

Living Balance Wellness Crockpot Recipes

Meal	Ingredients	Recipe
Sweet Potato Chili	<ul style="list-style-type: none"> - Coconut oil, pasture butter, or ghee - Chili spice, paprika, chili powder, Celtic salt, pepper - 2 lbs dark meat ground turkey, beef, or lamb - Sprouted lentils - 1-2 large sweet potato - 1 large can organic diced tomatoes - Diced celery, onion, garlic 	<p>Place in the crockpot: 2 tbsp coconut oil, 1 tbsp chili spice blend, 1tbsp paprika, 1tbsp chili powder, diced celery onion, garlic, 2 lbs of ground dark meat turkey, beef or lamb. Repeat spices over top of meat, add layer of sprouted lentils (TruRoots), add sea salt and pepper, add layer of 1-2 sweet potatoes chopped in small chunks and 1 large can of organic diced tomatoes. Repeat spices over top.</p>
Coconut Chicken Curry	<ul style="list-style-type: none"> - Coconut oil, pasture butter, or ghee - Curry, cumin, Celtic salt, pepper - 1 diced red pepper - 2 lbs white and dark meat chicken breast cut into chunks - 1 red potato and 1 turnip cut into chunks - Diced garlic, onion, celery - 1 can of full fat coconut cream - 32 oz organic chicken broth - Fresh parsley, cilantro - Toasted coconut flakes 	<p>Layer bottom of crockpot with 2 tbsp coconut oil, butter, or ghee. Add a generous layering of spices. Add diced red pepper, onion, garlic, celery, cilantro and parsley. Add 2 lbs of mixed white and dark meat chicken in chunks. Repeat spices over top. Add 1 red potato and 1 turnip chopped in small chunks. Add 1 can of coconut cream and 32 fl ounces or more of organic chicken broth. Repeat all spices. Add additional parsley and cilantro on top. Optional - when finished add toasted salted coconut flakes (you can toast coconut flakes yourself in the oven with curry, Celtic salt and butter).</p>
Artichoke Chicken	<ul style="list-style-type: none"> - Coconut oil, butter, or ghee - Italian spice blend, Celtic salt, pepper - Blend of dark & white chicken - Peas - Vegetables (kale, cabbage, and/or cauliflower) - Blend of green and black olives - Jarred artichokes - 1 cup chicken broth 	<p>Layer bottom of crockpot with 2 tbsp coconut oil, butter, or ghee. Add a generous layer of spices, Celtic salt and pepper. Add a blend of dark and white meat chicken. Repeat spices. Add a layer of peas, baby kale, cabbage, and/or cauliflower. Repeat spices. Add olives (blend of green and black), artichoke (preserved in glass). Add small amount of chicken broth (1c. or less).</p>

Beef Stew	<ul style="list-style-type: none"> - Spices divided (2 tbsp onion powder, 2 tbsp black pepper, 2 tbsp paprika, 1 tbsp celery seed, 1 tbsp dried basil, 1 tbsp dried parsley, 1 tbsp Celtic salt, 2 tsp dried oregano, 1 tsp dried rosemary, ½ tsp cayenne pepper) - Stew beef, sliced - Onion, chopped - Celery, chopped - Carrots, chopped - Yam or Turnip, chopped - Broth (optional) 	<p>Add oil and a third of the spices to crockpot, add sliced beef with fat on it, repeat spices, add chopped onion, celery, carrots, yam or turnip, repeat spices and add a small amount of broth if needed.</p>
Beef Stroganoff Variation	<ul style="list-style-type: none"> - 1-2 lbs of grass fed stew beef - Spices: Italian blend, Celtic salt, pepper, turmeric, paprika - Beef or chicken broth - Butter, ghee, or coconut oil - Italian Style Rice Noodles (I recommend Jovial butterfly style farfalle). 	<p>Layer the bottom of the crockpot with 1-2 tbsp of coconut oil, butter or ghee. Add a generous amount of the spices. Place the stew beef on top and add another generous layer of the spices. Pour in 1/2c -1c of beef broth or chicken broth. Cook on high or medium heat until tender.</p> <p>Cook brown rice farfalle pasta in a separate pot until tender. Add the pasta to the beef crockpot once the beef is finished cooking and tender. Serve with a side salad or low starch vegetable. Add extra Celtic salt or pepper if desired.</p>
Fish Stew	<ul style="list-style-type: none"> - 1 lb white fish (cod or halibut) - 1 carton fish broth - Fresh parsley, cilantro, garlic, onion, celery - Italian spices, sea salt, pepper - 3 turnips - White cabbage 	<p>Layer bottom of the crockpot with 1 tbsp grass fed butter, coconut oil, or ghee. Add a generous amount of spices along with chopped garlic, onion and celery. Place the fish on top and add another generous layer of spices. Peel and cube turnip and cabbage and add to the crockpot - layer with more spices. Top with a generous amount of finely chopped parsley and cilantro. Pour 1 carton of fish both over top.</p>