hours. Or until the cake is cooked through. Serve hot.

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# *Blackberry Peach Cobbler*

Recipe 7 – Serves 4

Prep Time: 15 minutes  
Cook Time: 4 to 6 hours

## **INGREDIENTS:**

3 pounds fresh peaches, sliced  
1 cup frozen blackberries  
3/4 cup unsweetened peach butter  
1/4 cup water  
1 cup coconut sugar, divided  
1 1/4 teaspoon sea salt, divided  
1 teaspoon cinnamon  
1/4 teaspoon ground clove  
1 1/2 cups almond flour  
3/4 cup almond meal  
1 tablespoon baking powder  
1 1/4 cup heavy cream  
1/2 cup unsalted butter, melted

**INSTRUCTIONS:** In a crock cooker, mix together the peaches through the 1/4 cup coconut sugar and 1/4 teaspoon salt. Spread out into an even layer.

In a separate bowl mix together the remaining coconut sugar, salt, cinnamon, clove, almond flour, almond meal and baking powder. Whisk in the cream and butter until smooth. Spread the batter in an even layer over the peaches and then place the lid on the cooker. Cook on HIGH for 4 to 6 hours, or until the cobbler is cooked through and set. Serve hot.

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# *Chocolate Nutmeg Bread Pudding*

Recipe 8 – Serves 4

Prep Time: 15 minutes (+ 1 hour chill time)

Cook Time: 3 hours

## **INGREDIENTS:**

3 large eggs  
½ teaspoon liquid stevia  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
2 cups heavy whipping cream  
1 teaspoon vanilla  
2 tablespoons unsalted butter, melted  
1 loaf (1 pound) low carb bread, cut into 1-inch cubes  
½ cup dark chocolate chips  
½ cup chopped pecans, toasted

**INSTRUCTIONS:** In a large bowl, whisk together the eggs through the butter. Add in the bread and chocolate chips and then stir coat on all sides. Pour the contents into a greased soufflé dish. Cover the dish and refrigerate for at least 1 hour for the bread to absorb the liquid.

Pour 2 cups of water into the bottom of a crock cooker. Place the trivet into the bottom of the crock cooker. Place the soufflé dish on top of the trivet and cover the cooker with the lid. Cook on HIGH for 3 hours, or until the bread pudding is cooked through. Top with chopped pecans and serve.

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# *Ginger Pears*

Recipe 9 – Serves 4

Prep Time: 10 minutes  
Cook Time: 2 ½ to 3 hours

## **INGREDIENTS:**

- 6 large pears, peeled and sliced
- 1 cup coconut sugar
- 1 tablespoon cinnamon
- 1/8 teaspoon nutmeg
- 1 teaspoon chopped dried ginger
- 1 teaspoon sea salt
- 3 tablespoons cornstarch
- 4 tablespoons unsalted butter, sliced
- 4 large scoops low carb vanilla ice cream

**INSTRUCTIONS:** In a crock cooker, mix all the ingredients together except the ice cream. Place the lid on the crock cooker and cook on LOW for 2 ½ to 3 hours, or until the pears are tender and the sauce has thickened. Top the ice cream with the pears and serve.

# *Sea Salt Chocolate Fudge*

Recipe 10 – Serves 4

Prep Time: 5 minutes

Cook Time: 1 hour and 10 minutes (+ 2 hours cooling time)

## **INGREDIENTS:**

2 cups dark chocolate chips  
¼ cup heavy whipping cream  
½ teaspoon liquid stevia  
½ cup semi sweet chocolate chips  
1 teaspoon coarse sea salt

**INSTRUCTIONS:** In a crock cooker stir together the dark chocolate chips, cream and stevia. Cover the crock cooker with the lid and then cook on HIGH for 1 hour.

Stir in the semi sweet chocolate chips and then recover the crock cooker with the lid. Continue to cook for 10 minutes.

Turn off the heat and pour the fudge mixture into a greased 8x8 baking pan. Sprinkle over the sea salt and then let set up for at least 2 to 3 hours. Slice and serve.

**Please check with your doctor before beginning this or any other diet program.**

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