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# Clean Eating Slow Cooker For Two 150 Healthy Delicious And Easy Recipes For Two

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Easy Recipes For Two From slow-cooked pull-apart pork for tacos to perfectly seasoned stews, clean eating slow cooker recipes are the perfect solution for a busy weeknight dinner. Many slow cooker ingredients rely on heavily processed ingredients, like cream of mushroom soup to create silky sauces, but those convenience products are loaded with sodium, fat, and mystery ingredients.

### Clean Eating Slow Cooker Recipes | Cooking Light

These slow-simmered ribs pair nicely with mashed sweet or regular potatoes. Get the recipe [HERE](#). Slow-Cooker Huevos Rancheros Photo by Darren Kemper. This classic Mexican breakfast serves a crowd, making it a great option for busy families. Get the recipe [HERE](#). Slow-Cooker Beans: The Master Recipe Photo by Darren Kemper

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## 12 Clean Slow Cooker Recipes - Clean Eating

Eating healthy and being lazy. Sadly, they're often mutually exclusive because, well, takeout. Then we remembered it was possible to make our slow cooker do all of the cooking for us. Take the salty, processed ingredients out and bingo—nutritious food with no effort. Presenting our 20 favorite, totally clean slow-cooker meals.

## 20 Clean Eating Slow Cooker Recipes - PureWow

Find healthy, delicious clean-eating slow-cooker recipes, from the food and nutrition experts at EatingWell. Our clean-eating recipes are made with real, whole foods and limit processed foods and refined grains. Plus, they are lower in sodium, sugar and calories.

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## Clean-Eating Slow-Cooker & Crockpot Recipes | EatingWell

The key to making clean eating recipes in a slow cooker is to use whole foods as ingredients. That way, everyone avoids processed foods and gets the nutrients and vitamins they need in one dish.

We've rounded up plenty of tasty recipes that can easily be prepped with fresh veggies and lean meats -- all made in a crock-pot.

## 40 Clean-Eating Crock-Pot Recipes | CafeMom.com

Instructions: 1. Grease a 6-quart slow cooker with plain vegetable oil. 2. In a large bowl, place the rolled oats. 3. In a medium bowl, mix the eggs, almond milk, coconut oil, honey, salt, cinnamon, and ginger. Mix until well combined. Pour this mixture over the ... 4.

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The Clean Eating Slow Cooker: A Healthy Cookbook of ...  
Make it Fast or Super Slow: Recipes for Your Instant Pot or Slow  
Cooker Whether it's already late afternoon or you've planned  
ahead, these crave-worthy recipes can be made in either the Instant  
Pot or your slow cooker, so dinner is ready when you are!

Clean Instant Pot and Slow Cooker Recipes - Clean Eating  
Clean Eating Slow Cooker Italian Chicken This Clean Eating Slow  
Cooker Italian Chicken is a super easy meal that you can feel good  
about feeding to your family. It's packed with fresh ingredients and  
has enough radiant, bursting flavor that you can eat it alone, over  
salad, or layered onto your favorite rice. See full recipe here.



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15 Clean Eating Crockpot Recipes - My Life and Kids

7 Days of Clean Eating Slow-Cooker Recipes. Warm your bones with a different one of our "set it and forget it" clean crock pot recipes every night! Each less than 400 calories per serving. March 26, 2013 Clean Eating. Share this. Join Clean Eating. Create a personalized feed and bookmark your favorites. ...

7 Days of Clean Slow Cooker Recipes - Clean Eating

Clean Eating Slow Cooker Cinnamon Chicken. Clean Eating Slow Cooker Spinach And Chicken. Clean Eating Curry Chicken. Clean Eating Easy Slow Cooker Mexican Chicken. Clean Eating Chicken Masala. Clean Eating Slow Cooker Pineapple Chicken. Clean Eating Curried Millet Stew. Clean Eating BBQ Pork Stew. Clean

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## Clean Eating Slow Cooker Recipes | The Gracious Pantry

These recipes are easy to follow and make for the perfect dinner, any night of the week. Slow cooker recipes can often be made ahead of time and frozen, making a busy weeknight meal easier than starting from scratch. These healthy slow cooker recipes range between 3.5 to 10 hours in cooking time.

## Healthy Slow Cooker Recipes | The Gracious Pantry

Ingredients for slow cooker chicken stew: To make crockpot chicken stew you'll need potatoes, carrots, celery, onion and chicken. You'll also need frozen peas, canned tomato puree,

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chicken broth, tomato paste and some spices.

Slow Cooker Chicken Stew - The Clean Eating Couple  
Filled with easy and delicious recipes, The Clean Eating Slow Cooker is your essential guide to healthy masterpieces. Baked Berry Oatmeal, Mushroom Risotto, Butter Chicken, Beef Brisket BBQ—sample 130 clean dishes your taste buds will love—and your body will too. Want to learn more about clean eating? Never used a slow cooker?

The Clean Eating Slow Cooker: A Healthy Cookbook of ...  
And I must say, this clean eating slow cooker spinach and chicken recipe is smelling up my house pretty nicely. Yum! Seriously, whoever invented the slow cooker (I really should research that)

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Easy Recipes For Two should have a monument raised in their honor. I could just kiss him or her. I mean really. A slow cooker is SUCH a beautiful thing.

Slow Cooker Spinach And Chicken Recipe | The Gracious Pantry  
For Slow-Cooker: Heat oil in a skillet over medium heat. Add onion, bell pepper and garlic; sauté until they begin soften, then transfer to your slow cooker. Add in the chicken tenders, chopped green chilies, all spices and beans. Pour in the broth and gently stir to combine. Cover and cook on LOW for 5-6 hours or on HIGH for 2-3 hours.

Slow Cooker White Chicken Chili | Clean Food Crush  
with Lentils & Golden Beets. This is an ideal way to prepare salmon □ cooked slowly surrounded by a moist heat. Lentils and

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Easy Recipes For Two beets can be left to cook all day, while the salmon takes only 25 [walk away] minutes once you get home. Use a large 5- to 7-quart slow cooker to accommodate all six portions of salmon.

### Slow Cooker Recipes - Clean Eating Magazine

Instructions. In the base of a slow cooker combine all ingredients. except parsley. Cook on low for about 8-10 hours or high for 5 hours. Once ready, stir in fresh chopped parsley and enjoy!  
6.4.181607886542. <https://cleanfoodcrush.com/clean-eating-slow-cooker-chicken-stew/>.

### Eat Clean with this Hearty Slow Cooker Chicken Stew ...

Followed directions to the T (except for bbq. Used a different brand) and it turned out perfectly! Loved the rub and it made the

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Easy Recipes For Two  
house smell mouthwatering! I used 2.5lb pork loin and trimmed any fat. Cooked in the slow cooker on high for 1 hour and then low for 4 more. It easily fell apart. I did make one mistake though.

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