

Yogi Mami's

Simple & Healthy CrockPot Recipes



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DISCLOSURE: Please note these statements have not been evaluated by the Food and Drug Administration. This is for informational purposes only and is not intended to diagnose, treat, cure or prevent disease. I am not a doctor. I am simply a wife and mother who is passionate about health and wellness and sharing my experiences. This book does include affiliate links to products I recommend as a way to support my business and sharing endeavors.

Applesauce

- 10-12 medium apples, peeled and cored
- 1/2 cup brown sugar
- 1 cup water
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- Dash of salt
- Juice from 1/2 a lemon

Instructions

Combine all ingredients in a crockpot. Cook on high for 5 hours, stirring occasionally. Cover and refrigerate and use within 2 weeks.

Macaroni & Cheese

INGREDIENTS

- 12-14 ounces macaroni elbows (uncooked)
- 1.5 cup milk
- 4 ounces cream cheese
- 4 ounces sharp cheddar cheese (sliced or shredded)
- 4 ounces creamy Havarti cheese (sliced or shredded)
- 2-4 ounces gruyere cheese
- 1 teaspoon ground mustard
- 1-1½ teaspoons salt
- 2 teaspoons garlic powder
- Optional: grated Parmesan cheese, chopped parsley or bacon for topping.

Instructions

1. Add macaroni, milks, and cheeses to slow cooker. Stir to combine. Cover and cook on low for 1 hour.
2. After one hour add ground mustard, salt, and garlic powder. Stir to combine. Cover and cook 20-30 minutes longer.
3. Check to see if macaroni is tender and cheese is fully melted. If needed, cover and cook 15-30 minutes longer.
4. Serve warm and sprinkle with Parmesan cheese and parsley if desired.

Tomato Basil Bisque

INGREDIENTS

- 6-8 chopped tomatoes
- 3 tablespoons olive oil
- 3 large carrots, peeled and finely diced
- 2 medium sweet onions, finely diced
- 4 cloves garlic, peeled and left whole
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon salt
- 3 cups chicken broth
- 10 basil leaves (plus extra for garnish)
- Freshly grated Parmesan or Sour Cream or Greek Yogurt (for garnish, optional)

Instructions

1. Combine all ingredients in a slow cooker. Cover and cook on low for 5-7 hours, until flavors are blended and vegetables are soft.
2. Allow the soup to cool slightly. Then puree in batches in a blender until very smooth. Serve immediately, or transfer the soup back to the slow cooker and keep on low until your guests arrive.
3. Garnish with more fresh basil and some grated Parmesan cheese, sour cream or Greek yogurt.

French Dip Sandwiches

Makes 6-8 sandwiches

Ingredients

- 1 - 3-4 lb. chuck roast,
- 2 teaspoons olive oil
- ¼ C soy sauce
- ¼ C water
- 4 whole black peppercorns
- 2 C beef broth
- ½ teaspoon dried, crushed rosemary
- ½ teaspoon dried thyme
- 1 Tablespoon minced onion
- 2 teaspoon minced garlic
- 6-8 French rolls
- 6-8 slices of cheese, provolone is my preference

Instructions

1. Sprinkle salt & pepper on roast.
2. Brown in heavy pan with 2-teaspoon olive oil. Brown on both sides
3. Place in crock pot
4. Mix together soy sauce, beef broth, water, peppercorns, rosemary, thyme, garlic, onion
5. Pour mixture over roast.
6. Cook on low for 8-10 hours or high for 5-6. Cook until tender and easy to shred.
7. Shred with a fork and the place on sandwich buns.
8. Strain remaining juice and use for dipping

Lemon Chicken

INGREDIENTS

- 1 to ½ pounds boneless skinless chicken thighs
- 1 tablespoon + 1 teaspoon olive oil
- 1 lemon
- 1 pound asparagus, trimmed
- ½ teaspoon lemon pepper seasoning
- ¼ teaspoon salt
- ¼ teaspoon thyme

Instructions

1. Place chicken in crock
2. Drizzle with 1 tablespoon olive oil
3. Sprinkle with thyme and half of the salt
4. Slice lemon and place over chicken
5. Top with asparagus
6. Drizzle with 1 teaspoon olive oil
7. Sprinkle with remaining salt and lemon pepper seasoning

3 Bean Chili

Ingredients

- Kidney Beans
- Pinto Beans
- Black Beans
- Tomatoes
- Ground Beef or Turkey
- Chopped Garlic
- Chopped Onions
- Broth
- Salt & Pepper
- Cayenne Pepper
- Cumin
- Chili Powder or Paprika

Instructions

1. Throw all ingredients into the slow cooker and cook on low for 8 hours or high for 6 hours!
2. Serve with shredded cheese, Sour Cream/Greek Yogurt, chopped green onions and any other favorite toppings!
3. Enjoy!

Beef Stroganoff

Ingredients

- Chopped onion
- Chopped Garlic
- Water
- Beef Broth
- Mushrooms
- Salt & Pepper
- 1/4c flour
- Steak or fajita strips
- ½ cup Greek Yogurt

Instructions

1. Mix all in a crock to and cook on low for 7-9 hours.
2. Add Sour cream or Greek yogurt for last 10 minutes before serving.
3. Serve over warm cooked noodles.

White Bean Chicken Chili

Ingredients

- White Navy Beans
- Chicken
- Tomatillos (quartered)
- Chopped Garlic
- Chopped Onions
- Chopped Cilantro
- Bone Broth
- Water
- Cumin
- Paprika
- Salt & Pepper
- Lime Juice

Ingredients

1. Soak white navy beans overnight and drain.
2. Throw all ingredients into the crockpot and cook on low heat for 6 hours or high heat 4 hours.

Pot Roast

Ingredients

- 2 lbs Beef
- 2 diced Tomatoes
- 1 small white Onions
- 4 cloves of chopped Garlic
- Salt & Pepper
- Dash of soy or tamari
- 2 cups beef broth
- 2 cups of water
- 2 Sliced carrots
- 2 Cubed potatoes
- 2 stalks Chopped celery

Instructions

Add all ingredients to crock-pot. Cook on low for 4 hours and enjoy!

Lamb Stew

Ingredients

- 1.5 lbs. Lamb
- 4 cloves chopped Garlic
- ½ chopped yellow Onion
- Fresh Rosemary
- Fresh Oregano
- Salt & Pepper
- 1 teaspoon Cumin
- 1 teaspoon Turmeric
- Olive oil
- 2 cups Broth
- 2 diced Tomatoes
- Flour to thicken broth for serving

Instructions

Add all ingredients into crock-pot and cook on low for 4 hours!
Serve over rice or Quinoa!

French Onion Soup

Ingredients

- 1/4 cup butter
- 3 onions, thinly sliced
- 1 teaspoon white sugar
- 1 tablespoon all-purpose flour
- 2 1/2 cups water
- 1/2 cup red wine
- 2 (10.5 ounce) cans beef broth
- 1 French baguette
- 8 ounces sliced Swiss cheese

Ingredients

1. Melt butter or margarine in a 4-quart saucepan. Stir in sugar. Cook onions over medium heat for 10 minutes, or until golden brown.
2. Stir in flour until well blended with the onions and pan juices. Add water, wine, and beef broth; heat to boiling. Reduce heat to low. Cover soup, and simmer for 10 minutes.
3. Cut four 1 inch thick slices of bread from the loaf. Toast the bread slices at 325 degrees F, until browned, about 10 minutes. Reserve the remaining bread to serve with the soup.
4. Ladle soup into four 12 ounce, oven-safe bowls. Place 1 slice toasted bread on top of the soup in each bowl. Fold Swiss cheese slices, and fit onto toasted bread slices. Place soup bowls on a cookie sheet for easier handling.
5. Bake at 425 degrees F (220 degrees C) for 10 minutes, or just until cheese is melted

Pork Chili Verde

Ingredients

- 2-4 lbs. Pork roast
- Salt & pepper
- 8 diced Tomatillos
- 4 cloves chopped Garlic
- 1 small yellow Onions - chopped
- 1 tablespoon Olive Oil
- 1 teaspoon Cumin
- 1 teaspoon Paprika
- 1 teaspoon Cayenne
- 2 tablespoons Lime Juice
- Chopped Cilantro
- 2 cups Bone Broth
- 1 cup Water

Instructions

1. Throw all in a crockpot on low for 7 hours.
2. Serve in tacos, enchiladas, tostadas, lettuce wraps or rice bowl.

Loaded Baked Potato Soup

Instructions

- 1 tablespoon olive or avocado oil
- 2 slices bacon, cut in half
- 1/2 cup chopped onion
- 1 1/2 pounds medium russet potatoes (2-3), scrubbed and diced
- 4 cups chicken bone broth
- 1/2 cup Greek yogurt
- 1/2 cup shredded extra-sharp Cheddar cheese, divided
- 1/4 teaspoon freshly ground pepper
- 1/4 cup snipped chives or finely chopped scallion greens

Instructions

- Heat oil in a large saucepan over medium heat.
- Add bacon and cook, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan.
- Add all ingredients to the crockpot except 1/2 the bacon and cook on low for 4 hours. Mixture should be mostly smooth, but still a little chunky. Mix in Greek yogurt, 1/4 cup cheese and pepper. Cook, stirring, until the cheese is melted and the soup is heated through.
- Serve garnished with remaining crumbled bacon, the remaining 1/4 cup cheese and chives (or green onions).