



PALEO CROCK COOKER BUNDLE



Full Bloom 2021 eBook

SAVING DINNER

with



Paleo Crock Cooker E book Volume 1

Welcome to the Paleo Crock Cooker Ebook - Volume 1

We love our crock cookers here at Saving Dinner, and since I've started eating Paleo I thought: why not combine the two? I know crock cookers have grown over the years, so these recipes are written for 6 people or more. Enjoy!

Love,
Leanne

Week 1	Day 1: Turkey, Spinach and Sweet Potato Chowder , add a big salad Day 2: Easy Beef Wraps , with a big spinach salad Day 3: Fiesta Chicken , serve over Cauli-Rice and add a big salad Day 4: Creamy Onion Pork Tenderloin , with baked butternut squash and Shredded Brussels Sprouts Day 5: Tomato Basil Beef Roast , serve over spaghetti squash and add a mixed baby greens salad Day 6: Creamy Thai Chicken Soup , with a big spinach salad and raw baby carrots
Week 2	Day 1: Beef and Onion Soup , add a stir-fried veggie medley Day 2: Creamy Dijon Pork , with baked sweet potatoes and steamed green beans Day 3: Spicy Lemon Lime Turkey , serve over Cauli-Rice and add steamed broccoli spears Day 4: Spicy Bison Salad , is a complete meal on its own Day 5: Shrimp in Mushroom Red Sauce , serve over spaghetti squash and add a big salad Day 6: Easy Lemon Herb Chicken , with steamed asparagus and mashed rutabagas
Week 3	Day 1: Chicken and Vegetable Stuffed Poblano Peppers , with a big spinach salad Day 2: Cajun Beef Sausage Stew , serve over Cauli-Rice and add braised collard greens Day 3: Spicy Halibut with Leeks and Kale , with a big salad Day 4: Pomegranate Turkey Breast , add Turnip Fries and steamed green beans Day 5: Slow Cooker Asian Pork "Stir-Fry" , serve over baby Bok Choy and add steamed baby carrots Day 6: Creamy Crab Stuffed Sweet Potatoes , with a red lettuce salad
Week 4	Day 1: Spicy Paleo Pineapple Chicken , serve over Cauli-Rice and add steamed broccoli spears Day 2: Sweet and Savory Asian Beef Pot Roast , with stir-fried zucchini, yellow squash, and snow peas Day 3: Sweet and Tangy Onion Chops , add baked butternut squash and steamed baby Brussels sprouts Day 4: Lamb and Vegetable Curry , is a complete meal on its own Day 5: Thai Chicken with Jasmine Cauli-Rice , add steamed broccoli spears Day 6: Honey Lime Salmon Salad , with lemony cucumber and avocado

Leanne's Basic Vinaigrette

Makes 1/4 cup

3 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
1 clove garlic, pressed
Pinch of dried basil
Pinch of dried oregano

Mix all together, use 1 tablespoon per salad.

Prepared Cauli-Rice

Process cauliflower in a blender or food processor until it resembles grains of rice.

Steam "rice" till tender; drain

Salt and pepper to taste and fluff with a fork.

Paleo Crock Cooker E book Volume 1 – Shopping List – Week 1

Day 1: Turkey, Spinach and Sweet Potato Chowder,
add a big salad

Day 2: Easy Beef Wraps, with a big spinach salad

Day 3: Fiesta Chicken, serve over Cauli-Rice and add a big salad

Day 4: Creamy Onion Pork Tenderloin, with baked butternut squash and Shredded Brussels Sprouts

Day 5: Tomato Basil Beef Roast, serve over spaghetti squash and add a mixed baby greens salad

Day 6: Creamy Thai Chicken Soup, with a big spinach salad and raw baby carrots

SHOPPING LIST:

PROTEIN

- 1 pound extra lean ground beef [D2]
- 1 1/2 pounds extra lean beef shoulder roast [D5]
- 1 pound pork tenderloin [D4]
- 3 pounds boneless skinless chicken breast meat [D3,D6]
- 1 pound extra lean ground turkey [D1]

CONDIMENTS

- Cider vinegar (2 tablespoons) (optional) [D5]
- Coco-aminos (2 tablespoons) [D2]
- Fish sauce (1 tablespoon) (in Asian section of grocery store) [D2]
- Salsa (2 cups) [D3]
- Dry white wine (1/2 cup) (or use vegetable broth) [D1]
- **Extra virgin olive oil [D1,D2,D3,D5,D6]
- **Coconut oil [D4,D5]
- **Balsamic vinegar [D1,D2,D3,D5,D6]

CANNED GOODS

- Low sodium chicken broth (1 1/2 cups) [D6]
- Low sodium beef broth (1 cup) [D5]
- Low sodium vegetable broth (3 cups plus 1/2 cup if not using dry white wine) [D1,D4]
- 1 (14.5-oz.) can diced tomatoes [D2]
- Crushed tomatoes (8 ounces) [D3]
- Tomato sauce (2 cups) [D2,D5]
- Tomato paste (3 tablespoons) [D5]
- Coconut milk, unsweetened (3 1/2 cups) [D1,D4,D6]
- Coconut cream (1/2 cup) [D1]

PRODUCE

- Onions (1 1/2 cups sliced plus 2 cups chopped plus 1 cup diced) [D1,D2,D3,D4,D6]
- Red onions (1 cup chopped) **Additional [D5]
- Garlic (24 cloves) **Additional [D1,D2,D3,D4,D5,D6]
- Leeks (1 cup chopped) [D5]
- Sweet potatoes (2 cups cubed) [D1]
- Green onions (2 tablespoons chopped) [D6]
- Carrots (1 cup sliced) [D1]
- Butternut squash (1 cup chopped) **Additional [D3,D4]
- Eggplant (1 cup chopped) [D3]
- Green bell peppers (1 cup chopped) [D2]
- White button mushrooms (2 1/2 cups sliced) [D4,D6]
- Spinach (2 cups chopped) **Additional [D1,D2,D6]
- Romaine lettuce (12 to 16 leaves) [D2]
- Cilantro (1 cup plus 3 tablespoons chopped) [D3,D6]
- Lemons (2 tablespoons zest) [D6]
- Limes (1/4 cup juice) [D3,D6]
- **Spaghetti squash [D5]
- **Cauliflower [D3]
- **Brussels sprouts, large [D4]
- **Baby carrots [D6]
- **Avocado [D5]
- **Mixed baby greens [D5]
- **Lettuce (not Iceberg, no nutrition) [D1,D3]
- **Salad veggies (your choice) [D1,D3]

SPICES

- Sea salt [D2,D3,D4,D5]
- Black peppercorns [D2,D3,D4,D5]
- Herbes de Provence [D1]
- Crushed red pepper flakes [D1]
- Basil [D1,D2,D3,D4,D5,D6]
- Oregano [D1,D2,D3,D4,D5,D6]
- Thyme [D2]
- Chili powder [D3]
- Ground cumin [D3]
- Marjoram [D4]
- Cayenne pepper [D6]
- **Ground nutmeg [D4]

DAIRY CASE

- **Ghee (clarified butter) (or use coconut oil) [D4]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Turkey, Spinach and Sweet Potato Chowder

Day 1 – Serves 8-10

INGREDIENTS:

1 pound extra lean ground turkey
2 cups peeled and cubed sweet potatoes
1 cup sliced carrots
1 cup chopped onion
4 cloves garlic, pressed
1 tablespoon Herbes de Provence

1/2 teaspoon crushed red pepper flakes
2 1/2 cups low sodium vegetable broth
1/2 cup dry white wine, or use additional vegetable broth
1 cup unsweetened coconut milk
1/2 cup coconut cream
2 cups chopped spinach



INSTRUCTIONS:

Place first 10 ingredients (ground turkey through coconut milk) in slow cooker; stir to blend well. Cover and cook on HIGH for 6 to 8 hours or until turkey is done and potatoes are tender. Stir in coconut cream until well blended into chowder. Stir in spinach until wilted. Serve immediately.

SERVING SUGGESTION: A big salad tossed with Leanne's Basic Vinaigrette.

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Easy Beef Wraps

Day 2 – Serves 6-8

INGREDIENTS:

1 pound extra lean ground beef
1 cup diced onion
6 cloves garlic, pressed
1 cup chopped green bell pepper
1 (14.5-oz.) can diced tomatoes
1 cup tomato sauce

2 tablespoons coco-aminos
1 tablespoon fish sauce
1 teaspoon dried thyme
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
12 to 16 Romaine lettuce leaves



INSTRUCTIONS:

Place all ingredients in slow cooker, except lettuce leaves; stir to blend well. Cover and cook on LOW for 6 to 8 hours. With a slotted spoon, scoop mixture into lettuce leaves. Serve immediately.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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Fiesta Chicken

Day 3 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed	8 ounces crushed tomatoes
3 cloves garlic, pressed	1 cup chopped onion
1 tablespoon chili powder	1 cup peeled and chopped butternut squash
2 teaspoons ground cumin	1 cup chopped eggplant
3 tablespoons chopped cilantro	2 cups salsa
	2 tablespoons lime juice



INSTRUCTIONS:

Place all ingredients in slow cooker; stir to blend well. Cover and cook on LOW for 8 to 10 hours.

SERVING SUGGESTION: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; salt and pepper to taste and fluff with a fork). Add a big salad tossed with Leanne's Basic Vinaigrette.

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Creamy Onion Pork Tenderloin

Day 4 - Serves 6

INGREDIENTS:

1 pound pork tenderloin, cut into 1-inch slices	2 teaspoons dried basil
3 cloves garlic, pressed	1 teaspoon dried marjoram
1 teaspoon sea salt	1 cup sliced onion
1 teaspoon freshly ground black pepper	1 cup sliced white button mushrooms
1 tablespoon dried oregano	1/2 cup low sodium vegetable broth
	1 cup coconut cream



INSTRUCTIONS:

Place pork tenderloin in slow cooker and toss in garlic, salt, pepper, oregano, basil, and marjoram. Add onion and mushrooms then pour broth over the top. Cover and cook on LOW for 6 to 8 hours or until pork is fork- tender. Stir in coconut cream and heat through; serve.

SERVING SUGGESTION: Baked butternut squash and Shredded Brussels Sprouts (cut large Brussels sprouts in half lengthwise then thinly slice, cut sides down; sauté in ghee or coconut oil over medium heat until tender; toss with salt, pepper and a dash of ground nutmeg).

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Tomato Basil Beef Roast

Day 5 - Serves 6

INGREDIENTS:

1 1/2 pounds extra lean beef shoulder roast, cubed
1 cup tomato sauce
1 cup low sodium beef broth
2 tablespoons cider vinegar, optional
1 cup chopped red onion

1 cup chopped leeks
4 cloves garlic, pressed
2 tablespoons dried basil
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
3 tablespoons tomato paste



INSTRUCTIONS:

Place all ingredients in slow cooker; stir well to blend. Cover and cook on LOW for 6 to 7 hours or until beef is fork-tender.

SERVING SUGGESTION: Serve beef and sauce over Spaghetti Squash "Noodles" (cut squash in half lengthwise and place on a lightly oiled baking sheet, cut sides down. Bake in a preheated 375-degree oven until tender. Remove from oven and set aside to cool slightly. Scoop out seeds then, using a fork, scrape squash out of its shell in long, thin [spaghetti-like] strands). Add a big salad of mixed baby greens, sliced red onion and avocado, tossed with Leanne's Basic Vinaigrette.

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Creamy Thai Chicken Soup

Day 6 - Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch strips
1 1/2 cups low sodium chicken broth
1 1/2 cups unsweetened coconut milk
2 tablespoons lime juice
4 cloves garlic, pressed

1 1/2 cups sliced white button mushrooms
1/2 cup sliced onion
2 tablespoons lemon zest
2 tablespoons chopped green onion
1/4 teaspoon cayenne pepper
1 cup chopped cilantro



INSTRUCTIONS:

Place all ingredients in slow cooker, except cilantro; stir well to blend. Cover and cook on LOW for 6 to 8 hours or until chicken is fork-tender. Stir in chopped cilantro then serve.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette; add a bowl of raw baby carrots.

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Paleo Crock Cooker E book Volume 1 – Shopping List – Week 2

Day 1: Beef and Onion Soup, add a stir-fried veggie medley

Day 2: Creamy Dijon Pork, with baked sweet potatoes and steamed green beans

Day 3: Spicy Lemon Lime Turkey, serve over Cauli-Rice and add steamed broccoli spears

Day 4: Spicy Bison Salad, is a complete meal on its own

Day 5: Shrimp in Mushroom Red Sauce, serve over spaghetti squash and add a big salad

Day 6: Easy Lemon Herb Chicken, with steamed asparagus and mashed rutabagas

SHOPPING LIST:

PROTEIN

1 pound beef roast [D1]

1 pound lean ground bison (or ground beef, lamb, turkey) [D4]

1 pound pork shoulder roast [D2]

2 1/2 pounds chicken pieces [D6]

4 (6-oz.) boneless skinless turkey breast cutlets [D3]

1 pound large shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Cider vinegar (1 tablespoon plus more if not using red wine) [D2,D5]

White wine vinegar (if not using dry white wine) [D2]

Balsamic vinegar (2 tablespoons) **Additional [D5]

Dijon mustard (2 tablespoons) [D2]

Salsa (2 [16-oz.] jars plus 1/2 cup) [D3,D4]

Coco-aminos (2 tablespoons) [D1]

Fish sauce (1 tablespoon) (in Asian section of grocery store) [D1]

Dry white wine (1 cup) (or use white grape juice/white wine vinegar) [D2]

Red wine (1/2 cup) (or use red grape juice/cider vinegar) [D5]

**Coconut oil [D5]

**Extra virgin olive oil [D5]

CANNED GOODS

Low sodium beef broth (4 cups) [D1]

Low sodium vegetable broth (6 1/2 cups) [D2,D3,D4]

1 (14.5-oz.) can crushed tomatoes [D5]

1 (6-oz.) can tomato paste [D5]

White grape juice (1 cup, if not using dry white wine) [D2]

Red grape juice (1/2 cup, if not using red wine) [D5]

Coconut milk, unsweetened (1/2 cup) [D2]

**Coconut cream (if not using ghee) [D6]

FREEZER

1 pound large shrimp, peeled and deveined (if not using fresh) [D5]

PRODUCE

Onions (4 cups sliced plus 3 cups chopped) [D1,D3,D4,D6]

Red onions (1 cup chopped plus optional garnish plus 1/2 cup diced) [D2,D4,D5]

Garlic (24 cloves) **Additional [D1,D2,D4,D5,D6]

Green bell peppers (1 cup chopped) [D3]

Jalapenos (2 tablespoons chopped plus 1 teaspoon diced) [D3,D4]

Pumpkin (2 cups diced) [D4]

White button mushrooms (1 cup sliced) **Additional [D1,D5]

Avocado (optional garnish) [D4]

Tomatoes (optional garnish) [D4]

Spinach (8 ounces) [D4]

Lemons (1 whole plus 2 tablespoons juice plus 1 teaspoon zest) [D3,D6]

Limes (1/4 cup juice plus 1 tablespoon zest) [D3]

Italian parsley (2 tablespoons chopped) [D1]

Cilantro (1/2 cup chopped) [D4]

**Sweet potatoes [D2]

**Spaghetti squash [D5]

**Green beans [D2]

**Asparagus [D6]

**Cauliflower [D3]

**Broccoli [D3]

**Rutabagas [D6]

**Zucchini [D1]

**Yellow squash [D1]

**Red bell peppers [D1]

**Lettuce (not Iceberg, no nutrition) [D5]

**Salad veggies (your choice) [D5]

SPICES

Sea salt [D3,D5,D6]

Black peppercorns [D3,D5,D6]

Herbes de Provence [D1]

Dry mustard [D2]

Marjoram [D2]

Chipotle chili powder [D3]

Chili powder [D4]

Ground cumin [D4]

Oregano [D4,D5,D6]

Basil [D5,D6]

Cayenne pepper [D4]

Rosemary [D6]

Thyme [D6]

**Ground nutmeg [D6]

DAIRY CASE

**Ghee (clarified butter) (or use coconut cream) [D6]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Beef and Onion Soup

Day 1 – Serves 6

INGREDIENTS:

1 pound beef roast, trimmed of fat
6 cloves garlic, pressed
1 tablespoon Herbes de Provence
4 cups sliced onions

4 cups low sodium beef broth
2 tablespoons coco-aminos
1 tablespoon fish sauce
2 tablespoons chopped Italian parsley



INSTRUCTIONS:

Place all ingredients in slow cooker, except parsley. Cover and cook on LOW for 6 to 8 hours or until beef is fork-tender. Pull beef apart with 2 forks and blend well into slow cooker juices. Ladle soup into bowls and top with chopped parsley.

SERVING SUGGESTION: Serve a medley of stir-fried sliced veggies on the side (zucchini, yellow squash, red bell peppers, white button mushrooms).

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Creamy Dijon Pork

Day 2 – Serves 6

INGREDIENTS:

1 teaspoon dry mustard
1 tablespoon dried marjoram
3 cloves garlic, pressed
1 pound pork shoulder roast, trimmed
1 cup chopped red onion
1 tablespoon cider vinegar

2 cups low sodium vegetable broth
1 cup dry white wine, or use white grape
juice with a splash of white wine
vinegar
1/2 cup unsweetened coconut milk
2 tablespoons Dijon mustard



INSTRUCTIONS:

In a small bowl or cup, combine dry mustard, marjoram and garlic; rub mixture over entire surface of roast. Place roast in slow cooker. Add onion, vinegar, broth, wine (or juice/vinegar) and coconut milk; stir. Cover and cook on LOW for 6 to 8 hours or until roast easily pulls apart with a fork. Pull pork apart and blend with slow cooker juices; stir in Dijon mustard until well blended. Serve immediately.

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

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Spicy Lemon Lime Turkey

Day 3 – Serves 6

INGREDIENTS:

4 (6-oz) boneless skinless turkey breast cutlets
2 teaspoons chipotle chili powder
1 cup chopped onion
1 cup chopped green bell pepper
1/4 cup lime juice
2 tablespoons lemon juice

1 tablespoon lime zest
1 teaspoon lemon zest
1 teaspoon diced jalapeno, de-seeded
1/2 cup salsa
1 1/2 cups low sodium vegetable broth
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper



INSTRUCTIONS:

Place all ingredients in slow cooker; stir well. Cover and cook on LOW for 8 to 10 hours. Stir and serve immediately.

SERVING SUGGESTION: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add steamed broccoli spears on the side.

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Spicy Bison Salad

Day 4 - Serves 6

INGREDIENTS:

1 pound lean ground bison, or use ground beef, lamb, turkey
1 cup chopped onion
2 cups peeled and diced pumpkin
6 cloves garlic, pressed
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1/4 teaspoon cayenne pepper

3 cups low sodium vegetable broth, divided
2 (16-oz.) jars salsa
2 tablespoons chopped jalapeno, de-seeded
1/2 cup chopped cilantro
8 ounces spinach, torn



INSTRUCTIONS:

Place all ingredients in slow cooker, except spinach and toppings. Cover and cook on LOW for 6 to 8 hours or until meat is cooked through. Divide spinach on dinner plates and, with a slotted spoon, top with spicy bison stew. Garnish with desired toppings and enjoy!

SERVING SUGGESTION: You really don't need to add anything to this complete meal.

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Shrimp in Mushroom Red Sauce

Day 5 - Serves 6

INGREDIENTS:

1 (14.5-oz.) can crushed tomatoes
1/2 cup red wine, or use red grape juice with a splash of
cider vinegar
2 tablespoons balsamic vinegar
1/2 cup diced red onion
1 cup sliced white button mushrooms

3 cloves garlic, pressed
1 tablespoon dried basil
1 teaspoon dried oregano
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 pound large shrimp, peeled and deveined
1 (6-oz.) can tomato paste



INSTRUCTIONS:

Place all ingredients in slow cooker, except shrimp and tomato paste; stir well to blend. Cover and cook on LOW for 4 to 6 hours. Raise slow cooker heat setting to HIGH and stir in shrimp; cook for 15 more minutes or until shrimp are cooked through. Stir in tomato paste to thicken sauce; heat through.

SERVING SUGGESTION: Serve shrimp and sauce over Spaghetti Squash "Noodles" (cut squash in half lengthwise and place it on a lightly oiled baking sheet, cut sides down. Bake in a preheated 375-degree oven until tender. Remove from oven and set aside to cool slightly. Scoop out seeds then, using a fork, scrape squash out of its shell in long, thin [spaghetti-like] strands). Add a big salad tossed with Leanne's Basic Vinaigrette.

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Easy Lemon Herb Chicken

Day 6 - Serves 6

INGREDIENTS:

2 1/2 pounds chicken pieces
1 lemon, halved
1 cup chopped onion
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

1 tablespoon dried oregano
2 teaspoons dried rosemary, crushed
1 teaspoon dried basil
1 teaspoon dried thyme
6 cloves garlic, pressed



INSTRUCTIONS:

Rub all chicken pieces with the lemon halves, squeezing their juice over the top. Place the squeezed lemon halves in the slow cooker along with the chopped onion. Season chicken evenly with remaining ingredients then place on top of lemon and onion in the slow cooker. Cover and cook on HIGH for 5 to 7 hours or until juices run clear and chicken is falling apart. Discard lemons then transfer cooking juices to a blender and puree to make a lemon/onion/herb gravy. Reserve chicken bones for broth to make on another day, if desired.

SERVING SUGGESTION: Steamed asparagus and rutabagas mashed with a little ghee or coconut cream, salt and pepper and a dash of ground nutmeg.

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Paleo Crock Cooker E book Volume 1 – Shopping List – Week 3

Day 1: Chicken and Vegetable Stuffed Poblano

Peppers, with a big spinach salad

Day 2: Cajun Beef Sausage Stew, serve over Cauli-Rice and add braised collard greens

Day 3: Spicy Halibut with Leeks and Kale, with a big salad

Day 4: Pomegranate Turkey Breast, add Turnip Fries and steamed green beans

Day 5: Slow Cooker Asian Pork "Stir-Fry", serve over baby Bok Choy and add steamed baby carrots

Day 6: Creamy Crab Stuffed Sweet Potatoes, with a red lettuce salad

SHOPPING LIST:

PROTEIN

- 1 pound beef sausage links [D2]
- 2 pounds lean pork shoulder roast [D5]
- 1 1/2 pounds boneless skinless chicken breast meat [D1]
- 3 pounds boneless skinless turkey breast meat [D4]
- 1 1/2 pounds halibut fillets (or buy frozen) [D3]

CONDIMENTS

- Coconut oil (if not using ghee) [D2,D4]
- Cider vinegar (if not using white wine) [D3]
- Rice wine vinegar (2 tablespoons) [D5]
- Dijon mustard (1 tablespoon) [D6]
- Coco-aminos (1/2 cup plus 1 teaspoon) [D5,D6]
- Fish sauce (1/4 teaspoon) (in Asian section of grocery store) [D6]
- Raw honey (1/4 cup) [D5]
- White wine (1 cup) (or use white grape juice/cider vinegar) [D3]
- **Extra virgin olive oil [D1,D3,D6]
- **Balsamic vinegar [D1,D3,D6]

CANNED GOODS

- Low sodium chicken broth (1 cup) [D1]
- Low sodium beef broth (3 cups) [D2]
- Low sodium vegetable broth (3 1/4 cups) [D3,D4,D5]
- Tomato sauce (2 cups) [D1]
- 1 (6-oz.) can tomato paste [D2]
- Pomegranate juice (1/2 cup) [D4]
- Coconut cream (1 cup) [D6]
- White grape juice (1 cup if not using white wine) [D3]

DAIRY CASE

- Ghee (or use coconut oil) [D4]

FREEZER

- 1 pound lump crab meat [D6]
- 1 1/2 pounds halibut fillets (if not using fresh) [D3]
- 1 (16-oz.) package snow peas [D5]
- 1 (10-oz.) package chopped spinach [D6]

PRODUCE

- Onions (1/2 cup chopped plus 1 cup diced plus 1/2 cup minced) [D1,D2,D4]
- Garlic (23 cloves) **Additional [D1,D2,D3,D4,D5,D6]
- Leeks (2 cups chopped) [D1,D3]
- Green onions (6 tablespoons chopped) [D5,D6]
- Celery (1 cup sliced plus 1 cup diced) [D2,D3]
- Carrots (1 cup sliced plus 1 cup diced) [D1,D3]
- Sweet potatoes (6 medium) [D6]
- Butternut squash (1 cup diced) [D4]
- Cauliflower (2 cups chopped) **Additional [D1,D2]
- Green bell peppers (1/2 cup diced) [D2]
- Red bell peppers (1 cup chopped plus 3/4 cup diced) [D2,D5]
- Gingerroot (1 teaspoon grated) [D5]
- Poblano peppers (6) [D1]
- Kale (1 cup chopped) [D3]
- Limes (2 tablespoons juice) [D5]
- Parsley (for optional garnish) [D6]
- Pomegranates (1) [D4]
- **Red onion [D6]
- **Turnips [D4]
- **Baby carrots [D5]
- **Tomatoes [D6]
- **Avocado [D6]
- **Spinach [D1]
- **Collard greens [D2]
- **Green beans [D4]
- **Baby bok choy [D5]
- **Red leaf lettuce [D6]
- **Lettuce (not Iceberg, no nutrition) [D3]
- **Salad veggies (your choice) [D3]

SPICES

- Sea salt [D1,D2,D3,D4]
- Black peppercorns [D1,D2,D3,D4,D6]
- Oregano [D1,D2,D3,D6]
- Crushed red pepper flakes [D1,D3,D5]
- Cayenne pepper [D2,D3]
- Dried parsley flakes [D2]
- Marjoram [D3]
- Ground allspice [D4]
- **Basil [D1,D3,D6]
- **Garlic powder [D4]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Chicken and Vegetable Stuffed Poblano Peppers

Day 1 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, diced
4 cloves garlic, pressed
1 tablespoon dried oregano
1/2 teaspoon crushed red pepper flakes
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

1 cup chopped leeks
1 cup diced carrots
1/2 cup minced onion
2 cups finely chopped cauliflower
2 cups tomato sauce
1 cup low sodium chicken broth
6 poblano peppers



INSTRUCTIONS:

Place all ingredients in slow cooker, except peppers; stir to blend well. Cover and cook on HIGH for 6 to 8 hours or until chicken is fork-tender and cooked through. Preheat oven broiler. Char poblano peppers on all sides in the broiler then remove the charred, waxy outer layer. Carefully make a slit down the side of each pepper; remove the seeds and rinse them to remove the inner membrane. Using a slotted spoon, fill peppers with chicken and veggies from slow cooker then spoon slow cooker sauce over each; serve.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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Cajun Beef Sausage Stew

Day 2 – Serves 6

INGREDIENTS:

1 pound beef sausage links, casings removed, crumbled
1 cup diced onion
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1 cup diced celery
1 cup diced carrots
3 cups low sodium beef broth

6 cloves garlic, pressed
1 (6-oz.) can tomato paste
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 tablespoon dried oregano
1/4 teaspoon cayenne pepper
1 tablespoon dried parsley flakes



INSTRUCTIONS:

Brown the crumbled beef sausage in a skillet over medium-high heat. When almost done, add onion, bell pepper and celery; cook until beef is done and vegetables are becoming soft. Transfer mixture to slow cooker and add remaining ingredients. Cover and cook on LOW for 4 to 6 hours; serve.

SERVING SUGGESTION: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork. Add braised collard greens on the side.

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Spicy Halibut with Leeks and Kale

Day 3 – Serves 6

INGREDIENTS:

4 cloves garlic, pressed	2 cups low sodium vegetable broth
2 teaspoons dried marjoram	1 cup chopped leeks
1/4 teaspoon cayenne pepper	1 cup sliced celery
1/4 teaspoon crushed red pepper flakes	1 cup sliced carrots
1 teaspoon sea salt	1 1/2 pounds halibut fillets, cut into 2-inch pieces
1/2 teaspoon freshly ground black pepper	1 cup chopped kale
1 cup white wine, or use white grape juice with a splash of cider vinegar	



INSTRUCTIONS:

Place all ingredients in slow cooker, except halibut and kale. Cover and cook on LOW for 4 to 6 hours or until vegetables are tender. Stir in halibut then cover and cook on HIGH for 15 to 20 minutes or until fish flakes easily when tested with a fork. Stir in kale until wilted. Serve immediately.

SERVING SUGGESTION: A big salad tossed with Leanne's Basic Vinaigrette.

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Pomegranate Turkey Breast

Day 4 - Serves 6

INGREDIENTS:

Ghee, melted, or use coconut oil	1/2 teaspoon freshly ground black pepper
3 pounds boneless skinless turkey breast meat, cut into strips	1/2 cup chopped onion
3 cloves garlic, pressed	1 cup peeled and diced butternut squash
1 tablespoon ground allspice	1 cup low sodium vegetable broth
1 teaspoon sea salt	1/2 cup pomegranate juice
	1 pomegranate, peeled and fruit reserved



INSTRUCTIONS:

Place turkey strips in lightly oiled slow cooker. In a small bowl or cup, combine garlic, allspice, salt and pepper; sprinkle over turkey strips and toss to coat. Add onion and butternut squash then pour broth and pomegranate juice over the top. Cover and cook on LOW for 6 to 8 hours or until turkey strips are cooked through. Stir well and serve with pomegranate fruit sprinkled over each serving.

SERVING SUGGESTION: Serve Turnip Fries on the side (peel turnips and cut into "fries"; toss with a little ghee or coconut oil and bake on a cookie sheet in a preheated 425-degree oven, turning once, until tender. Season to taste with salt, pepper and garlic powder). Add steamed green beans.

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Slow Cooker Asian Pork "Stir-Fry"

Day 5 - Serves 6

INGREDIENTS:

2 pounds lean pork shoulder roast
1/2 cup coco-aminos
2 tablespoons lime juice
1/4 cup low sodium vegetable broth
3 cloves garlic, pressed
1/4 cup raw honey

2 tablespoons rice wine vinegar
1 teaspoon grated gingerroot
1/2 teaspoon crushed red pepper flakes
1 cup chopped red bell pepper
1 (16-oz.) package frozen snow peas
1/4 cup chopped green onions



INSTRUCTIONS:

Place pork roast in slow cooker. In a small bowl, whisk together next 8 ingredients (coco-aminos through crushed red pepper flakes); pour over roast. Add bell pepper, snow peas and green onions. Cover and cook on LOW for 6 to 8 hours or until pork pulls apart easily with a fork. Pull roast apart, blend into slow cooker juices and serve.

SERVING SUGGESTION: Serve "Stir-Fry" over chopped baby bok choy. Add steamed baby carrots on the side.

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DO-AHEAD TIP: Prepare sweet potatoes in time for dinner.

Creamy Crab Stuffed Sweet Potatoes

Day 6 - Serves 6

INGREDIENTS:

1 pound frozen lump crab meat
1 cup coconut cream
3 cloves garlic, pressed
2 tablespoons chopped green onions
1/4 cup diced red bell pepper
1 tablespoon Dijon mustard
1 teaspoon coco-aminos

1/4 teaspoon fish sauce
1/2 teaspoon freshly ground black pepper
1 (10-oz.) package frozen chopped spinach,
thawed, well drained and patted dry
6 medium sweet potatoes, baked and split
in half
Parsley, chopped, for optional garnish



INSTRUCTIONS:

Place all ingredients in slow cooker, except sweet potatoes and parsley; stir to blend well. Cover and cook on LOW for 2 to 3 hours. Serve over baked sweet potato halves; garnish with chopped parsley, if desired.

SERVING SUGGESTION: A big salad of red leaf lettuce, sliced red onion, tomato and avocado, tossed with Leanne's Basic Vinaigrette.

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Paleo Crock Cooker E book Volume 1 – Shopping List – Week 4

Day 1: Spicy Paleo Pineapple Chicken, serve over Cauli-Rice and add steamed broccoli spears

Day 2: Sweet and Savory Asian Beef Pot Roast, with stir-fried zucchini, yellow squash, and snow peas

Day 3: Sweet and Tangy Onion Chops, add baked butternut squash and steamed baby Brussels sprouts

Day 4: Lamb and Vegetable Curry, is a complete meal on its own

Day 5: Thai Chicken with Jasmine Cauli-Rice, add steamed broccoli spears

Day 6: Honey Lime Salmon Salad, with lemony cucumber and avocado

SHOPPING LIST:

PROTEIN

- 1 1/2 pounds lean beef roast [D2]
- 1 1/2 pounds ground lamb (or beef, turkey or other meat) [D4]
- 6 (4-oz.) boneless pork chops [D3]
- 8 (6-oz.) boneless skinless chicken breast halves [D1,D5]
- 4 (6-oz.) salmon fillets (or buy frozen) [D6]

CONDIMENTS

- Coconut oil (1 tablespoon) (plus 1 tablespoon if not using ghee) [D3,D4]
- Cider vinegar (1/2 teaspoon) [D1]
- Balsamic vinegar (2 tablespoons) [D3]
- Dijon mustard (1/2 teaspoon) [D1]
- Coco-aminos (1/3 cup plus 1/2 cup) [D1,D2,D5,D6]
- Fish sauce (1 teaspoon) (in Asian section of grocery store) [D5]
- Raw honey (6 tablespoons) [D1,D2,D3,D6]
- Rum (2 tablespoons) (optional) [D6]

CANNED GOODS

- Low sodium chicken broth (1 cup) [D5]
- Low sodium beef broth (5 cups) [D2,D3]
- Low sodium vegetable broth (2 1/2 cups) [D4,D6]
- Tomato paste (2 tablespoons) [D1]
- Pineapple juice (1/4 cup) [D1]
- Coconut milk, unsweetened (2 1/2 cups) [D4,D5]
- Coconut cream (1/2 cup) (optional) [D4]

DAIRY CASE

- Ghee (clarified butter) (1 tablespoon) (or use coconut oil) [D3]

FREEZER

- 4 (6-oz.) salmon fillets (if not using fresh) [D6]
- 1 (8-oz.) package snow peas **Additional [D4,D2]
- 1 (8-oz.) package okra [D4]

PRODUCE

- Onions (3 cups sliced plus 1/2 cup chopped) [D3,D4]
- Red onions (1 cup chopped plus 1/2 cup diced) [D1,D6]
- Garlic (14 cloves plus 1 optional clove) [D1,D2,D3,D4,D6]
- Leeks (1/2 cup chopped) [D2]
- Green onions (1/4 cup chopped) [D2]
- Carrots (2 cups sliced plus 1/2 cup diced) [D2,D4,D6]
- Cauliflower (for 4 cups prepared Cauli-Rice) **Additional [D1,D4,D5]
- Butternut squash (3 cups cubed) **Additional [D3,D4]
- Red bell peppers (1 cup chopped) [D2]
- Tomatoes (1 cup chopped plus 1 cup diced) [D4,D6]
- White button mushrooms (2 cups) [D5]
- Jalapenos (3 tablespoons diced) [D1,D5]
- Gingerroot (1 tablespoon plus 1 teaspoon grated plus optional 1/4 teaspoon grated) [D1,D2,D5]
- Baby spinach (8 ounces) [D6]
- Baby bok choy (2 cups chopped) [D2]
- Kale (2 cups chopped) [D4]
- Cilantro (3/4 cup chopped plus optional 1/4 cup chopped) [D1,D4,D5]
- Limes (1/3 cup plus 1/4 cup juice plus 1 tablespoon plus 1 teaspoon zest plus optional 2 teaspoons juice and 1 teaspoon zest) [D2,D4,D5,D6]
- Pineapple (1 cup chopped) [D1]
- **Baby Brussels sprouts [D3]
- **Broccoli [D1,D5]
- **Zucchini [D2]
- **Yellow squash [D2]
- **Cucumber [D6]
- **Avocado [D6]
- **Lemons (juice) [D6]

SPICES

- Sea salt [D1,D4,D6]
- Black peppercorns [D1,D3,D4,D5,D6]
- Crushed red pepper flakes [D2]
- Celery salt [D3]
- Oregano [D3]
- Curry powder [D4]
- Ground turmeric [D4]
- Ground cardamom [D4]
- Cardamom pods (optional) [D5]
- Cayenne pepper [D4]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Spicy Paleo Pineapple Chicken

Day 1 – Serves 6

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves
2 tablespoons tomato paste
1/2 teaspoon Dijon mustard
1 tablespoon raw honey
1/2 teaspoon cider vinegar
2 tablespoons coco-aminos
1 teaspoon grated gingerroot

2 cloves garlic, pressed
1/4 cup pineapple juice
3/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 cup chopped pineapple
1 cup chopped red onion
2 tablespoons diced jalapeno
1/2 cup chopped cilantro



INSTRUCTIONS:

Place chicken in slow cooker. In a medium bowl, whisk together next 10 ingredients (tomato paste through black pepper); pour mixture over chicken. Add pineapple, onion and jalapeno. Cover and cook on LOW for 6 to 8 hours or until chicken juices run clear. Stir in chopped cilantro and serve immediately.

SERVING SUGGESTION: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add steamed broccoli spears on the side.

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Sweet and Savory Asian Beef Pot Roast

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds lean beef roast, cut into 1-inch cubes
1 cup sliced carrots
1/2 cup chopped leeks
1 cup chopped red bell pepper
1/4 cup chopped green onions
3 cloves garlic, pressed

2 cups low sodium beef broth
1/4 cup coco-aminos
2 tablespoons raw honey
2 tablespoons lime juice
1 tablespoon grated gingerroot
1/2 teaspoon crushed red pepper flakes
2 cups chopped baby bok choy



INSTRUCTIONS:

Place beef, carrots, leeks, bell pepper and green onions in slow cooker. In a medium bowl, whisk together next 7 ingredients (garlic through crushed red and pepper flakes); pour mixture over roast. Cover and cook on LOW for 6 to 8 hours or until beef is fork-tender. Pull roast apart with two forks and blend well with slow cooker juices. Stir in bok choy until wilted. Serve immediately.

SERVING SUGGESTION: Stir-fried zucchini, yellow squash and snow peas.

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Sweet and Tangy Onion Chops

Day 3 – Serves 6

INGREDIENTS:

1 tablespoon ghee, or use coconut oil
6 (4-oz.) boneless pork chops
1 teaspoon celery salt
1/2 teaspoon freshly ground black pepper
3 cups sliced onion

1 teaspoon dried oregano
3 cloves garlic, pressed
3 cups low sodium beef broth, divided
1 tablespoon raw honey
2 tablespoons balsamic vinegar



INSTRUCTIONS:

Melt the ghee (or coconut oil) in a large skillet over medium-high heat. Season pork chops evenly with celery salt and black pepper; add to skillet (in 2 batches) and brown pork chops for 1 to 2 minutes per side; transfer to slow cooker. Add onion, oregano and garlic to the skillet; sauté just until onion begins to turn translucent (about 1 minute) then add to slow cooker. Remove skillet from heat; add 1/2 cup of broth and whisk up all of the browned bits from the bottom of the pan; pour over pork chops in slow cooker. In a small bowl, combine remaining broth, honey and vinegar; pour over pork chops. Cover and cook on LOW for 6 to 8 hours. Serve pork chops topped with sweet and tangy onion sauce.

SERVING SUGGESTION: Baked butternut squash and steamed baby Brussels sprouts.

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DO-AHEAD TIP: Prepare Cauli-Rice in time for dinner (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" until tender; drain; salt and pepper to taste and fluff with a fork).

Lamb and Vegetable Curry

Day 4 - Serves 6

INGREDIENTS:

1 tablespoon coconut oil
1 1/2 pounds ground lamb, or use beef, turkey or another meat
1/2 cup chopped onion
3 cloves garlic, pressed
2 tablespoons curry powder
1/2 teaspoon ground turmeric
1/4 teaspoon ground cardamom
1/8 teaspoon cayenne pepper
1 1/2 cups low sodium vegetable broth
1 1/2 cups unsweetened coconut milk
3 cups cubed butternut squash, peeled
1 cup chopped tomato

1 (8-oz.) package frozen okra
1 cup sliced carrots
1 (8-oz.) package frozen snowpeas
2 cups chopped kale
2 cups prepared Cauli-Rice

Sauce (optional):

1/2 cup coconut cream
1/4 cup chopped cilantro
1 teaspoon lime zest
2 teaspoons lime juice
1 clove garlic, pressed
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper



INSTRUCTIONS:

Prepare sauce, if desired: Whisk together sauce ingredients (coconut cream through pepper) until well blended; cover and refrigerate until ready to serve curry. Melt the coconut oil in a large skillet over medium heat; add ground meat and cook until browned, adding onion halfway through and cooking until onion begins to soften (2 to 3 minutes). Add garlic, curry powder, turmeric, cardamom, and cayenne pepper; cook and stir for 3 minutes or until fragrant; transfer to slow cooker. Add broth, coconut milk, butternut squash, tomato, okra, carrots and snow peas to slow cooker; stir to blend well. Cover and cook on LOW for 5 to 6 hours. Give mixture a good stir then add kale and stir until wilted. Serve over prepared Cauli-Rice and top with coconut cream sauce, if desired. Enjoy!

SERVING SUGGESTION: You really don't have to add anything to this complete meal.

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Thai Chicken with Jasmine Cauli-Rice

Day 5 - Serves 6

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves
1 cup unsweetened coconut milk
1 cup low sodium chicken broth
2 tablespoons lime juice
1 tablespoon lime zest
2 tablespoons coco-aminos
1 teaspoon fish sauce

1 tablespoon diced jalapeno
1 teaspoon freshly ground black pepper
2 cups white button mushrooms
1/4 cup chopped cilantro
2 cups prepared Cauli-Rice, optional
2 cardamom pods, optional
1/4 teaspoon grated gingerroot, optional



INSTRUCTIONS:

Place first 10 ingredients in slow cooker, (chicken through mushrooms); stir well to blend. Cover and cook on LOW for 6 to 8 hours or until chicken juices run clear. Stir in chopped cilantro and serve immediately over "Jasmine Cauli-Rice", if desired.

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

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Honey Lime Salmon Salad

Day 6 - Serves 6

INGREDIENTS:

4 (6-oz.) salmon fillets
3 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 teaspoon lime zest
2 tablespoons rum, optional
1/3 cup lime juice

1/3 cup coco-aminos
2 tablespoons raw honey
1 cup low sodium vegetable broth
8 ounces baby spinach
1/2 cup diced carrots
1 cup diced tomato
1/2 cup diced red onion



INSTRUCTIONS:

Place salmon in slow cooker; season evenly with garlic, salt and pepper. In a small bowl, whisk together next 6 ingredients (lime zest through broth); pour mixture over salmon. Cover and cook on HIGH for 30 minutes to 1 hour or just until salmon flakes easily when tested with a fork. Evenly arrange spinach on dinner plates; top each portion with a salmon fillet then garnish with diced carrot, tomato and red onion. Enjoy!

SERVING SUGGESTION: Sliced cucumber and avocado drizzled with lemon juice.

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SAVING DINNER

by Leanne Ely

Fall 2017 Paleo Crock Cookers

Fall 2017 Paleo Crock Cookers

- 1. Honey Garlic Pulled Pork**
- 2. Parsley Lemon Chicken**
- 3. Italian Turkey Joes**
- 4. Poached Lemon Salmon**
- 5. Honey Glazed Wings**
- 6. Chuck Roast with Peppers**
- 7. Red Onion and Ham Frittata**
- 8. Chicken and Vegetables**
- 9. Pork Hawaiian Salad**
- 10. Creamy Coconut and Sweet Potato Soup**
- 11. Spicy Pear Chicken**
- 12. Chipotle Marinara "Spaghetti"**
- 13. Stuffed Pumpkin Pork Shoulder**
- 14. Creamy Cauliflower and Turnip Soup**
- 15. Thai Shrimp Soup**
- 16. Salsa Verde Pork Carnitas**
- 17. Coconut Tikka Masala**
- 18. Honey Garlic Ribs**
- 19. Bacon Thyme Pot Roast**
- 20. Cranberry Thyme Chicken**



Honey Garlic Pulled Pork

Recipe 1 – Serves 6

INGREDIENTS:

3 tablespoons paprika
sea salt and freshly ground black pepper, to taste
1/2 teaspoon cayenne pepper
1 teaspoon garlic powder

1/2 teaspoon dried thyme
1/2 cup honey
1/2 cup red wine vinegar
3 tablespoons olive oil
1 large onion, cut in half
3 to 3 1/2 pounds pork shoulder, cut in half

Prep Time: 10 minutes

Cook Time: LOW: 7 to 8 hours

DIRECTIONS: In a medium bowl, mix together the first 5 ingredients (paprika through thyme). Pour ingredients in with the honey, vinegar, and olive oil and stir to form a paste.

Place the onion in the bottom of the slow cooker. Top it with the 2 pieces of pork and then pour the honey paste over all sides of the pork pieces.

Cook on LOW for 7 to 8 hours or until the meat is cooked through and tender enough to be easily shredded with a fork.

Parsley Lemon Chicken

Recipe 2 – Serves 6

INGREDIENTS:

4 pound roasting chicken
2 tablespoons olive oil
1 large lemon, halved

2 garlic cloves, minced
1 teaspoon dried parsley
sea salt and freshly ground black pepper, to taste

Prep Time: 10 minutes

Cook Time: 5 1/2 hours

DIRECTIONS: Using a paper towel, pat chicken dry and then rub with olive oil. Place lemon halves inside chicken; tie legs together with string and tuck in wing tips.

In a large slow cooker, place chicken. Rub minced garlic on the chicken and season with parsley, salt and pepper.

Cover and cook on HIGH for 1 hour; reduce heat to LOW and continue cooking for 4 1/2 hours or until a thermometer inserted into thigh registers 180 degrees.

DO-AHEAD-TIP: Cook sausage.

Italian Turkey Joes

Recipe 3 – Serves 6

INGREDIENTS:

1 pound Italian turkey sausage, removed from casing	1 large green bell pepper, chopped in ½ inch pieces
1/2 cup chopped onions	1 (14.5 ounce) can crushed tomatoes
3 garlic cloves, minced	1.2 teaspoon dried rosemary
1 large red bell pepper, chopped in ½ inch pieces	Sea salt and freshly ground black pepper, to taste

Prep Time: 10 minutes

Cook Time: 4 hours

DIRECTIONS: In a medium skillet, cook the sausage over medium-high heat, breaking into small bits until cooked through, about 5-6 minutes. Add onions and garlic, and cook another 2 minutes. Transfer to the slow cooker and add the remaining ingredients (tomatoes through salt and pepper). Stir to mix.

Cover and cook on low 4 hours.

Poached Lemon Salmon

Recipe 4 – Serves 6

INGREDIENTS:

1 tablespoon olive oil	Sea salt, to taste
6 salmon fillets, rinsed and patted dry	3 black peppercorns
1 1/2 cups low sodium chicken broth, or bone broth	2 sprigs fresh dill
3/4 cup dry white wine (or use low sodium chicken broth)	1 large onion, peeled and thickly sliced
	4 sprigs fresh flat-leaf parsley
	1 large lemon, thinly sliced

Prep Time: 15 minutes

Cook Time: 1 1/2 hours

DIRECTIONS: Coat a large slow cooker with olive oil. Add salmon fillets, arrange them side by side tucking under the ends to even out the thickness.

In a saucepan, over medium-high heat, add chicken broth and wine; bring to a boil. Pour mixture around the salmon. Season salmon with salt. Add the peppercorns, dill, sliced onion, parsley and lemon to the liquid around the salmon. Cover and cook on HIGH for 1 ½ hours or until the salmon is opaque and firm to the touch.

Use a spatula to carefully lift salmon out of the slow cooker. Serve immediately.

Honey Glazed Wings

Recipe 5 – Serves 6

INGREDIENTS:

3 pounds chicken wings	2 tablespoons olive oil
3/4 cup honey, heated slightly so it will mix well	1/2 teaspoon sea salt
1 1/2 tablespoons minced garlic	1/2 teaspoon freshly ground black pepper
	1 teaspoon cayenne pepper

Prep Time: 15 minutes

Cook Time: 6 hours

DIRECTIONS: Into a slow cooker, put the chicken wings.

In a small bowl, mix the next 6 ingredients (honey through cayenne pepper). Pour mixture over wings and stir to coat.

Cook on LOW for 6 hours or HIGH for 3 to 4 hours.

Chuck Roast with Peppers

Recipe 6 – Serves 6

INGREDIENTS:

1 large beef chuck roast	1 1/2 cups low sodium beef broth, or use bone broth
1 medium chopped red pepper	1/4 cup organic Tamari sauce
1 medium chopped green pepper	sea salt and freshly ground black pepper, to taste
2 small chopped red onions	1 garlic clove, minced

Prep Time: 5 minutes

Cook Time: 4 hours

DIRECTIONS: In a large crock cooker, place the roast with ground pepper on top. Add peppers, onions, broth, Tamari sauce and garlic.

Cover with lid and cook in crock cooker on HIGH heat setting for 4 hours.

Serve hot.

Red Onion and Ham Frittata

Recipe 7 – Serves 6

INGREDIENTS:

12 eggs	½ pound chopped ham
1 cup full fat unsweetened coconut milk	2 cups diced sweet potato, steamed
sea salt and freshly ground black pepper, to taste	½ cup chopped red onion

Prep Time: 5 minutes

Cook Time: 2 ½ hours

DIRECTIONS: In a large bowl combine eggs, coconut milk, salt and pepper.

Pour mixture into a large crock cooker. Top with ham, sweet potato and onion on the top of egg mixture.

Cover with lid and cook on HIGH heat setting for 2-1/2 hours.

Serve while warm.

Chicken and Vegetables

Recipe 8 – Serves 6

INGREDIENTS:

12 medium boneless skinless chicken thighs	1/4 cup ketchup
1 pound chopped sweet potatoes	2 garlic cloves, minced
1 pound baby carrots	1 teaspoon dried basil
1 pound fresh green beans	1/2 teaspoon dried oregano
1/2 cup low sodium soy sauce	1/4 teaspoon crushed red pepper flakes
1/2 cup honey	sea salt and freshly ground black pepper, to taste
	2 tablespoons chopped fresh parsley

Prep Time: 10 minutes

Cook Time: 8 hours

DIRECTIONS: In a large crock cooker, place chicken thighs, potatoes, carrots and green beans.

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper. Add to crock cooker.

Cover with lid and cook on LOW heat setting for 8 hours.

Serve chicken and vegetables topped with parsley.

Pork Hawaiian Salad

Recipe 9 – Serves 6

INGREDIENTS:

1 medium onion, sliced
3 pounds pork shoulder
4 garlic cloves, peeled
1 teaspoon garlic powder
sea salt, to taste

2 tablespoons coconut oil
4 ounces sliced mushrooms
1 diced bell pepper
2 cups diced pineapple
½ cup diced pepperoni
2 chopped hearts of romaine lettuce

Prep Time: 10 minutes

Cook Time: 8 hours

DIRECTIONS: In a large crock cooker, place sliced onions in the bottom. Add pork shoulder on top.

Take a sharp knife and poke 4 holes in different places in the pork. Place the peeled garlic cloves into the holes. Sprinkle garlic powder and salt on the pork and onions.

Cover and cook on LOW heat setting for 8 hours. After it is cooked shred with forks in the crock cooker. Let it rest while making salad.

In a large skillet over MEDIUM HIGH heat, add 2 tablespoons of coconut oil. Then add mushrooms and salt. Cook until soft.

Add the next 3 ingredients and skillet mixture to the crock cooker.

Serve on top of the lettuce.

Serve immediately.

Creamy Coconut and Sweet Potato Soup

Recipe 10 – Serves 6

INGREDIENTS:

4 large sweet potatoes, diced
1 medium yellow onion, sliced
2 (14 ounce) cans full fat unsweetened coconut milk

3 cups low sodium chicken broth, or use bone broth
2 garlic cloves, minced
1 tablespoon dried basil
sea salt and freshly ground black pepper, to taste

Prep Time: 5 minutes

Cook Time: 3 hours

DIRECTIONS: Combine all ingredients in the crock cooker.

Cook for 3 hours on HIGH heat setting.

Once cooked remove and add all ingredients to a food processor. Puree mixture until smooth.

Serve in bowls while hot.

Spicy Pear Chicken

Recipe 11 – Serves 6

INGREDIENTS:

6 large boneless, skinless chicken thighs, chopped
2 cups low sodium chicken broth, or use bone broth

3 garlic cloves, minced
2 small pears, peeled and sliced
sea salt and freshly ground black pepper, to taste
1 tablespoon ground cumin
1/2 teaspoon cayenne pepper

Prep Time: 10 minutes

Cook Time: 6 to 8 hours

DIRECTIONS: Place all ingredients into a large crock cooker, mix well and cover. Cook on LOW for 6-8 hours or cook on HIGH for 3-4 hours (or until chicken is very tender and cooked through).

Chipotle Marinara “Spaghetti”

Recipe 12 – Serves 6

INGREDIENTS:

2 pounds ground beef
1 small white onion chopped
2 garlic cloves, minced
2 tablespoons chopped chipotle peppers in adobo sauce
2 1/2 cups spaghetti sauce

1 can stewed tomatoes
1 pound sliced mushrooms
1 tablespoon dried thyme
sea salt and freshly ground black pepper, to taste
2 large spaghetti squash
2 tablespoons olive oil

Prep time: 15 minutes

Cook time: 2 to 6 hours

DIRECTIONS: Brown the beef in a large skillet over medium heat. Transfer beef into a large crock cooker. Add the next 8 ingredients (onion through sea salt and black pepper) into the crock cooker and cover. Cook on LOW for 4-6 hours or cook on HIGH for 2-3 hours, stirring occasionally (or until the beef is cooked through).

Preheat oven to 475 degrees. Using a large sharp knife, carefully cut each spaghetti squash in half. Remove seeds from the squash and rub the inside with olive oil. Place squash on a baking sheet (cut side facing up) and bake for 1 hour.

Remove squash from oven and allow to cool. Using a fork scrape the squash to remove the spaghetti-like insides. Serve beef sauce over spaghetti squash.

Stuffed Pumpkin Pork Shoulder

Recipe 13 – Serves 6

INGREDIENTS:

1 cup canned pure pumpkin puree	1 (2-3 pound) boneless pork shoulder
1 medium apple, peeled, cored and diced	sea salt and freshly ground black pepper, to taste
1/2 cup chopped celery	1 tablespoon chili powder
1/4 cup chopped yellow onion	1 tablespoon ground cumin
1/8 teaspoon ground nutmeg	1 tablespoon dried parsley flakes
1/2 teaspoon ground cinnamon	1/2 cup low sodium chicken broth, or use bone broth
1 tablespoon honey	

Prep time: 15 minutes

Cook time: 3 to 9 hours

DIRECTIONS: In a medium bowl mix first 7 ingredients (pumpkin puree through honey). Using a sharp knife, butterfly pork loin. Place pumpkin mixture inside the pork loin and roll up. Wrap pork in cooking twine to keep it closed.

In a small bowl mix salt, pepper, chili powder, cumin and parsley flakes. Rub mixed spices on pork and place in a large crock cooker. Pour chicken broth into the crock cooker and cook on LOW for 7-9 hours or cook on HIGH for 3-5 hours (until pork is very fork tender and cooked through).

Creamy Cauliflower and Turnip Soup

Recipe 14 – Serves 6

INGREDIENTS:

2 cans full fat unsweetened coconut milk	2 cups chopped celery
2 cups low sodium chicken broth, or use bone broth	1 large white onion, chopped
4 large turnips, peeled and chopped	4 garlic cloves, minced
2 cups cauliflower florets	1 tablespoon honey
	sea salt and freshly ground black pepper, to taste

Prep time: 10 minutes

Cook time: 3-8 hours

DIRECTIONS: Place all ingredients into a large crock cooker, mix well and cover. Cook on LOW for 6-8 hours or cook on HIGH for 3-4 hours (until vegetables are tender).

Thai Shrimp Soup

Recipe 15 – Serves 6

INGREDIENTS:

1 pound peeled and deveined shrimp	1 cup chopped green beans
3 tablespoons red curry paste	2 large jalapenos, seeded and diced
2 cans full fat unsweetened coconut milk	1 medium onion, chopped
3 cups low sodium chicken broth, or use bone broth	3 tablespoons almond butter
2 tablespoons fish sauce	1 tablespoon minced ginger
2 tablespoons honey	1 cup peas
3 medium carrots, chopped	1 medium lime, juiced
	1 cup fresh cilantro, chopped

Prep time: 15 minutes

Cook time: 2 to 5 hours

DIRECTIONS: Add first 13 (shrimp through peas) ingredients into a large crock cooker, mix well and cook on LOW for 4-5 hours or cook on HIGH for 2-3 hours (or until vegetables are tender and shrimp is opaque). Serve with lime-juice and cilantro.

Salsa Verde Pork Carnitas

Recipe 16 – Serves 6

INGREDIENTS:

1 (16 ounce) jar of salsa verde	1 large onion, chopped
sea salt and freshly ground black pepper, to taste	3 garlic cloves, pressed
	1 1/2 pound pork shoulder

Prep Time: 10 minutes

Cook Time: 8 to 10 hours

DIRECTIONS: In a medium bowl, whisk together salsa, salt and pepper, onion, and garlic. Place pork in a slow cooker, pour mixture over the top and cook on low for 8 to 10 hours. Pork should be very tender once it's done, and take 2 forks and shred the tenderloin. And you can enjoy this in a variety of ways! Plain, on a salad, in "tacos" (using cabbage or lettuce leaf instead of tortillas), or however you want!

Coconut Tikka Masala

Recipe 17 – Serves 6

INGREDIENTS:

1/2 cup plain coconut yogurt	1 (28 ounce) can of crushed tomatoes
1 medium lime, juiced	3 teaspoons fresh grated ginger
3 garlic cloves, pressed	2 teaspoons coriander
2 tablespoons grass fed butter	1 teaspoon masala spice
4 large skinless boneless chicken thighs, cut into thin strips	1 teaspoon cumin
1 medium onion, chopped	1 teaspoon paprika
	1/4 teaspoon cayenne pepper
	1/4 cup chopped fresh cilantro

Prep Time: 15 minutes

Cook Time: 4 to 6 hours

DIRECTIONS: In a medium bowl, whisk together coconut yogurt, lime juice, and garlic. Cover and place in refrigerator.

Place butter, chicken and onion in the slow cooker.

In another medium bowl, whisk together next 7 ingredients (tomatoes through cayenne pepper). Pour mixture into slow cooker and cook on low for 4 hours. During the last hour, add the coconut yogurt mixture. Make sure it's fully combined. Once it's all done, garnish with cilantro and enjoy!

Honey Garlic Ribs

Recipe 18 – Serves 4

INGREDIENTS:

3 garlic cloves, minced	1 small onion, chopped
2 tablespoons honey	2 tablespoons minced fresh rosemary
3 tablespoons fresh lime-juice	Sea salt and freshly ground black pepper, to taste
1/2 cup low sodium chicken broth, or use bone broth	3 pounds pork ribs

Prep time: 10 minutes

Cook time: 6 hours

DIRECTIONS: In a large crock cooker, add all the ingredients and stir well. Cover and cook on LOW for 6 hours until the ribs are very fork tender. Serve warm.

Bacon Thyme Pot Roast

Recipe 19 – Serves 6

INGREDIENTS:

Sea salt and freshly ground black pepper, to taste	1 tablespoon fresh thyme, minced
1 teaspoon garlic powder	1 1/2 pounds beef roast
1 teaspoon onion powder	4 strips of bacon
	4 cups low sodium beef broth, or use bone broth

Prep Time: 5 minutes

Cook Time: 8 to 10 hours

DIRECTIONS: In a small bowl, mix together spices (salt through thyme). Rub them evenly all over the roast. Place roast in slow cooker and lay bacon strips over the top of the roast. Pour the broth over everything. Cook on low for 8 to 10 hours, and then enjoy a very tender and flavorful pot roast!

Cranberry Thyme Chicken

Recipe 20 – Serves 6

INGREDIENTS:

2 pounds boneless, skinless chicken thighs, chopped	1 medium onion, chopped
1 cup low sodium chicken broth, or use bone broth	1 cup mushrooms, chopped
3 garlic cloves, minced	1/2 cup unsweetened dried cranberries
	1 tablespoon honey
	Sea salt and freshly ground black pepper, to taste
	1 teaspoon dried thyme

Prep Time: 10 minutes

Cook Time: 3 to 8 hours

DIRECTIONS: In a large crock cooker, place all the ingredients. Mix well and cover. Cook on LOW for 6 to 8 hours or cook on HIGH for 3 to 4 hours, until chicken is very tender and cooked through. Serve warm.