

# SET IT & FORGET IT

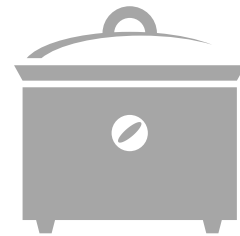


*Healthy Slow Cooker Recipes*





# WELCOME!



What's not to love about using a slow cooker for your meal prep?

It's easy, the meals are delicious, and there's a hidden benefit:  
**You don't have to stand in a hot kitchen cooking dinner (at the hottest time of the day!).**

We searched out the best light, refreshing, and healthy slow cooker recipes... and we think you'll love them!

*Note: These recipes aren't just for the warm months. You can enjoy them year-round!*

At Steamboat Fit, we assist men and women in losing body fat and gaining muscle, helping them unlock their full potential and boost their energy levels.

We have a proven program that's helped clients just like you reach their goals and enjoy the process. If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer! We hope this recipe booklet helps make your meal prep easy!



*Let's do this!*

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# TUSCAN WHITE BEAN & KALE SOUP

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**250 kcal**

*Calories*

**4 grams**

*Fat*

**40 grams**

*Carbohydrates*

**10 grams**

*Fiber*

**15 grams**

*Protein*

## INGREDIENTS

- 1 large onion, chopped
- 2 carrots, peeled and diced
- 2 stalks of celery, diced
- 4 cups (950 ml) low-sodium vegetable broth
- 4 cloves garlic, minced
- 1 tsp dried thyme
- ½ tsp dried rosemary
- 2 15 oz (425 gram) cans white beans (like cannellini or great northern), drained and rinsed
- 1 bunch kale, tough stems removed and chopped into ribbons
- Salt and pepper, to taste
- Grated Parmesan cheese for serving (optional)

## DIRECTIONS

1. Place all the ingredients (except for the kale and Parmesan) into the slow cooker and stir to combine.
2. Cover and cook on low for 6-8 hours, or on high for 3-4 hours.
3. About 30 minutes before serving, stir in the chopped kale and let it cook until wilted and tender.
4. Season with salt and pepper to taste.

Serve hot, with grated Parmesan cheese on top if desired.



# MOROCCAN CHICKPEA STEW

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**265 kcal**

*Calories*

**5 grams**

*Fat*

**45 grams**

*Carbohydrates*

**12 grams**

*Fiber*

**10 grams**

*Protein*

## INGREDIENTS

- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 2 carrots, peeled and diced
- 2 15 oz (425 gram) cans chickpeas, drained and rinsed
- 1 14.5 (400 gram) can diced tomatoes, with juice
- 4 cups (950 ml) vegetable broth
- Salt and pepper, to taste
- 2 big handfuls baby spinach
- Fresh cilantro, chopped (garnish)
- Lemon wedges (garnish)

### *Moroccan Spice Blend*

- 1 tsp ground cumin
- 1 tsp ground cinnamon
- ½ tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp paprika

## DIRECTIONS

1. Place all the ingredients and spices (except for the spinach & garnishes) into the slow cooker and stir to combine.
2. Cover and cook on low for 6-8 hours, or on high for 3-4 hours.
3. Shortly before serving, stir in the baby spinach and cook until wilted.
4. Season with salt and pepper to taste.
5. Serve hot, garnished with fresh cilantro and a squeeze of lemon.

This stew is hearty on its own but also delicious served over couscous or rice.



# SLOW-COOKER LEMON GARLIC SHRIMP

(Serves 4)



## NUTRITIONAL INFORMATION PER 1 SERVING

**242 kcal**  
*Calories*

**10 grams**  
*Fat*

**3 grams**  
*Carbohydrates*

**>1 gram**  
*Fiber*

**35 grams**  
*Protein*

## INGREDIENTS

- 1½ pounds (680 grams) of large shrimp, peeled and deveined
- 3 Tbsp olive oil
- 4 garlic cloves, minced
- ¼ cup (60 ml) chicken or vegetable broth
- Juice of 1 large lemon
- Zest of 1 lemon
- ½ tsp red pepper flakes (optional)
- Salt and black pepper, to taste
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh basil, chopped (optional)
- Lemon slices, for garnish

## DIRECTIONS

1. Rinse and pat dry the shrimp.
2. In a slow cooker, combine the olive oil, minced garlic, lemon juice, lemon zest, broth, and red pepper flakes. Stir well.
3. Add the shrimp to the slow cooker. Stir to coat them in the lemon-garlic mixture.
4. Cook on low for 1½ to 2 hours, until shrimp are pink and cooked through. Keep a close eye on it to make sure the shrimp doesn't overcook - it will be tender and pink when ready.
5. Season with salt and black pepper to taste.
6. Garnish with parsley, basil (if using), and lemon slices. Serve warm.

Serve over rice, quinoa, or with steamed vegetables.



# CITRUSY WHITE FISH

(Serves 4)



## NUTRITIONAL INFORMATION PER 1 SERVING

**306 kcal**  
*Calories*

**14 grams**  
*Fat*

**10 grams**  
*Carbohydrates*

**2 grams**  
*Fiber*

**35 grams**  
*Protein*

## INGREDIENTS

- 4 white fish fillets (like cod, haddock, or halibut; about 1.5 pounds or 680 grams total)
- 1 bunch of asparagus, trimmed (about 1 pound/450 grams)
- 2 oranges, thinly sliced
- 1 lemon, thinly sliced
- 1 lime, thinly sliced
- 4 cloves of garlic, minced
- ¼ cup (60 ml) olive oil
- ¼ cup (60 ml) fresh orange juice
- Juice of 1 lemon
- Salt and pepper, to taste
- Fresh herbs (such as dill, parsley, or cilantro), for garnish

## DIRECTIONS

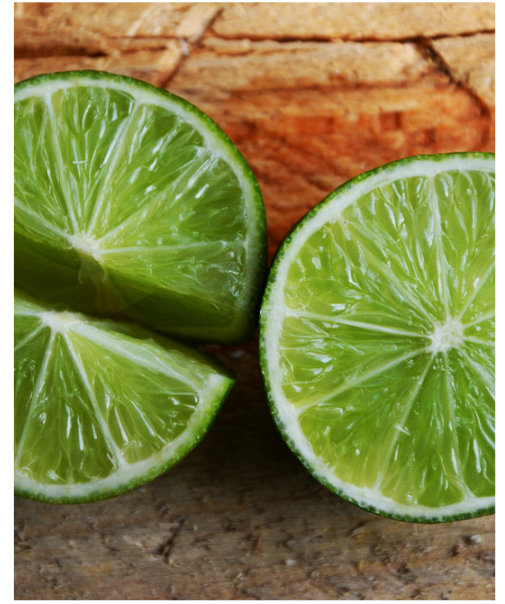
1. Wash and then thinly slice the oranges, lemon, and lime. Trim the asparagus ends.
2. Layer the citrus slices on the bottom of the slow cooker pot, and add the trimmed asparagus over the fruit slices. Season the fish with salt and pepper and place on top of the asparagus.
3. In a small bowl, whisk together the minced garlic, olive oil, orange juice, and lemon juice. Pour over the fish.
4. Cover and cook on low for 2-3 hours, or until the fish is cooked through and flakes easily, and the asparagus is tender but still crisp. Keep a close eye on it after 2 hours to make sure the fish doesn't dry out.
5. Carefully remove the fish and asparagus from the slow cooker. Arrange the fish on plates, topped with asparagus and some of the citrus slices from the pot.
6. Garnish with any remaining fresh citrus slices and fresh herbs.

This dish is excellent on its own or can be served with a side of quinoa or a light salad.



# SLOW-COOKER COCONUT LIME CHICKEN

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**306 kcal**  
*Calories*

**8 grams**  
*Fat*

**5 grams**  
*Carbohydrates*

**>1 gram**  
*Fiber*

**27 grams**  
*Protein*

## INGREDIENTS

- 4 boneless, skinless chicken breasts (about 2 lbs/900 grams)
- 14 oz (400 ml) can light coconut milk
- Juice and zest of 2 limes
- 2 garlic cloves, minced
- 1 Tbsp coconut aminos or tamari
- 1 Tbsp honey
- ½ tsp ground ginger
- ¼ tsp red pepper flakes (optional, for heat)
- Salt and pepper, to taste
- Fresh cilantro, chopped (for garnish)
- Lime slices (for garnish)

## DIRECTIONS

1. Place the chicken breasts in the slow cooker. Season with salt and pepper.
2. In a bowl, whisk together the coconut milk, lime juice and zest, minced garlic, aminos or tamari, honey, ground ginger, and red pepper flakes (if using).
3. Pour the coconut lime mixture over the chicken in the slow cooker.
4. Cover and cook on low for 5 to 6 hours or on high for about 3 hours, until the chicken is cooked through and tender.
5. Once the chicken is tender, remove it from the slow cooker and shred it using two forks. Return the meat to the pot to soak up more sauce. Taste and adjust seasoning, if needed.
6. Garnish with chopped cilantro & lime slices.

Serve with rice, quinoa, or steamed vegetables.





# BBQ PULLED CHICKEN WITH PINEAPPLE SLAW

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**350 kcal**  
Calories

**10 grams**  
Fat

**35 grams**  
Carbohydrates

**3 grams**  
Fiber

**30 grams**  
Protein

## INGREDIENTS

*For the BBQ Pulled Chicken:*

- 2 lbs (about 900 grams) boneless, skinless chicken breasts
- 1 cup (240 ml) low-sugar BBQ sauce
- ½ cup (120 ml) chicken broth
- 1 onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper, to taste

*For the Pineapple Slaw:*

- 3 cups (about 300 grams) shredded cabbage or coleslaw mix
- 1 cup (about 165 grams) diced pineapple (fresh or canned in juice)
- ¼ cup (60 ml) apple cider vinegar
- 1 Tbsp honey or agave syrup
- 2 Tbsp olive oil
- Salt and pepper, to taste

## DIRECTIONS

**Prepare the chicken:**

1. Season the chicken breasts with salt and pepper and place them in the slow cooker. In a bowl, mix together the BBQ sauce, broth, onion, and garlic, and pour over the chicken.
2. Cook on low for 6-8 hours or high for 3-4 hours, until the chicken is fall-apart tender.
3. Carefully remove the chicken from the slow cooker and, using two forks, shred the meat.
4. Return the meat to the slow cooker to mix well with the sauce.

**Prepare the pineapple slaw:**

1. In a large bowl, combine the shredded cabbage or coleslaw mix with the diced pineapple.
2. Whisk together the apple cider vinegar, honey, and olive oil in a small bowl. Pour over the slaw and toss to combine. Season with salt and pepper.
3. Serve the chicken with a side of the slaw.

# VEGETARIAN LENTIL TACOS

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

*(without tortillas and toppings)*

**158 kcal**  
*Calories*

**2 grams**  
*Fat*

**25 grams**  
*Carbohydrates*

**10 grams**  
*Fiber*

**10 grams**  
*Protein*

## INGREDIENTS

- 1 cup (200 grams) dried brown or green lentils, rinsed
- 2 cups (475 ml) vegetable broth
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp chili powder
- 2 tsp ground cumin
- ½ tsp paprika
- Salt and pepper, to taste
- 6 white corn tortillas
- Toppings: diced tomatoes, shredded lettuce, avocado, salsa, shredded cheese (optional), sour cream (optional), cilantro, lime wedges

## DIRECTIONS

1. Place the rinsed lentils, vegetable broth, chopped onion, minced garlic, chili powder, cumin, paprika, salt, and pepper in the slow cooker. Stir to combine.
2. Cover and cook on low for 6-8 hours or on high for 3-4 hours, until the lentils are tender.
3. Before eating, prepare your toppings.
4. Once the lentils are cooked, taste and adjust the seasonings. Spoon the lentil mixture into the tortillas and add your desired toppings.



# SLOW COOKER MEDITERRANEAN CHICKEN WITH OLIVES AND HERBS

(Serves 8)



## NUTRITIONAL INFORMATION PER 1 SERVING

**211 kcal**

*Calories*

**7 grams**

*Fat*

**7 grams**

*Carbohydrates*

**1 gram**

*Fiber*

**30 grams**

*Protein*

## INGREDIENTS

- 6 boneless, skinless chicken breasts (about 3 lbs or 1.36 kg)
- 1½ cup (360 ml) chicken broth
- 1 onion, thinly sliced
- 3 cloves garlic, minced
- 1 cup (150 grams) Kalamata olives, pitted
- ½ cup (75 grams) sun-dried tomatoes, chopped
- 1 Tbsp (15 ml) fresh rosemary, chopped
- 1 Tbsp fresh thyme, chopped
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges, for serving

## DIRECTIONS

1. Place the chicken breasts in the slow cooker. Season with salt and pepper and add the onion, garlic, olives, sun-dried tomatoes, rosemary, and thyme.
2. Pour the chicken broth over the ingredients, cover, and cook on low for 6-8 hours or on high for 3-4 hours, until the chicken is cooked through and tender.
3. Serve with fresh parsley and lemon wedges on the side.

The chicken pairs well with rice, quinoa, or a fresh salad.



# TURKEY CHILI VERDE

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**322 kcal**

*Calories*

**10 grams**

*Fat*

**30 grams**

*Carbohydrates*

**8 grams**

*Fiber*

**28 grams**

*Protein*

## INGREDIENTS

- 24 oz (680 grams) ground turkey
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cans (15 oz or 425 grams each) white beans (like cannellini or great northern), drained and rinsed
- 1 jar (16 oz or 450 grams) salsa verde
- 1 can (4 oz or 115 grams) diced green chilies
- 1 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper, to taste
- 2 cups (475 ml) chicken or vegetable broth
- Fresh cilantro, chopped (for garnish)
- Optional toppings: avocado, sour cream, shredded cheese, lime wedges

## DIRECTIONS

1. In a skillet over medium heat, cook the ground turkey until browned. Drain any excess fat.
2. Transfer the browned turkey to the slow cooker. Add the chopped onion, minced garlic, white beans, salsa verde, green chilies, cumin, oregano, salt, pepper, and broth. Stir to combine.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours. Taste and adjust seasonings if needed.

Serve the chili verde in bowls, garnished with chopped cilantro and any additional toppings you prefer.



# BALSAMIC HONEY BEEF WITH SUMMER SQUASH RECIPE

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**328 kcal**  
*Calories*

**12 grams**  
*Fat*

**20 grams**  
*Carbohydrates*

**2 grams**  
*Fiber*

**35 grams**  
*Protein*

## INGREDIENTS

- 2 lbs (900 grams) lean beef (such as sirloin or chuck roast), cut into chunks
- 2 medium zucchini or summer squash, sliced (about 3 cups or 450 grams)
- 1 large onion, sliced (about 1 cup or 150 grams)
- 4 cloves garlic, minced
- ½ cup (120 ml) balsamic vinegar
- ¼ cup (60 ml) honey
- 2 Tbsp olive oil
- 1 tsp dried thyme
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

## DIRECTIONS

1. Place the beef chunks in the slow cooker. Add the sliced summer squash and onion.
2. In a bowl, whisk together the balsamic vinegar, honey, olive oil, minced garlic, thyme, salt, and pepper. Pour this mixture over the beef and vegetables in the slow cooker.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours, until the beef is tender.
4. Taste and adjust seasoning if necessary. Serve hot, garnished with fresh parsley.

This dish is delicious served with a green salad and/or whole-grain rice or quinoa.



# COBBLER WITH SUMMER BERRIES

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

**304 kcal**

*Calories*

**12 grams**

*Fat*

**45 grams**

*Carbohydrates*

**6 grams**

*Fiber*

**4 grams**

*Protein*

## INGREDIENTS

*For the Filling:*

- 4 cups (about 600 grams) mixed berries (strawberries, blueberries, raspberries, blackberries), fresh or frozen
- ¼ cup (60 ml) honey or maple syrup
- 1 Tbsp lemon juice
- 2 Tbsp arrowroot powder

*For the Topping:*

- 1 cup (90 grams) rolled oats
- ½ cup (60 grams) almond flour
- ¼ cup (60 ml) honey or maple syrup
- ¼ cup (60 ml) melted coconut oil
- ½ tsp ground cinnamon
- Pinch of salt

## DIRECTIONS

1. In the slow cooker, combine the berries, honey or maple syrup, lemon juice, and arrowroot powder. Stir gently to mix.
2. In a separate bowl, combine the rolled oats, almond flour, honey or maple syrup, melted coconut oil, cinnamon, and a pinch of salt. Mix until crumbly.
3. Sprinkle the oat mixture evenly over the berry mixture in the slow cooker.
4. Cover and cook on high for 2-3 hours or on low for 4-5 hours, until the berries are bubbly and the topping is set.
5. Let the cobbler cool slightly before serving.

Your cobbler can be enjoyed on its own or with a dollop of Greek yogurt or coconut cream.



# COCONUT RICE PUDDING

(Serves 6)



## NUTRITIONAL INFORMATION PER 1 SERVING

(without toppings)

**250 kcal**  
*Calories*

**10 grams**  
*Fat*

**35 grams**  
*Carbohydrates*

**2 grams**  
*Fiber*

**5 grams**  
*Protein*

## INGREDIENTS

- 1 cup (200 grams) uncooked short-grain white rice
- 1 can (13.5 oz or 400 ml) coconut milk (full-fat for creaminess)
- 3 cups (710 ml) almond milk or another plant-based milk
- ¼ cup (60 ml) honey or maple syrup
- 1 tsp vanilla extract
- ¼ tsp salt
- Optional: cinnamon, raisins, or fresh mango for serving

## DIRECTIONS

1. In your slow cooker, combine the rice, coconut milk, almond milk, honey or maple syrup, vanilla extract, and salt. Stir well to ensure the rice is fully submerged in the liquid.
2. Cover and cook on low for 4-6 hours, or until the rice is tender and the pudding has thickened to your desired consistency. If possible, stir the pudding occasionally during cooking to prevent sticking and ensure even creaminess.
3. Once cooked, let the pudding cool slightly.

Serve this warm or chilled, topped with cinnamon, raisins, or fresh mango slices if desired.



# Ready to take your NEXT STEPS?

At Steamboat Fit, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

If you're looking for a better way to fuel your body properly, enhancing your well-being, boosting energy, increasing muscle mass, and improving your workouts, we invite you to try a sustainable approach that has already delivered amazing results for many of our members.

## Ways to Work With Us:

### 6 Week Nutrition Challenge

*A 6 week program designed to help you shift the way you eat, fuel your body effectively, lose body fat, and increase muscle mass!*

[\*\*LEARN MORE HERE\*\*](#)

### Wellness Services

*We offer Body Composition Scans and Metabolic Rate Tests to help you see exactly what your body needs.*

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*We'd love to be part of your fitness and wellness journey.*



### JEN T.

*6 Week Nutrition Challenge*

*"I have lost weight and inches, but more importantly, I have found a better energy level and it is more positive. I am really encourage that I can form new habits and forget some old ones!"*



**Steamboat Fit**

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