

# Family Favorite Recipes

## Pulled Pork

- 1 (3 to 5 pound) pork shoulder (also called pork butt or pork roast)
- 1 large onion, chopped into big chunks
- 1 cup white vinegar
- water to cover the meat
- 1 (12 to 18 oz) bottle of your favorite BBQ Sauce

Place your pork and onion pieces in crock pot  
pour water and vinegar on top  
cover and cook on high at least 8 to 10 hours

Remove the lid after 8 to 10 hours and the meat should be falling apart at the touch of your fork. Remove all of the meat from the slow cooker into a bowl and then drain your slow cooker of the onions and liquid. Add your meat back to the slow cooker and shred it with two forks. Stir in as much of your BBQ sauce as you like. At this point, you can serve immediately or you can turn the slow cooker to the "keep warm" setting and let it stay warm up to 4 or 5 hours until you're ready to eat.

## Cinnamon Applesauce

- 5 - 6 lbs. apples (Honeycrisp, Macintosh, Gala or a combination of several varieties yields the best results)
- 1 tsp. ground cinnamon
- 1 tsp. fresh lemon juice
- dash salt
- 1 cup apple cider or water

Pour everything into your slow cooker and cook on high 4-5 hours or low 7-8 hours

Once apples are very soft, mash with a potato masher or use a hand mixer to achieve the consistency you prefer  
serve hot or cold  
freezes really well

## Sweet and Spicy Meatballs

- 1 - 2 packages frozen meatballs
- 1 jar pepper jelly (or for not-spicy, use apricot jam)
- 1 - 2 cups ketchup (amount you use depends on how saucy you want the dish)

Pour everything into your slow cooker and stir  
Set to low for 4-5 hours  
Serve over cauliflower rice or zucchini noodles

for your  
crock pot



## Chicken Tacos

- 1 pound chicken breasts
- 4 cups chicken broth
- 1/2 tsp. salt and 1/4 tsp. black pepper
- 2 teaspoons chili powder (or to taste)
- 1 (8 oz) can chopped green chiles (if you really like it spicy) or mild salsa (for non-spicy option)
- Taco toppings of your choosing

Place chicken breasts, broth, salt, pepper, green chilis and chili powder in slow cooker. Cook on low 6-8 hours or high 3-4 hours. When ready to serve, shred chicken and build your tacos!

## Creamy Salsa Chicken

- 2 lbs. bone in, skin off chicken thighs
- 1 tsp. sea salt
- 1/2 tsp. black pepper
- 1/4 tsp. smoked paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 2 tsp. coconut sugar
- 1/4 tsp. cumin
- 1 can full fat coconut milk
- 1 jar salsa

Combine spices and sprinkle spice mixture over all sides of chicken. Lay in slow cooker.

Mix coconut milk and salsa and pour over top  
Cook on low for 7-8 hours or high for 4-5 hours  
Shred chicken and remove bones

Serve over cauliflower rice, regular rice or squash noodles

## Smoky Sweet Potato Soup

- 3 sweet potatoes, peeled & cubed
- 1 onion, diced
- 4 cups chicken or vegetable broth
- 3 cloves garlic, minced
- 2 carrots or parsnips, diced
- 2 tsp. chili powder, or to taste
- 1 tsp. smoked paprika
- sea salt & black pepper to taste
- 2 cups almond milk

Add all ingredients except almond milk to slow cooker and stir. Cook on low heat for 7-8 hours or high for 3-4 hours. When potatoes are fork tender, blend mixture with hand mixer or immersion blender, adding the milk slowly until you reach your desired consistency.