

STRONG STRONG FRIENDS NUTRITION

SIMPLE MEALS. STRONG BODY.

CROCKPOT COOKBOOK



SAMPLE

BEEF STEW

SERVINGS: 4 **CALORIES PER SERVING:** 283 **MACROS:** 27 P / 19 C / 11 F

INGREDIENTS

1 lb chuck roast
1 tbsp olive oil
1 yellow onion, diced
½ tbsp minced garlic
2 cups beef broth
2 tbsp tomato paste
2 tbsp Worcestershire sauce
1 carrot, chopped
1 stalk celery, diced
1/2 lb russet potatoes
4 bay leaves
2 fresh thyme, chopped
½ tsp salt
½ tsp pepper

DIRECTIONS

1. Heat olive oil in large skillet over high heat.
2. Chop beef into 1" chunks and add to skillet with diced onion and minced garlic.
3. Sear beef on all sides (about 3-4 minutes) then transfer to crockpot with onion and garlic.
4. Add all remaining ingredients to crockpot with beef and stir well.
5. Cook on low for 6-8 hours (until beef and potatoes are tender).



RASPBERRY FRENCH TOAST

SERVINGS: 4 **CALORIES PER SERVING:** 356 **MACROS:** 19 P / 52 C / 8 F

INGREDIENTS

8 slices sourdough bread
1 cup fresh raspberries
1/2 cup egg whites
3 eggs
1/4 cup light sour cream
1/2 cup almond milk
1 tsp cinnamon
1 tsp vanilla extract

DIRECTIONS

1. Slice bread into halves and layer in bottom of crockpot.
2. Top with raspberries.
3. In bowl, whisk eggs, sour cream, almond milk, cinnamon, and vanilla.
4. Pour egg mixture over bread and raspberries in crockpot.
5. Cook on low for 3-4 hours or high for 2-3 hours.





SWEET POTATO CHILI

SERVINGS: 4 CALORIES PER SERVING: 425 MACROS: 31 P / 46 C / 13 F

INGREDIENTS

1 lb ground beef
1 tsp minced garlic
2 large sweet potatoes, chopped
1 yellow onion, chopped
1 stalk celery, chopped
1 carrot, chopped
1 jalapeno, diced (seeds removed)
28 oz can diced tomatoes
1 cup kidney beans
2 cups vegetable broth
1 tsp onion powder
1 tsp chili powder
1 tsp cocoa powder

DIRECTIONS

1. Cook beef in skillet with minced garlic.
2. Add all remaining ingredients to crockpot and stir well.
3. Stir beef into crockpot.
4. Cook on high for 3-4 hours or low for 4-5 hours.

JAZZY TIP

Crockpot chili is a great recipe to utilize any leftover ingredients you may have in your pantry or refrigerator. Stir in additional vegetables and top with any fresh herbs.



VEGETABLE ENCHILADAS

SERVINGS: 4 CALORIES PER SERVING: 344 MACROS: 23 P / 45 C / 8 F

INGREDIENTS

1 cup broccoli, chopped
1 yellow bell pepper, chopped
1/3 cup mushrooms, chopped
1/2 cup fresh spinach
2 oz canned chipotle peppers
1 cup low fat cottage cheese
1 cup low fat mozzarella cheese, shredded
8 corn tortillas
1/4 cup cilantro, chopped
1/4 cup light sour cream

Sauce:

15 oz tomato sauce
6 oz tomato paste
2 tsp ground cumin
1 tsp chili powder
1 tsp garlic salt
1 tsp onion powder

DIRECTIONS

1. Combine all sauce ingredients. Pour half of sauce mixture in crockpot.
2. In separate bowl, combine broccoli, bell pepper, mushrooms, spinach, peppers, cottage cheese, and half of the mozzarella cheese.
3. Spoon mixture into tortillas (evenly dividing between 8 tortillas). Place in crockpot seam-side down.
4. If needed, microwave the tortillas to roll easier.
5. Top with remaining sauce mixture and shredded cheese.
6. Cook on high for 3-4 hour or low for 4-5 hours.
7. Serve topped with cilantro and sour cream.

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