



KEY NUTRITION

SLOW COOKER RECIPES

"IT'S ALL ABOUT CREATING HEALTHIER
HABITS, RATHER THAN RESTRICTIONS"



Minestrone & Beef Shin Soup

Ingredients

- 1 x small packet of minestrone soup mix
- 2-4 beef shin bones
- 3 heaped tbsp of Mitchells Bone Broth Powder
- 3 carrots, chopped finely
- 1 stalk celery, chopped finely
- 1 onion, diced
- 4 garlic cloves, diced
- 3L of water or beef stock
- 1 small tub of tomato paste

Method

Saute onions and garlic in a small fry pan with some olive oil for 5 minutes. Prepare the rest of the vegetables and place into a the slow cooker with all the other remaining ingredients. Leave to simmer on low for 8-10 hours until you get a good thick consistency. Season to taste and garnish with some grated parmesan.



Mexican Beef with Quinoa

Ingredients

- 500g premium beef mince
- 1 packet of taco seasoning
- 1 large jar of enchilada or pasta sauce
- 1 can black beans
- 1 cup quinoa
- 2 tbsp cumin
- 2 1/2 cups beef stock
- 2 courgettes, chopped
- 1 head broccoli, florets chopped
- 2 carrots, diced
- 2 onions, diced
- 2 garlic cloves, diced
- 1 leek, chopped finely

Method

Lightly fry the mince in the taco seasoning, chopped onion and garlic in a fry pan. Chop all veggies and place aside. Add mince, veggies, stock, pasta sauce, beef stock, beans and cumin into slow cooker. Cook on low for 7-8 hours. Serve with grated cheese, sliced spring onions and sour cream.



Pumpkin Soup

Ingredients

700g pumpkin, cut into pieces peeled
700g kumara, peeled quartered
3 brown onions, sliced
2 tsp chicken stock powder
2 tsp curry powder
approx 2 litres of water
1 tsp pepper to taste
Cream to serve

Method

Heat a fry pan over medium heat with a knob of butter or olive oil. Add the sliced onions and cook until caramelised. Place the onions, pumpkin, kumara, curry powder chicken stock and water into the slow cooker and cook on low for approx. 2 hours (until pumpkin cooked). The key is to add as much water as you need to cover the vegetables (so could be more or less than 2 litres). When cooked, blend with a stick blender and season to taste. Serve with a dash of cream and a sprinkle of pumpkin seeds.

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Beef Brisket with Vegetables

Ingredients

- 1kg beef brisket
- 1 onion, finely chopped
- 2 garlic cloves
- 1/2 cup red wine
- 1 large jar of passata sauce
- 2 cups beef stock
- 6 bay leaves
- salt and pepper

Method

Heat some oil in a large frying pan and fry the beef brisket approx 4-5 minutes each side until browned. Remove from the pan and set aside. Add the onions and crushed garlic stirring for 4-5 minutes until softened. Add the beef brisket, wine, passata sauce, beef stock, bay leaves garlic and onions into slow cooker. Season with salt and pepper and cook on low for approx 6-8 hours.

Remove the beef and separate with two forks. Serve on pumpkin mash with sautéed greens and drizzle with leftover sauce.



Venison Casserole

Ingredients

- 3 stalks celery, diced
- 1 onion, diced, 2 cloves garlic, chopped finely
- 3 carrots, chopped, 1 leek, sliced thinly
- 3 parsnips, chopped
- 1/2 pumpkin, chopped into small pieces
- 3 potatoes, chopped
- 1kg venison meat, chopped into small chunks
- 1.25 litres beef stock or beef broth
- 2 tbsp flour (coconut flour)
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1/2 cup red wine
- 3 sprigs of thyme
- 2 bay leaves
- 3 sprigs of rosemary
- salt/ pepper to taste

Method

Heat oil in fry pan and add venison meat, flour, onions and garlic. Cook until venison meat is brown on the outside. Add all ingredients into the slow cooker, including the meat and stir to combine. If there is not enough water, add another 1/2 cup. Leave to cook on low for 7-8 hours. Season to taste and serve with kumara or pumpkin mash.



Vegan Chilli

Ingredients

- 3 tbsp olive oil
- 2 kumara, peeled and cut into medium chunks
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1-2 tsp chilli powder (depending on how hot you like it)
- 1 tsp dried oregano
- 1 tbsp tomato purée
- 1 capsicum, cut into chunks
- 2 x 400g cans chopped tomatoes
- 400g can black beans, drained
- 400g can kidney beans, drained
- lime wedges, guacamole, coriander and rice to serve

Method

Heat the oil in a large frying pan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft then crush in the garlic, tip in the kumara and cook for 1 min more. Add all the dried spices, oregano and tomato puree, cook for a minute then tip the whole lot into a slow cooker. Add the capsicum and chopped tomatoes. Give everything a good stir then cook on low for 5 hrs. Stir in the beans and cook for another 30 mins to 1 hr. Season to taste and serve with lime wedges, guac, rice and coriander.



Shepards Pie

Ingredients

- 2 tbsp olive oil
- 800g premium beef mince
- 1 onion, chopped finely
- 3 cloves garlic, chopped finely
- 4 tbsp worchester sauce
- 1 tub (140g) tomato paste
- 1 cup red wine
- 1 cup beef stock
- 2 courgettes, chopped finely
- 2 cups frozen peas/ carrots/ corn
- 2 tsp thyme
- 1/2 tsp salt/ pepper
- 300g potatoes
- 200g kumara
- 50g butter
- 1/4 cup coconut milk
- 1 cup grated cheese (optional)

Method

Heat the oil in a large fry pan over medium heat. Add onions, garlic and mince. Cook until mince is browned on the outside. Boil the potatoes and kumara in a seperate pan for approx. 10-12 minutes. Drain the water and add 50g butter with 1/4 cup milk. Mash until nice and smooth. Place the mince, courgettes, frozen vegetables, thyme, red wine, tomato paste, worchester sauce and beef stock into the slow cooker and stir to combine. Season to taste and top off with the potato/ kumara mash. Cook on low for 7-8 hours then serve with grated cheese on top and with a side of greens.



Easy Vegetable Soup

Ingredients

- 2 tbsp olive oil
- 1 packet of the Kings GF Vegetable Soup Mix (210g)
- 4 carrots, chopped up
- 3 celery stalks, chopped
- 3 parsnips, chopped
- 4 medium potatoes, chopped
- 2 kumara, chopped
- 400-500g pumpkin, chopped
- 3 courgettes, chopped into circle chunks
- 1 can kidney beans, drained and rinsed
- 2 onions, chopped finely
- 3 cloves garlic, chopped finely
- 1 head broccoli, florets chopped
- 2- 2 1/2 litres of vegetable stock

Method

Heat the oil in a large fry pan over medium heat. Add onions and garlic and caramelise. Place all the ingredients into the slow cooker and cook on low for 6-7 hours. Serve with some grated parmesan cheese on top and season to taste.



Coconut Curry

Ingredients

- 1 cup water (240 mL)
- 1 large head broccoli, cut into florets
- 425g organic chickpeas, drained and rinsed
- 1 medium sweet potato, or large, peeled and cubed
 - 1 medium white onion, diced
 - ¼ cup quinoa, uncooked(40 g)
 - 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon ground turmeric
- 2 teaspoons tamari sauce
- 2 teaspoons salt
- 795g canned diced tomatoes
- 30 oz coconut milk
- fresh parsley, chopped, for serving, optional

Method

Add the water, broccoli, chickpeas, sweet potato, onion, quinoa, garlic, ginger, red pepper flakes, turmeric, tamari, salt, tomatoes, and coconut milk to a slow cooker. Stir to combine. Cover and cook for 4 hours on high or 8 hours on low, until the sweet potatoes are tender and the curry has thickened. Serve the curry warm over rice or quinoa. Garnish with parsley, if desired. Optional is to add extra protein like chicken/ beef/ tofu/ fish, etc.



Baked Beans

Ingredients

- 1 tbsp olive oil
- 1 onion, thinly sliced
- 2 garlic cloves, chopped
- 1 tbsp white or red wine vinegar
- 1 heaped tbsp coconut sugar
- 400g can pinto beans, drained and rinsed
- 200ml passata
- small bunch coriander, chopped

Method

Heat the oil in a large frying pan and fry the onion until it starts to brown, then add the garlic and cook for 1 min. Add the vinegar and sugar and bubble for a minute. Stir in the beans and passata and season with black pepper. Tip everything into the slow cooker. Cook on Low for 5 hours. If the sauce seems a little thin turn the heat to High and cook for a few more minutes. Stir through the coriander and serve with a couple of pieces of paleo toast.



Spiced Carrot and Lentil Soup

Ingredients

2 tsp cumin seeds
pinch chilli flakes
2 tbsp olive oil
600g carrots, washed and coarsely grated
140g split red lentils
1 litre hot vegetable stock (from a cube is fine)
125ml milk

Method

Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas. Add 600g coarsely grated carrots, 140g split red lentils, 1litre hot vegetable stock and 125ml milk and simmer on low for 3-4 hours until lentils are cooked. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer). Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices.



Pea and Ham Soup

Ingredients

- 2 cups dried split peas
- 600g ham bone
- 3 carrots, diced
- 1 yellow onion, diced
- 1 shallot, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 tsp ground black pepper
- 1 bay leaf
- 6 cups low sodium chicken stock

Method

In the bowl of a slow cooker, combine the split peas, carrots, yellow onion, shallot, celery, garlic, thyme, pepper, bay leaf, and chicken stock. Mix well. Add the ham bone on top and nestle into the contents of the slow cooker. Cover and cook on Low for 5-6 hours, or until ham is tender and easily pulls off the bone. Remove the ham and shred into bite-size pieces using two forks, then return the ham meat to the slow cooker, and discard the bone. Remove the bay leaf and serve.



Chicken Noodle Soup

Ingredients

- 1 whole free range organic chicken (1.2kgs)
- 4 litres of chicken stock
- 2 tbsp apple cider vinegar
- 4 carrots, grated
- 1 onion, chopped finely
- 2 tbsp olive oil
- 2 celery, stalks chopped finely
- 1 leek, chopped finely
- 200gm wholemeal spaghetti (gluten free is another option)
- Large handful of parsley, chopped finely
- 1 tsp salt/ pepper

Method

Heat a large soup pot over medium heat with the olive oil. Saute the onions for approx 3-4 minutes until slightly brown. Add in the whole chicken, stock, apple cider vinegar, leeks and celery. Leave to simmer on low heat for approx 1 1/2 hours until chicken is cooked. Remove the chicken and place on a plate. Add in the spaghetti and carrots. Simmer for another 15 minutes (until pasta is cooked). Remove the meat and skin from the chicken and place back into the pot. Season to taste with salt and pepper. Mix to combine then serve in soup bowls and garnish with parsley. Freeze for future use in small containers or store in fridge for next few days.



Mustard Beef Casserole

Ingredients

900g-1kg beef chuck or casserole steak, cut into chunks
2 tbsp rice flour (or any other flour)
1 onion
4 cloves garlic
3 carrots, sliced
3 tbsp wholegrain mustard
1 can of tinned tomatoes
120ml worcester sauce
1/3 cup red wine (optional)
1/2 tub tomato paste (70g)
Salt/ pepper

Method

Heat a fry pan with olive oil over medium heat. Saute the garlic and onions for a few minutes then add the beef steak. Add the flour and cook for another 4-5 minutes. Place all the ingredients into the slow cooker and cook on high for 4-5 hours or low for 8-9 hours until the sauce thickens and the meat falls apart. Season to taste then serve with kumara or potato mash with some greens.



Lamb Tagine

Ingredients

- 500g lamb steaks, chopped into chunks
- 1 tbsp olive oil
- 1 onion roughly chopped
- 3 carrots quartered lengthways and chopped
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp dried coriander
- ½ tsp salt
- ½ tsp pepper
- 400 g chopped tomatoes
- 1/2 cup red wine (optional)
- 250 ml chicken stock
- 200 g dried apricots
- 1 tbsp fresh ginger
- 2 garlic cloves crushed
- 400 g chickpeas or cannelloni beans
- 1 cinnamon stick
- To serve: 2 cups cooked quinoa

Method

Chop the lamb into 3cm (1¼ inch) chunks. Heat the oil in a large pan over a medium heat, then brown the lamb on all sides and transfer to the slow cooker. In the same pan, add the onions and carrots and fry for a few minutes until the carrots are starting to brown, then transfer to the slow cooker. Add all of the dried spices, salt, pepper, chopped tomatoes, stock, red wine, apricots, fresh ginger, garlic, chickpeas/cannelloni beans and cinnamon stick to the slow cooker, then stir well. Cook for 4 hours on high, or 6 hours on low. Sprinkle with freshly chopped coriander or parsley and serve in some cooked quinoa or rice.



Moroccan Chicken with Apricots & Lentils

Ingredients

- 16 chicken drumsticks
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 large onion, diced
- 3 large carrots, finely sliced
- 2 tbsp ground cumin
- 2 tbsp ground coriander seeds
- 2 tbsp sweet paprika
- 150g split red lentil
- 400g can chopped tomato
- 1 tbsp tomato ketchup or tomato paste
- 750ml chicken stock
- 1 cinnamon stick
- 200g whole dried apricot, cut into halves

Method

Heat a large pan over medium heat with 1 tbsp olive oil. Cook the onions, garlic and half the chicken drumsticks until brown on the outside. Sprinkle 1 tbsp cumin, coriander and paprika on the chicken. Place into the slow cooker. Repeat this with the other tbsp olive oil, carrots and remaining chicken drumsticks and spices. Place the remaining ingredients into the slow cooker and cook on low for 5-6 hours or high for 3-4 hours until chicken and carrots are cooked. Serve with basmati or brown rice and season to taste.



Meatballs

Ingredients

- 1 cup breadcrumbs
- 1/4 cup milk
- 400g beef mince
- 400g pork mince
- 1 cup parmesan
- ½ cup oregano leaves
- 2 tsp dried basil or small handful of chopped basil
- 1 egg yolk
- 2 cups spinach
- 4 cloves garlic, crushed
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 carrots, grated
- 2 stalks celery, finely chopped
- 2 tbsp tomato paste
- 2 x 400g canned tomatoes
- 1½ cup (375ML) chicken stock
- 1 cup red wine

Method

Place the breadcrumbs and milk in a large bowl and set aside for 5 minutes to soak. Add the pork, beef, parmesan, oregano, basil, egg yolk, kale, salt, pepper and half the garlic, and mix to combine. Roll into small balls and heat half the oil in a large heavy-based frying pan over medium heat and cook the meatballs, in 2 batches, turning, for 5 minutes or until golden. Add meatballs into slow cooker, with remaining ingredients and stir to combine. Season with salt/pepper and cook on low for 5-6 hours. Serve on wholemeal pasta or zucchini noodles with mozzarella cheese on top.



Roast Chicken

Ingredients

- 1.5kg Whole Chicken
- 4 carrots
- 4 celery stalks
- 2 garlic cloves
- 1 onion
- 1/2 tsp garlic powder
- 1 lemon
- 1 tsp onion powder
- 1 tsp thyme
- 2 tsp paprika
- Salt/ pepper

Method

Combine all the spices/ herb ingredients in a small bowl and set aside. Prepare the vegetables and place inside the slow cooker. Remove chicken from packaging and rinse with water then pat dry using a paper towel. Rub garlic all over outside of the chicken. Put garlic inside the chicken. Put the rub mixture all over the outside and inside the chicken. Add quartered lemon to the inside of the chicken. Place chicken on top of the vegetables. Cover slow cooker and cook chicken on low for 4-8 hours (the time will depend on the size of the chicken). Remove chicken and place in a 9×13 glass or ceramic baking dish. Place baking dish in the oven under the broiler for about 4-5 minutes. Allow chicken to rest after removing it from the broiler for 5-10 minutes. Serve with more roasted vegetables or greens.



Pulled Pork

Ingredients

2kg pork shoulder, skin removed

1 onion, sliced

2 tsp smoked paprika

½ tsp cinnamon

1 tbsp flour

2 tsp oil

For slow cooking

4 garlic cloves, crushed

160ml cloudy apple juice

1 tbsp black treacle

2 tbsp honey

3 tbsp apple cider vinegar

50g onion marmalade

Method

Put the onion slices at the bottom of the slow cooker. In a small bowl mix together 1 tbsp salt with 1 tsp ground black pepper, the smoked paprika and cinnamon. Put the flour onto a plate then rub the spice mixture over the pork. Heat the oil in a large frying pan and roll the spiced pork in the flour before putting it into the pan to sear it on all sides. Once the meat is starting to pick up a golden colour pop it on top of the onion slices in the slow cooker. In a large jug combine all the ingredients for slow cooking the pork then pour over the meat. Pop the lid on and cook on the low setting for 8 hours. When you're ready to serve, take the meat out of the slow cooker leaving the cooking liquor behind. Put the cooked meat on a roasting tray or large shallow bowl and pull it into bite-size chunks and shred with 2 forks. Ladle a little of the cooking juices over the pork and mix together. Serve with homemade coleslaw and fresh bread buns.



Lamb Shank Soup

Ingredients

- 2 tsp extra virgin olive oil
- 2 large (700g) lamb shanks
- 1 large brown onion, finely chopped
- 1 carrot, peeled, finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves, crushed
- 2 tsp cumin seeds, crushed
- 2 tsp brown mustard seeds
- 2 tsp sweet paprika
- 1 tsp ground coriander
- 400g can diced tomatoes
- 400g can Chickpeas, rinsed, drained
- 500ml (2 cups) chicken style liquid stock
- 500ml (2 cups) water
- 100g trimmed silverbeet (about 1/2 bunch), chopped
- Natural yoghurt, to serve (optional)

Method

Heat half the oil in a large non-stick frying pan over high heat. Cook lamb for 1-2 minutes each side or until browned. Transfer to a large (6L) slow cooker. Heat remaining oil over medium heat. Cook onion, carrot and celery, stirring, for 5 minutes or until soft. Add garlic, cumin, mustard, paprika and coriander. Cook, stirring, for 1 minute. Transfer veggie mixture to slow cooker. Stir in tomato, chickpeas, stock and water. Cover. Cook on low for 6 hours 30 minutes. Transfer lamb to a bowl. Once cool enough to handle, shred meat and discard bones. Return meat to slow cooker. Add silverbeet. Cover. Cook for a further 20 minutes. Season. Serve with yoghurt, if using.

SNACKS

My Favourite Snacks to enjoy between meals are:

- Sliced Veggies with 1-2 tbsp hummus: Carrots, Cucumbers, Celery, Capsicum. Prep the veggies in advance for a quick and crunchy pick me up.
- 1/4 cup mixed nuts and seeds: the perfect balance of and healthy fat which will satiate you.
- 2 corn thins or quinoa cakes topped with sliced banana and peanut butter.
- 200g greek plain yogurt, sweetened with cinnamon and stevia with a small handful of berries.
- Homemade Banana Bread
- 3 medijool dates topped with 1 tbsp almond butter
- 1 apple with 1 tbsp nut butter
- Protein shake
- Protein smoothie
- Boiled eggs

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