



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Easy Peasy Slow Cooker Program

Created by Georgia Limmer, Naturopathy & Nutrition



Easy Peasy Slow Cooker Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	Kiwi Green Smoothie	Kiwi Green Smoothie
Snack 1	Slow Cooker Cinnamon Applesauce	Slow Cooker Cinnamon Applesauce	Baby Carrots & Hummus	Baby Carrots & Hummus	Almonds & Dark Chocolate	Almonds & Dark Chocolate
Lunch	Protein Packed Deviled Eggs	Slow Cooker Maple Mustard Chicken	Slow Cooker Stuffed Peppers	Curried Chicken Slow Cooker Stew	Slow Cooker Vegan Chili	Vegan Sloppy Joes
Snack 2	Celery with Peanut Butter	Celery with Peanut Butter	Banana with Peanut Butter	Banana with Peanut Butter	Slow Cooker Cinnamon Applesauce	Slow Cooker Cinnamon Applesauce
Dinner	Slow Cooker Maple Mustard Chicken	Slow Cooker Stuffed Peppers	Curried Chicken Slow Cooker Stew	Slow Cooker Vegan Chili	Vegan Sloppy Joes	Curried Chicken Slow Cooker Stew

Easy Peasy Slow Cooker Program

6 days

Mon	Tue	Wed	Thu	Fri	Sat
Calories 1353	Calories 1392	Calories 1307	Calories 1181	Calories 1278	Calories 1241
Fat 57g	Fat 55g	Fat 56g	Fat 41g	Fat 27g	Fat 29g
Saturated 11g	Saturated 11g	Saturated 10g	Saturated 6g	Saturated 7g	Saturated 7g
Polyunsaturated 16g	Polyunsaturated 17g	Polyunsaturated 20g	Polyunsaturated 17g	Polyunsaturated 5g	Polyunsaturated 5g
Carbs 121g	Carbs 140g	Carbs 152g	Carbs 167g	Carbs 205g	Carbs 189g
Fiber 30g	Fiber 36g	Fiber 34g	Fiber 38g	Fiber 60g	Fiber 52g
Sugar 62g	Sugar 73g	Sugar 57g	Sugar 52g	Sugar 84g	Sugar 81g
Protein 97g	Protein 97g	Protein 68g	Protein 50g	Protein 71g	Protein 74g
Cholesterol 615mg	Cholesterol 343mg	Cholesterol 157mg	Cholesterol 27mg	Cholesterol 5mg	Cholesterol 32mg
Sodium 1207mg	Sodium 2290mg	Sodium 2131mg	Sodium 2021mg	Sodium 2405mg	Sodium 1342mg
Potassium 2914mg	Potassium 3634mg	Potassium 3223mg	Potassium 2521mg	Potassium 3609mg	Potassium 3369mg
Vitamin A 3726IU	Vitamin A 4955IU	Vitamin A 23744IU	Vitamin A 25686IU	Vitamin A 12240IU	Vitamin A 11393IU
Vitamin C 62mg	Vitamin C 226mg	Vitamin C 209mg	Vitamin C 84mg	Vitamin C 191mg	Vitamin C 148mg
Calcium 481mg	Calcium 530mg	Calcium 526mg	Calcium 511mg	Calcium 618mg	Calcium 543mg
Iron 12mg	Iron 13mg	Iron 15mg	Iron 15mg	Iron 22mg	Iron 20mg
Vitamin D 161IU	Vitamin D 66IU	Vitamin D 64IU	Vitamin D 38IU	Vitamin D 3IU	Vitamin D 3IU
Vitamin E 8mg	Vitamin E 9mg	Vitamin E 9mg	Vitamin E 6mg	Vitamin E 10mg	Vitamin E 10mg
Vitamin K 159µg	Vitamin K 206µg	Vitamin K 105µg	Vitamin K 37µg	Vitamin K 314µg	Vitamin K 309µg

Thiamine	0.9mg	Thiamine	1.1mg	Thiamine	1.0mg	Thiamine	0.9mg	Thiamine	0.9mg	Thiamine	0.9mg
Riboflavin	1.9mg	Riboflavin	1.8mg	Riboflavin	1.3mg	Riboflavin	0.9mg	Riboflavin	1.7mg	Riboflavin	1.8mg
Niacin	29mg	Niacin	29mg	Niacin	22mg	Niacin	15mg	Niacin	10mg	Niacin	13mg
Vitamin B6	2.6mg	Vitamin B6	3.3mg	Vitamin B6	2.9mg	Vitamin B6	1.9mg	Vitamin B6	1.6mg	Vitamin B6	1.8mg
Folate	277µg	Folate	309µg	Folate	369µg	Folate	363µg	Folate	675µg	Folate	664µg
Vitamin B12	4.4µg	Vitamin B12	2.9µg	Vitamin B12	1.6µg	Vitamin B12	0.1µg	Vitamin B12	0.7µg	Vitamin B12	0.8µg
Magnesium	384mg	Magnesium	417mg	Magnesium	421mg	Magnesium	402mg	Magnesium	458mg	Magnesium	441mg
Zinc	9mg	Zinc	11mg	Zinc	9mg	Zinc	6mg	Zinc	8mg	Zinc	8mg
Selenium	154µg	Selenium	93µg	Selenium	56µg	Selenium	31µg	Selenium	24µg	Selenium	33µg

Easy Peasy Slow Cooker Program

67 items

Fruits

- 12 Apple
- 1/2 Avocado
- 10 Banana
- 4 Kiwi
- 1/2 Lemon

Breakfast

- 258 grams All Natural Peanut Butter
- 200 grams Maple Syrup

Seeds, Nuts & Spices

- 72 grams Almonds
- 4 grams Black Pepper
- 48 grams Chia Seeds
- 20 grams Chili Powder
- 3 grams Cinnamon
- 4 servings Cinnamon Stick
- 5 grams Cumin
- 6 grams Curry Powder
- 1 gram Dried Basil
- 3 grams Garlic Powder
- 26 grams Ground Flax Seed
- 80 grams Hemp Seeds
- 500 milligrams Oregano
- 3 grams Paprika
- 21 grams Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 248 grams Frozen Corn
- 80 grams Frozen Peas

Vegetables

- 510 grams Baby Carrots
- 240 grams Baby Spinach
- 1 Carrot
- 1 head Cauliflower
- 7 stalks Celery
- 1/2 Cucumber
- 6 Garlic
- 800 grams Green Beans
- 6 Green Bell Pepper
- 1 stalk Green Onion
- 127 grams Matchstick Carrots
- 192 grams Mushrooms
- 680 grams Portobello Mushroom Caps
- 1/2 Sweet Onion
- 1 Sweet Potato
- 1/2 White Onion
- 1/2 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 726 grams Canned Whole Tomatoes
- 328 grams Chickpeas
- 484 grams Crushed Tomatoes
- 792 grams Lentils
- 177 grams Red Kidney Beans
- 520 grams Salsa
- 1 can Tuna
- 475 milliliters Vegetable Broth
- 182 grams White Navy Beans

Baking

- 14 grams Coconut Flour
- 100 grams Dark Chocolate
- 243 grams Oats

Bread, Fish, Meat & Cheese

- 227 grams Chicken Breast
- 907 grams Chicken Thighs
- 454 grams Extra Lean Ground Turkey
- 246 grams Hummus

Condiments & Oils

- 75 grams Dijon Mustard
- 30 milliliters Extra Virgin Olive Oil
- 45 grams Yellow Mustard

Cold

- 5 Egg
- 720 milliliters Unsweetened Almond Milk

Other

- 8 Ice Cubes
- 97 grams Vanilla Protein Powder
- 1.2 liters Water

Zucchini Bread Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 122 grams** Oats (quick or traditional)
- 360 milliliters** Unsweetened Almond Milk
- 13 grams** Ground Flax Seed
- 40 grams** Maple Syrup
- 1 gram** Cinnamon
- 1** Zucchini (grated)
- 40 grams** Hemp Seeds
- 2** Banana (sliced)

Nutrition

Amount per serving

Calories	286	Iron	3mg
Fat	9g	Vitamin D	38IU
Saturated	1g	Vitamin E	0mg
Polyunsaturated	6g	Vitamin K	3µg
Carbs	45g	Thiamine	0.3mg
Fiber	7g	Riboflavin	0.3mg
Sugar	15g	Niacin	2mg
Protein	10g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	44µg
Sodium	68mg	Vitamin B12	0µg
Potassium	605mg	Magnesium	145mg
Vitamin A	325IU	Zinc	2mg
Vitamin C	14mg	Selenium	10µg

Calcium 221mg

Kiwi Green Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seed instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 49 grams Vanilla Protein Powder
- 24 grams Chia Seeds
- 75 grams Baby Spinach
- 474 milliliters Water
- 4 Ice Cubes

Nutrition

Amount per serving

Calories	249	Iron	3mg
Fat	5g	Vitamin D	0IU
Saturated	0g	Vitamin E	2mg
Polyunsaturated	0g	Vitamin K	209µg
Carbs	31g	Thiamine	0.2mg
Fiber	8g	Riboflavin	0.6mg
Sugar	14g	Niacin	1mg
Protein	23g	Vitamin B6	0.5mg
Cholesterol	4mg	Folate	110µg
Sodium	75mg	Vitamin B12	0.6µg
Potassium	844mg	Magnesium	144mg
Vitamin A	3614IU	Zinc	2mg
Vitamin C	80mg	Selenium	8µg
Calcium	268mg		

Slow Cooker Cinnamon Applesauce

4 ingredients · 4 hours · 8 servings



Directions

1. Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
2. Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
3. Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Notes

Storage

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

Leave it Chunky

Skip Step 2. You may want to peel your apples before cooking.

Extra Toppings

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

Less Sugar

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

Ingredients

12 Apple (large, cored and diced)

4 servings Cinnamon Stick

1/2 Lemon (juiced)

237 milliliters Water

Nutrition

Amount per serving

Calories	143	Iron	0mg
Fat	0g	Vitamin D	0IU
Saturated	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	6µg
Carbs	38g	Thiamine	0mg
Fiber	10g	Riboflavin	0.1mg
Sugar	28g	Niacin	0mg
Protein	1g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	9µg
Sodium	3mg	Vitamin B12	0µg
Potassium	295mg	Magnesium	14mg
Vitamin A	148IU	Zinc	0mg
Vitamin C	14mg	Selenium	0µg
Calcium	20mg		

Baby Carrots & Hummus

2 ingredients · 5 minutes · 4 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

510 grams Baby Carrots

246 grams Hummus

Nutrition

Amount per serving

Calories	190	Iron	3mg
Fat	11g	Vitamin D	0IU
Saturated	2g	Vitamin E	1mg
Polyunsaturated	5g	Vitamin K	14µg
Carbs	20g	Thiamine	0.1mg
Fiber	6g	Riboflavin	0.1mg
Sugar	6g	Niacin	1mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	30µg
Sodium	359mg	Vitamin B12	0µg
Potassium	192mg	Magnesium	46mg
Vitamin A	17264IU	Zinc	1mg
Vitamin C	9mg	Selenium	3µg
Calcium	89mg		

Almonds & Dark Chocolate

2 ingredients · 3 minutes · 4 servings



Directions

1. Divide between bowls. Enjoy!

Ingredients

100 grams Dark Chocolate (at least 70% cacao)

72 grams Almonds

Nutrition

Amount per serving

Calories	253	Iron	4mg
Fat	20g	Vitamin D	0IU
Saturated	7g	Vitamin E	5mg
Polyunsaturated	3g	Vitamin K	2µg
Carbs	15g	Thiamine	0mg
Fiber	5g	Riboflavin	0.2mg
Sugar	7g	Niacin	1mg
Protein	6g	Vitamin B6	0mg
Cholesterol	1mg	Folate	8µg
Sodium	5mg	Vitamin B12	0.1µg
Potassium	310mg	Magnesium	105mg
Vitamin A	10IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg
Calcium	66mg		

Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 2 servings



Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 gram Paprika
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving

Calories	309	Iron	4mg
Fat	18g	Vitamin D	121IU
Saturated	4g	Vitamin E	3mg
Polyunsaturated	3g	Vitamin K	33µg
Carbs	8g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.6mg
Sugar	2g	Niacin	9mg
Protein	30g	Vitamin B6	0.6mg
Cholesterol	402mg	Folate	98µg
Sodium	352mg	Vitamin B12	3.0µg
Potassium	663mg	Magnesium	57mg
Vitamin A	1263IU	Zinc	2mg
Vitamin C	8mg	Selenium	89µg
Calcium	93mg		

Celery with Peanut Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free

Use sunflower seed butter or hummus instead.

Ingredients

6 stalks Celery (sliced into sticks)

129 grams All Natural Peanut Butter

Nutrition

Amount per serving

Calories	201	Iron	1mg
Fat	17g	Vitamin D	0IU
Saturated	3g	Vitamin E	3mg
Polyunsaturated	4g	Vitamin K	18µg
Carbs	9g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	4g	Niacin	4mg
Protein	8g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	50µg
Sodium	53mg	Vitamin B12	0µg
Potassium	336mg	Magnesium	61mg
Vitamin A	269IU	Zinc	1mg
Vitamin C	2mg	Selenium	2µg
Calcium	40mg		

Banana with Peanut Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter

Use any nut or seed butter.

More Protein

Sprinkle with hemp seeds.

Ingredients

- 2 Banana (peeled and sliced)
- 65 grams All Natural Peanut Butter

Nutrition

Amount per serving

Calories	298	Iron	1mg
Fat	17g	Vitamin D	0IU
Saturated	3g	Vitamin E	3mg
Polyunsaturated	4g	Vitamin K	1µg
Carbs	34g	Thiamine	0.1mg
Fiber	5g	Riboflavin	0.2mg
Sugar	18g	Niacin	5mg
Protein	8g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	52µg
Sodium	7mg	Vitamin B12	0µg
Potassium	602mg	Magnesium	86mg
Vitamin A	76IU	Zinc	1mg
Vitamin C	10mg	Selenium	3µg
Calcium	22mg		

Slow Cooker Maple Mustard Chicken

10 ingredients · 4 hours · 4 servings



Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs

Use chicken breast or drumsticks instead.

Save Time

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs

Serve with rice, sweet potato or quinoa.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

907 grams Chicken Thighs (skinless, boneless)

40 grams Maple Syrup

75 grams Dijon Mustard

700 milligrams Dried Basil

2 grams Paprika

3 grams Sea Salt

1 gram Black Pepper

800 grams Green Beans (washed and trimmed)

15 milliliters Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	414	Iron	4mg
Fat	13g	Vitamin D	2IU
Saturated	3g	Vitamin E	2mg
Polyunsaturated	3g	Vitamin K	99µg
Carbs	21g	Thiamine	0.4mg
Fiber	6g	Riboflavin	0.8mg
Sugar	13g	Niacin	14mg
Protein	48g	Vitamin B6	1.3mg
Cholesterol	213mg	Folate	76µg
Sodium	731mg	Vitamin B12	1.4µg
Potassium	1015mg	Magnesium	107mg



Vitamin A	1721IU	Zinc	4mg
Vitamin C	24mg	Selenium	53µg
Calcium	107mg		

Slow Cooker Stuffed Peppers

15 ingredients · 4 hours · 4 servings



Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians

Use cooked lentils or beans instead of ground meat.

No Ground Turkey

Use ground chicken or beef instead.

No Slow Cooker

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower

Serve over rice, quinoa, greens or sweet potato mash.

Ingredients

- 4 Green Bell Pepper (large)
- 454 grams Extra Lean Ground Turkey
- 3 grams Sea Salt
- 1 gram Black Pepper
- 8 grams Chili Powder
- 1 gram Cumin
- 350 milligrams Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 30 grams Baby Spinach (chopped)
- 15 milliliters Extra Virgin Olive Oil
- 14 grams Coconut Flour
- 520 grams Salsa
- 1 head Cauliflower (large)

Nutrition

Amount per serving

Calories	348	Iron	5mg
Fat	16g	Vitamin D	26IU
Saturated	4g	Vitamin E	4mg
Polyunsaturated	4g	Vitamin K	80µg
Carbs	27g	Thiamine	0.3mg
Fiber	10g	Riboflavin	0.5mg

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Sugar	13g	Niacin	9mg
Protein	30g	Vitamin B6	1.3mg
Cholesterol	130mg	Folate	130µg
Sodium	1435mg	Vitamin B12	1.5µg
Potassium	1383mg	Magnesium	90mg
Vitamin A	2492IU	Zinc	4mg
Vitamin C	172mg	Selenium	28µg
Calcium	142mg		

Curried Chicken Slow Cooker Stew

9 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of stew.

More Carbs

Serve it over brown rice.

More Protein

Serve it over quinoa.

Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup

Double up on the broth.

More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Ingredients

- 1 Sweet Potato (large, diced)
- 328 grams Chickpeas (cooked, drained and rinsed)
- 83 grams Frozen Corn
- 80 grams Frozen Peas
- 2 grams Cumin (ground)
- 6 grams Curry Powder
- 2 Garlic (cloves, minced)
- 475 milliliters Vegetable Broth (or any type of broth)
- 227 grams Chicken Breast

Nutrition

Amount per serving

Calories	185	Iron	3mg
Fat	3g	Vitamin D	0IU
Saturated	0g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	7µg
Carbs	26g	Thiamine	0.2mg
Fiber	6g	Riboflavin	0.2mg
Sugar	5g	Niacin	5mg
Protein	15g	Vitamin B6	0.5mg
Cholesterol	27mg	Folate	113µg
Sodium	262mg	Vitamin B12	0.1µg



Potassium	441mg	Magnesium	54mg
Vitamin A	3587IU	Zinc	1mg
Vitamin C	4mg	Selenium	12µg
Calcium	52mg		

Slow Cooker Vegan Chili

13 ingredients · 8 hours · 4 servings



Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze up to four months.

Serving Size

One serving is roughly 1 1/2 cups.

Serve it With

Toast, quinoa, brown rice, or a salad.

Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly

Omit the chili powder and puree until smooth. Serve with tortilla chips.

Extra Spicy

Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens

Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings

Top with green onion or diced avocado.

Ingredients

726 grams Canned Whole Tomatoes

177 grams Red Kidney Beans (cooked, drained and rinsed)

182 grams White Navy Beans (cooked, drained and rinsed)

165 grams Frozen Corn

1 stalk Celery (diced)

1 Green Bell Pepper (de-seeded and chopped)

1 Carrot (chopped)

1/2 White Onion (diced)

2 Garlic (cloves, minced)

2 grams Cumin

500 milligrams Oregano

12 grams Chili Powder

9 grams Sea Salt

Nutrition

Amount per serving

Calories	222	Iron	5mg
Fat	1g	Vitamin D	0IU
Saturated	0g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	12µg
Carbs	42g	Thiamine	0.2mg
Fiber	14g	Riboflavin	0.1mg

Sugar	8g	Niacin	2mg
Protein	12g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	124µg
Sodium	1325mg	Vitamin B12	0µg
Potassium	681mg	Magnesium	71mg
Vitamin A	4434IU	Zinc	1mg
Vitamin C	47mg	Selenium	3µg
Calcium	127mg		

Vegan Sloppy Joes

13 ingredients · 4 hours · 4 servings



Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover

Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes

Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

Ingredients

- 792 grams Lentils (cooked, drained and rinsed)
- 1/2 Sweet Onion (finely diced)
- 1 Green Bell Pepper (finely diced)
- 192 grams Mushrooms (sliced)
- 127 grams Matchstick Carrots
- 3 grams Garlic Powder
- 45 grams Yellow Mustard
- 80 grams Maple Syrup
- 484 grams Crushed Tomatoes
- 6 grams Sea Salt
- 1 gram Black Pepper
- 680 grams Portobello Mushroom Caps
- 60 grams Baby Spinach (chopped)

Nutrition

Amount per serving

Calories	411	Iron	10mg
Fat	1g	Vitamin D	3IU
Saturated	0g	Vitamin E	2mg
Polyunsaturated	1g	Vitamin K	85µg
Carbs	79g	Thiamine	0.5mg
Fiber	23g	Riboflavin	0.7mg
Sugar	27g	Niacin	6mg
Protein	29g	Vitamin B6	0.7mg



Cholesterol	0mg	Folate	424µg
Sodium	997mg	Vitamin B12	0µg
Potassium	1479mg	Magnesium	124mg
Vitamin A	4034IU	Zinc	4mg
Vitamin C	50mg	Selenium	11µg
Calcium	137mg		