



12
of the
Best Healthy
Slow Cooker
Family Dinners
Low Carb &
Gluten
Free



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Crock Pot Low Carb Cheeseburger Chili

Prep: 15 min Cook: 3 hr Total: 3 hr 15 min



This amazing low carb cheeseburger chili will become a new favorite, even for carb-lovers!

Ingredients

- 2 pounds ground beef
- 2 tbsp olive oil
- 1/2 cup onion
- 2 garlic cloves
- 2 tbsp chili powder
- 2 cups low sodium beef broth
- 1/2 cup sugar free ketchup
- 1/4 cup yellow mustard
- 1 tbsp tomato paste
- 1/4 cup dill pickle relish
- optional: 1- 14 ounces kidney beans

Cheddar Cheese sauce

- 2 tbsp arrowroot flour
- 1 1/2 cups milk, 1 %
- 1/4 cup butter
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups shredded cheddar cheese
- 1/4 cup dill pickle relish

Directions

1. In a large skillet over medium high heat cook the onion in the oil until softened, add the garlic and ground beef.
2. Cook until browned.
3. Add all the rest of the ingredients to the mixture and stir to combine.
4. Pour it into the crock pot and cook on low for 3 hours.
5. When ready to serve prepare the cheddar cheese sauce.
6. Whisk the arrowroot and milk together until incorporated.
7. Melt the butter in a small sauce pan over medium low heat.
8. Once melted, add the milk and continue to stir until thickened.
9. Add in the salt, pepper and cheddar cheese. Remove from heat once cheese is melted.
10. Stir in the relish.
11. Top over chili when ready to serve.

(cont'd)

12. If using croutons simply chop the buns into pieces and toast a few minutes in the oven until crisp or to your liking.

13. Add them to a bowl first then chili then top with cheese.

14. Optional toppings would be more ketchup, mustard and pickles.

Nutrition Info

- Serves: 8
- Serving size: 1
- Calories: 502
- Fat: 32.2g
- Saturated fat: 13.8g
- Carbohydrates: 9.6g
- Sugar: 2g
- Sodium: 974mg
- Fiber: 1.1g
- Protein: 40.1g
- Cholesterol: 142mg



Crock Pot Low Carb Un-Stuffed Cabbage Roll Soup

Prep: 20 min Cook: 3 hr Total: 3 hr 20 min



A hearty, comforting soup that's a perfect healthy meal for any season!

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Ingredients

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1/2 cup chopped onion
- 1/2 cup chopped shallots
- 2 pounds ground beef
- 1 tsp dried parsley
- 1/2 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper
- 16 ounces marinara sauce
- 1/2 head cauliflower or 2 cups riced cauliflower
- 5 cups beef broth, low sodium
- 1 large cabbage or 8 cups sliced

Directions

1. Heat olive oil and garlic on medium high heat.
2. Add onions and shallots and cook until softened.

3. Add ground beef and cook until browned and no longer pink.
4. Add seasonings to beef and marinara sauce.
5. Add the riced cauliflower to the beef mixture and stir until coated.
6. Pour the beef into the crock pot.
7. Pour beef broth into crock pot and add cabbage.
8. Stir to combine everything.
9. Cook on high 3 hours or low 6 hours. If you don't have a crock pot, simply cook ground beef in a dutch oven or heavy soup pot, follow recipe and simmer on low, covered for about an hour until cabbage is tender.


Nutrition Info

- Serves: 9
- Serving size: 1 1/2 cups
- Calories: 312
- Fat: 15.2g
- Saturated fat: 5g
- Carbohydrates: 12.6g
- Sugar: 4.5g
- Sodium: 554mg
- Fiber: 2.8g
- Protein: 31.1g
- Cholesterol: 84mg



Crock Pot Garlic Parmesan Drumsticks

Prep: 15 min Cook: 4 hr Total: 4 hr 15 min



Amazingly flavorful gluten free, low carb drumsticks made in the Crock Pot!

Ingredients

- 5 pounds chicken drumsticks
- 2 tablespoon olive oil
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup chicken broth
- 1/2 cup butter, melted
- 1 tablespoon lemon juice
- 1 tablespoon minced garlic
- 1/4 cup grated Parmesan
- 1 tablespoon fresh chopped parsley

Directions

1. Coat drumsticks with olive oil.
2. In a small bowl mix together the garlic powder, onion powder, salt and pepper.
3. Sprinkle or roll drumsticks in this mixture.
4. Place drumsticks into crockpot.

5. Pour in chicken broth.

6. Cover and cook on high 4 hours.

7. Whisk the remaining ingredients together and pour over drumsticks when ready to serve.


Nutrition Info

- Serves: 12
- Serving size: 6.5 ounces
- Calories: 366
- Fat: 25.6g
- Saturated fat: 8.7g
- Carbohydrates: 1.5g
- Sugar: 0.7g
- Sodium: 589mg
- Fiber: 0.1g
- Protein: 34.4g
- Cholesterol: 164mg



Crock Pot Maple BBQ Pulled Beef

Prep: 15 min Cook: 8 hr Total: 8 hr 15 min

A close-up photograph of a plate of pulled beef. The beef is dark brown and shredded, piled on top of a large, golden-brown baked potato. The potato is cut open, and the beef is spilling out. The plate also contains a salad of shredded green cabbage, sliced red tomatoes, and fresh green herbs. The background shows a wooden table and a glass bowl of tomatoes.

This yummy, no sugar added pulled beef will melt in your mouth!

Ingredients

- 3 1/2 pounds boneless beef chuck
- 4 cloves garlic, halved
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup chopped onion
- 1 1/2 cups 1/2 cup apple cider vinegar
- 1 teaspoon maple extract
- 1 tablespoon smoked paprika
- 1 tablespoon regular paprika
- 1/4 cup Swerve sweetener

Directions

1. Use a sharp knife to slit the roast all over and insert garlic clove halves into slits.
2. Season with salt and pepper. Set aside.
3. Add the rest of the ingredients right in the crock pot itself.
4. Stir well to combine.
5. Add the meat into the crock pot.

6. Spoon the sauce over the meat.
7. Cover and cook on low 8- 10 hours or until tender and you are able to shred the meat with a fork.
8. Shred meat with two forks and stir to combine with the sauce.
9. Enjoy in a low carb bun or wrap or on top of a portobello mushroom as I have done.

Nutrition Info

- Serves: 8
- Serving size: 7 oz
- Calories: 338
- Fat: 15.6g
- Saturated fat: 4.9g
- Carbohydrates: 8.9g
- Sugar: 2.5g
- Sodium: 501mg
- Fiber: 1.4g
- Protein: 39.2g
- Cholesterol: 119mg



Low Carb Crock Pot Balsamic Bacon BBQ Meatloaf

Prep: 20 min Cook: 4 hr Total: 4hr 20 min



This mouth-watering
bacon wrapped
meatloaf is low carb
and grain free!

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Ingredients

- 1/2 cup balsamic vinegar
- 1/4 cup water
- 1 cup no sugar added ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp maple extract
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/2 tsp pepper
- 1 tbsp unsweetened cocoa powder
- 2 1/2 pounds ground turkey
- 1 egg, beaten
- 1/2 cup Parmesan cheese
- 1 tsp cumin
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 8 ounces sugar free bacon (I used Wellshire)

Directions

1. In a small bowl combine the first 5 ingredients. Set aside.
2. Whisk together the next 5 ingredients. Stir this into the first mixture in the bowl.
3. Place 1/2 cup of this sauce into the bottom of the crock pot.
4. In another large bowl mix the turkey, egg, Parmesan and dry seasonings together until just combined. Set aside.
5. Place 5-6 strips of bacon side by side in the crock pot.
6. Place the ground turkey mixture onto the bacon and mold into an oval or oblong shape about 10 inches long.
7. Fold the bottom pieces of bacon up each side of the meatloaf then top with 4 -5 more pieces of bacon to cover the meatloaf.
8. Cover the meatloaf with the remaining sauce.
9. Cover and cook on low 8 hours or high 4 hours.

Nutrition Info

- Serves: 10
- Serving size: 1
- Calories: 233
- Fat: 6.8g
- Saturated fat: 2.6g
- Carbohydrates: 7.8g
- Sugar: 5.1g
- Sodium: 791mg
- Fiber: .5g
- Protein: 32.6g
- Cholesterol: 95mg



Crock Pot Asiago Ranch Chicken

Prep: 15 min Cook: 3.5 hr Total : 3 hr 45 min



An easy weeknight meal with a delicious asiago sauce that's divine!

Ingredients

- 2 1/2 pounds boneless skinless chicken breasts
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- 1 tablespoon dried minced onion
- 1 tablespoon fresh minced dill
- 1 tablespoon fresh minced parsley
- 1/2 cup dry white wine
- 1/2 cup chicken broth, low sodium
- 2 garlic cloves minced
- 8 ounces cream cheese, softened
- 1/2 cup grated Asiago cheese, plus 1/4 cup
- 2 Tbsp. arrowroot powder

Directions

1. Slice the chicken lengthwise and pound thin. Set aside.
2. Whisk the dry seasonings together and sprinkle on both sides of the chicken.
3. Combine the wine, broth, garlic, cream cheese and 1/2 cup of Asiago cheese in a bowl and stir to combine well.
4. Pour half this mixture into the bottom of the crock pot. Reserve the rest and keep in the fridge.
5. Add the chicken breasts to the crock pot.
6. Cover and cook on high 3 hours.
7. Whisk in arrowroot powder into reserved sauce then pour over the chicken and sprinkle with remaining Asiago cheese.
8. Cook an additional 30 minutes.


Nutrition Info

- Serves: 8
- Serving size: 1
- Calories: 322
- Fat: 15.8g
- Saturated fat: 8.6g
- Carbohydrates: 4.6g
- Sugar: .8g
- Sodium: 586mg
- Fiber: .3g
- Protein: 38g
- Cholesterol: 128mg



Crock Pot Sugar Free BBQ Pulled Chicken

Prep : 15 min Cook: 4 hr Total: 4 hr 15 min

A close-up photograph of a white ceramic bowl filled with pulled chicken. The chicken is coated in a dark, rich BBQ sauce and garnished with fresh green herbs. The bowl is surrounded by shredded green cabbage. The bowl sits on a white plate with a green floral pattern, which is placed on a green woven placemat. A silver fork is visible to the right of the bowl. The background is a wooden surface.

This easy BBQ pulled chicken is a great way to feed a crowd, and a versatile main dish!

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Ingredients

- 3 pounds boneless skinless chicken thighs
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup water
- 1/4 cup apple cider vinegar
- 1 cup sugar free ketchup (use my recipe from cookbook if you have it)
- 1 teaspoon maple extract
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1 tablespoon cocoa powder, unsweetened
- 1/2 teaspoon clear liquid stevia

Directions

1. Place the chicken on a baking sheet.
2. Whisk the paprika, onion powder, cumin, salt and pepper together.
3. Rub the dry seasonings onto the chicken on both sides. Set aside.
4. Pour the water, apple cider vinegar, and ketchup into the bottom of the crock pot.
5. Stir until combined then add the remaining ingredients to the crock pot.
6. Stir well then add the chicken thighs to the crock pot.
7. Cover and cook on high 4 hours or low 8 hours.
8. Uncover when finished cooking and shred thighs with 2 forks.
9. Enjoy over coleslaw or in a low carb tortilla as a burrito.

Nutrition Info

- Serves: 8
- Serving size: 6 ounces
- Calories: 219
- Fat: 7.2g
- Saturated fat: 1.5g
- Carbohydrates: 4.3g
- Sugar: 1.1g
- Sodium: 277mg
- Fiber: .6g
- Protein: 33.8g
- Cholesterol: 142mg



Crock Pot Low Carb BBQ Baby Back Ribs

Prep: 15 min Cook: 10 hr Total: 10hr 15 min

These Crock Pot ribs are a delicious no sugar added meal that's perfect for weeknights or game day!

Ingredients

- 4- 1/2 pounds pork loin ribs
- 1 1/2 teaspoons salt
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon pepper
- 1/2 cup water
- 1/4 cup balsamic vinegar
- 1 cup organic no sugar added ketchup
- 1 tablespoon organic Worcestershire sauce
- 1 teaspoon maple extract
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure stevia extract

Directions

1. Lay the baby back ribs on baking sheets. Set aside.
2. Stir together the salt, paprika, onion powder, garlic powder, cumin and pepper in a small bowl.
3. Spread this dry rub onto both sides of the ribs. Set aside.
4. Add the water, vinegar, ketchup, Worcestershire sauce, and maple extract into the crock pot and stir until combined.
5. In a small bowl stir together the salt, cocoa powder and stevia.
6. Whisk this into the crock pot then add the ribs on top of the sauce.
7. Cover and cook on low 10- 12 hours or until meat is falling off the bones. During the last 2 hours of cooking coat the ribs with some of the sauce.
8. Coat the ribs with the rest of the barbecue sauce before serving.

Nutrition Info

- Serves: 12
- Serving size: 6 ounces
- Calories: 396
- Fat: 30.3g
- Saturated fat: 10.5g
- Carbohydrates: 4.5g
- Sugar: 2.4g
- Sodium: 942mg
- Fiber: .3g
- Protein: 26g
- Cholesterol: 105mg



Crock Pot Chicken Marsala

Prep: 15 min Cook: 4 hrs Total: 4 hrs 15 min



A delicious, traditional chicken marsala that's made easily in the Crock Pot!

Ingredients

- 6 boneless, skinless chicken breasts, (about 6 pounds total)
- 2 cloves minced garlic
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 cups Marsala wine or chicken broth
- 1 cup cold water
- 1/2 cup arrowroot powder
- 16 ounces sliced baby portobello mushrooms
- 3 tablespoons fresh chopped parsley

Directions

1. Slice chicken breasts in half lengthwise. Set aside.
2. Grease slow cooker and add garlic and oil.
3. Season chicken with salt and pepper on each side and lay in crock pot.
4. Pour wine over chicken and cover crock pot.

5. Cook on high 3 hours or low 7.
6. Mix water with arrowroot and stir until absorbed, no lumps.
7. Remove chicken from crock pot and keep warm.
8. Stir in arrowroot water mixture into the bottom of the crock pot and add mushrooms.
9. Add back the chicken and stir to coat chicken with sauce and mushrooms,
10. Cover and cook an additional hour.
11. Serve with a sprinkle of chopped fresh parsley.

Nutrition Info

- Serves: 12
- Calories: 294
- Fat: 5.4g
- Saturated fat: .3g
- Carbohydrates: 9.4g
- Sugar: 3.4g
- Sodium: 912mg
- Fiber: 1.5g
- Protein: 47.3g
- Cholesterol: 120mg



Crock Pot Low Carb Corned Beef and Cabbage

Prep: 15 min Cook: 1 hr 15 min Total: 1 hr 30 min



This amazing Crock Pot corned beef and cabbage is perfect any time of year!

Ingredients

- 4 pounds corned beef brisket
- 6 cups water
- 2 tsp black peppercorns
- 4 cloves garlic
- 2 tsp dried mustard
- 1 head cabbage, cut into wedges or 8 cups
- 2 onions or 1 cup sliced
- 4 carrots or 1 cup, sliced into thirds
- 4 celery stalks or 1 cup chopped

Directions

1. Add all ingredients into the crock pot except the cabbage. Make sure the meat is fat side up.
2. Cook on low 6 hours or until vegetables are tender.
3. In the last hour add the cabbage.
4. Enjoy!

Nutrition Info

- Serves: 12
- Serving size: 5.5oz beef 1 cup vegetables
- Calories: 334
- Fat: 22.8g
- Saturated fat: 7.2g
- Carbohydrates: 8.1g
- Sugar: 3.7g
- Sodium: 1882mg
- Fiber: 2.6g
- Protein: 23.7g
- Cholesterol: 81mg



Crock Pot Cheese Stuffed Turkey Meatballs

Prep: 20 min Cook: 8 hrs Total: 8 hrs 20 min



These tender and moist cheese stuffed meatballs are sure to become a new favorite!

Ingredients

Meatballs

- 2 eggs
- 1/2 cup rolled oats
- 1/2 cup grated Parmesan cheese
- 2 tablespoons Italian seasonings
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 1/2 pounds ground turkey
- 8 ounces Fontina cheese, cut into 24 pieces

Marinara Sauce

- 1 28 ounce can crushed tomatoes
- 2 teaspoons minced garlic
- 1 tablespoon extra virgin olive oil
- 2 teaspoons dried basil
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. In a large bowl whisk the eggs, oats, cheese and seasonings together.
2. Add the ground turkey and mix just until combined.
3. Roll mixture into 24 meatballs.
4. Insert 1 cube of cheese into the center of each meatball. Set aside.
5. In a separate bowl stir together the marinara sauce ingredients.
6. Pour enough sauce to cover the bottom of the crock pot.
7. Place meatballs in the crock pot and cover with remaining sauce.
8. Cover and cook on high 3 hours or low 6 hours.

Nutrition Info

- Serves: 8
- Serving size: 3
- Calories: 343
- Fat: 18.3g
- Saturated fat: 7.6g
- Carbohydrates: 4.5g
- Sugar: .6g
- Sodium: 500mg
- Fiber: .6g
- Protein: 35.2g
- Cholesterol: 169mg



Crock Pot Balsamic Roast Beef

Prep: 15 min Cook: 5 hrs Total: 5 hrs 15 min



This roast beef recipe is an easy way to provide an elegant family dinner that's healthy and low carb!

Ingredients

- 1 (4 pound) boneless beef roast, chuck or round

Dry Rub

- 2 teaspoons dried minced onion
- 2 teaspoons dried basil
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon McCormick Fiesta Citrus blend

Sauce

- 2 tablespoons olive oil
- 4 teaspoons minced garlic
- 1 cup low sodium beef broth
- 1/4 cup balsamic vinegar
- 1/4 cup white balsamic vinegar
- 1/4 teaspoon red pepper
- 1 orange, juiced or 1/4 cup orange juice
- Zest of 1 orange

Directions

1. Place the roast in the crock pot.
2. In a small bowl combine together the 6 dry ingredients for the dry rub.
3. Coat roast all over with the dry rub mixture.
4. Heat the oil and garlic in a large skillet and cook until garlic is fragrant.
5. Add the roast and brown on each side over medium heat.
6. Once browned place back into the crock pot.
7. Whisk the broth, vinegar, red pepper and orange juice in small bowl then de-glaze the skillet used and pour sauce over the roast.
8. Sprinkle the orange zest over the roast and cover.
9. Cook on high 5 hours or low for 10.
10. Shred meat with two forks and keep warm until ready to serve.

Nutrition Info

- Serves: 16
- Serving size: 4 ounces
- Calories: 336
- Fat: 21g
- Saturated fat: 7.7g
- Carbohydrates: 1.5g
- Sugar: 1.4g
- Sodium: 173mg
- Fiber: 0g
- Protein: 33.8g
- Cholesterol: 113mg

