

# My Free Healthy Crock Pot Recipes



*Melanie Sobocinski Fitness*

**By: Melanie Sobocinski**

**[www.melaniesobocinskifitness.com](http://www.melaniesobocinskifitness.com)**

MelanieSobocinski@gmail.com



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# **Welcome**

**Thank you for giving me the opportunity to serve you. My goal is that you enjoy these meals as much as I do.**

**My name is Melanie and I am a married mom of 3 so I know how it can get crazy sometimes when it comes to meals. I work outside of the home as a personal trainer and a fitness instructor and also run an online fitness business.**

**It is my goal to help people live healthier more fulfilling lives and it really starts in the kitchen. So I have put together 10 of my favorite crock pot recipes to share with you.**



**Melanie Sobocinski**

**Melaniesobocinskifitness.com**

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## **Crock Pot “Stuffed” Cabbage**

Don't have to waste your time wrapping that cabbage all day. Here's an easier way to enjoy your stuffed cabbage. This is great to prepare ahead of time and freeze to make on a later date.

Low carb and tasty!!

**Servings 5**

**Prep Time 20 minutes**

**Cook Time 6 to 8 hours**

1-2 lbs. Ground bison, beef or turkey (cooked 1st)

- 1/2 head of cabbage chopped
- 1/2 diced onion
- 1 small can crushed tomatoes
- 1 small can tomato sauce

### **Instructions**

1. Cook meat ahead of time in a frying pan and set aside.

2. Add all ingredients to your crock pot and cook for 6 to 8 hours.

### **Recipe Notes**

I put everything in a freezer bag and froze it for a week later and put it in my crock pot while I was at work. I came home to an already finished meal. Prepping this all ahead of time saves BIG TIME on days I work.

For more recipes like this, head over to my recipe page..

<http://www.melaniesobocinskifitness.com/recipes/>

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## Crock Pot Flank Steak

This came out super tender and juicy. I froze all of the solid foods and then added the liquid ingredients to the crock pot and cooked for 6 hours on low.

**Servings 5**

**Prep Time 15 minutes**

**Cook Time 6 to 8 hours**

- Flank steak (whatever size you think you'll need, I have 5 people so I buy quite a bit)
- 1/2 chopped onion
- 1 c. chopped Celery
- 1 c. Carrots
- 1 can 8oz, crushed tomatoes
- 1/4 c. Red wine vinegar
- 1/2 c. Beef broth
- 1 tbsp. Minced garlic



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## **Instructions**

1. Put all ingredients in a freezer bag for later date OR Put in crock pot immediately to serve that day.
2. Cook on low for 6 hours and serve with green beans or broccoli.

For more healthy recipes like this, check out my recipe page. <http://www.melaniesobocinskifitness.com/recipes/>

## **Easy Crock Pot**

### **Meatball Soup**



This soup is great for a cold day. The leftovers are even better.

**Servings 8 to 10**

**Prep Time 15 – 20 minutes**

**Cook Time 6 to 8 hours**

1-2 lbs. ground Italian sausage (cooked ahead of time)

- 2-3 zucchini cut up
- 1 small chopped onion
- 1-2 handful of kale
- 1 handful of chopped carrots
- 1/2 c. Chopped celery
- 1 small can of tomato sauce
- 1 can of crushed tomatoes (8oz.)

32 - 60 oz. Beef broth (depending on how big a batch you are making)

## Instructions

1. Dry ingredients go on the bag, prepared, to freeze until you use it.

Meat and chopped veggies

2. Add the wet stuff on the day you cook it.

Broth, and tomato sauce.

Cook on low in your crock pot for 6 to 8 hours





**Easy Freezer to**

## **Crockpot Pork**

Making your meals ahead of time and freezing them saves you a LOT of time.



You and your family will enjoy this savory pork and you can eat it sliced or shredded.

**Servings 5**

**Prep Time 15 minutes**

**Cook Time 6 to 8 hours**

- 1 (2-3lb) pork shoulder/ or cut of your choice
- 1 tbsp. Brown Sugar
- 1 tsp. Red pepper
- 1 tbsp. Paprika
- 1 tsp. Garlic powder
- 1tsp. Onion Powder

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## **Instructions**

1. Mix all ingredients in a bowl. Once everything is mixed together, rub it on the pork generously. Wrap pork tightly in saran wrap and either freeze for a later date in a freezer bag OR let it sit in the fridge in the saran wrap for about 12 hours or so
2. cook in crockpot on low for 6 to 8 hours.  
Line bottom of crockpot with water, just enough to cover the bottom.
3. Shred or slice before serving with salad and vegetable

For a side dish recipe to go with this meal, head over to my recipe page.

<http://www.melaniesobocinskifitness.com/recipes/>

## Italian crock pot Chicken

From Freezer to crock pot this is an easy meal that your family will enjoy.



Easy to prepare ahead of time and freeze to serve at a later date.

**Servings 5**

**Prep Time 15 minutes**

**Cook Time 6 to 8 hours**

- 2 lbs. Chicken breasts
- 1 yellow pepper sliced
- 1 red pepper sliced
- 1/2 green pepper sliced
- 1 onion chopped
- 1 tbsp. italian seasoning
- 1 tsp. garlic powder
- 1 tbsp. olive oil

# **Savory Slow Cooker Beans with Rice**



Let this savory bean dish cook all day and have dinner ready when you get home from work. If you want to skip the first step, you can soak dry beans overnight in a large pot of water. These beans get great flavor from celery, garlic, and diced green chiles.

**Servings 6 servings, 1 c. each**

**Prep Time 5 minutes**

**Cook Time 10 hrs.**

## **Ingredients:**

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- 1¼ cups dry red beans (or dry red kidney beans), rinsed
- Water
- 1 medium onion, chopped
- 2 medium celery stalks, sliced
- 2 cloves garlic, finely chopped
- 1 tsp. dried basil, crushed
- 1 bay leaf

- 2 cups low-sodium organic vegetable broth
- 1 cups water
- 1 (14.5-oz.) can stewed tomatoes
- 1 (4-oz.) can diced green chiles, undrained
- Hot sauce (like Tabasco) (to taste; optional)
- 3 cups cooked brown rice, warm

## **Instructions**

1. Place beans in large saucepan. Add enough water to cover beans by two inches. Bring to a boil over medium-high heat. Reduce heat; gently boil for 10 minutes. Remove from heat, cover, and let stand for one hour.
2. Place beans, onion, celery, garlic, basil, bay leaf, broth, water, and tomatoes in 4-quart slow cooker. Cover; cook on low heat for 9 to 10 hours (or on high heat for 4 to 5 hours), or until beans are tender.
3. Remove bay leaf. Add chiles and hot sauce (if desired); cook for an additional 30 minutes.
4. Place ½ cup rice in each of six serving bowls. Top evenly with bean mixture.

# Slow Cooker Chicken Fajitas



Have a fajita fiesta with maximum flavor and minimal effort. This chicken fajitas recipe uses a slow cooker to infuse tender chicken with the flavors of every ingredient, so each bite is bursting with bold taste. It's so easy to make, just place all of the ingredients in a crock pot, and press a button! Hours later, you'll have a delicious dish that is healthy and packed with an impressive 31 grams of protein per serving.

These chicken fajitas are great for a simple meal prep that cooks itself while you prepare the rest of your meals for the week. The recipe makes 4 servings, but can easily be doubled to make a larger, time-saving batch. When it's finished cooking, let the chicken mixture cool for one hour, then store in the fridge until completely cool. Spoon individual portions into containers or plastic bags for freezing.

**Servings** 4 servings, 2 fajitas each

**Prep Time** 20 minutes

**Cook Time** 6 hrs.

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## **Ingredients:**

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- 1 (14.5-oz.) can diced tomatoes (or diced tomatoes with green chiles), no salt added
- 1 medium onion, cut into quarters, sliced
- 1 medium red bell pepper, cut into strips
- 1 medium orange bell pepper, cut into strips
- 2 tsp. ground chile powder
- 1 tsp. ground cumin
- ½ tsp. ground black pepper
- 2 tbsp. fresh lime juice
- 1 lb. raw chicken breast, boneless, skinless, sliced
- 8 6-inch whole wheat flour tortillas, warm
- ½ cup fresh tomato salsa
- 8 tsp. low-fat (1%) plain Greek yogurt
- ½ medium avocado, sliced
- Finely chopped cilantro

## **Instructions:**

1. Place tomatoes, onion, bell peppers, chile powder, cumin, pepper, and lime juice in a 3-quart slow cooker; mix well.

2. Add chicken; cook, covered, on low temperature for 4 to 5 hours (or on high for 2 to 3 hours), stirring once or twice, until chicken is cooked through and vegetables are tender.
3. Evenly divide mixture between tortillas. Top evenly with salsa, yogurt, avocado, and cilantro.

For more recipes like this head over to my recipe page @  
<http://www.melaniesobocinskifitness.com/recipes/>

MelanieSobocinski@gmail.com



## **Slow Cooker Turkey Meatballs**



There's nothing better than coming home to the smell of a delicious dinner that's been slowly cooking all day, especially when you don't have to toil away in the kitchen for hours to make it! Throw all the ingredients for these turkey meatballs into a crock pot in the morning, set the timer, and indulge in a warm, hearty meal that night.

**Servings 6 servings, 3 meatballs each**

**Prep Time 20 minutes**

**Cook Time 6 hrs.**

### **Ingredients:**

---

- 1 lb. raw 93% lean ground turkey
- ½ tsp. sea salt (or Himalayan salt), divided use
- ½ tsp. ground black pepper
- 1 large egg, lightly beaten
- ½ cup whole grain panko (Japanese-style breadcrumbs)
- 2 cloves garlic, finely chopped
- 2 tbsp. finely chopped fresh parsley
- 2 tbsp. grated Parmesan cheese

- 2 tsp. olive oil
- 1 medium onion, chopped
- 1 (28-oz.) can whole tomatoes, crushed
- 1 tsp. dried oregano leaves

## **Instructions**

1. Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
2. Roll mixture into eighteen 1½-inch meatballs. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.  
Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
4. Repeat with the remaining meatballs. Set aside.
5. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.

6. Top meatballs with cooked onion, tomatoes, oregano, and remaining  $\frac{1}{4}$  tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

For more healthy recipes like these go to my recipe page @  
<http://www.melaniesobocinskifitness.com/recipes/>



## Coffee-Braised Pot Roast with Caramelized Onions

This recipe is reminiscent of a pot roast made with onion-soup mix, but the flavors are true and pure—and nobody misses the excess sodium.



### Servings

10 servings

### Cook Time

6 to 8 hours ( in crock pot) OR 2.5 to 3 hours in oven

### Ingredients:

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- 1 4-pound beef chuck roast, (see Ingredient note), trimmed of fat
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil, divided
- 2 large onions, halved and thinly sliced (4 cups)
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 3/4 cup strong brewed coffee

- 2 tablespoons balsamic vinegar
- 2 tablespoons cornstarch mixed with 2 tablespoons water

## **Instructions**

1. Preheat oven to 300°F.
2. Season beef with salt and pepper. Heat 2 teaspoons oil in a Dutch oven or soup pot over medium-high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme; cook, stirring, for 1 minute. Stir in coffee and vinegar; bring to a simmer. Return the beef to the pot and spoon some onions over it. Cover and transfer to the oven.
4. Braise the beef in the oven until fork-tender but not falling apart, 2 1/2 to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.
5. Meanwhile, skim fat from the braising liquid; bring to a boil over medium-high heat. Add the cornstarch mixture and cook, whisking, until the gravy thickens slightly, about 1 minute. Season with pepper. Carve the beef and serve with gravy.

## Recipe Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.
- **Ingredient Note:** Although it is not the leanest cut of beef, chuck is still our choice for pot roast because it doesn't dry out during braising. You will find pockets of fat as you carve it, but they are easy to remove.
- **Slow-Cooker Variation:** In Step 2, transfer the browned beef to a slow cooker. In Step 3, use just 1/2 cup coffee. Add the onion mixture to the slow cooker. In Step 4, cover and cook until beef is tender, 4 1/2 to 5 hours on High or 7 to 8 hours on Low. In Step 5, pour the liquid into a medium saucepan and continue as directed.

## Slow-Cooker Stout & Chicken Stew

Chicken thighs can take plenty of cooking without getting tough or drying out, which makes them perfect for the slow cooker. Here we braise them in Guinness stout along with hearty vegetables, with just the right amount of bacon for added savoriness.



**Servings 8**

### Ingredients:

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- 6 tablespoons plus 1/2 cup all-purpose flour, divided
- 1 teaspoon salt, divided, plus more to taste
- 1/2 teaspoon freshly ground pepper, plus more to taste
- 2 1/2 pounds boneless, skinless chicken thighs, trimmed
- 4 teaspoons extra-virgin olive oil, divided
- 3 pieces bacon, chopped
- 1 2/3 cups Guinness beer or other stout (14-ounce can)
- 1 pound whole baby carrots or large carrots cut into 1-inch pieces

- 1 8-ounce package cremini or button mushrooms, halved if large
- 2 cups chopped onion
- 4 cloves garlic, minced
- 1 1/2 teaspoons dried thyme
- 1 cup reduced-sodium chicken broth
- 2 cups frozen baby peas, thawed

## **Instructions**

1. Combine 6 tablespoons flour with 1/2 teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.
2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer in the slow cooker.
3. Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining 1/2 cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken.



4. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.
5. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.
6. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining 1/2 teaspoon salt and pepper.

### **Recipe Notes**

**Make Ahead Tip:** Trim chicken, chop bacon; prep onion and garlic; defrost peas. Refrigerate in separate containers. Equipment: 5- to 6-quart slow cooker For easy cleanup, try a slow-cooker liner.

These heat-resistant, disposable liners fit neatly inside the insert and help prevent food from sticking to the bottom and sides of your slow cooker.

## **BONUS RECIPES!!!**

### **Twice Baked Cauliflower**

This is a great LOW CARB replacement for mashed potatoes. Add some cheese and your family will love it. Makes a great side dish with any of the recipes in this booklet.

<http://www.melaniesobocinskifitness.com/recipes/twice-baked-cauliflower/>



### **Broccoli Cheese Cauliflower Fritters**

Another great addition to any of these meals. Low Carb, cheesy and delicious.

<http://www.melaniesobocinskifitness.com/recipes/low-carb-cheesy-broccolicauliflower-bites/>



## **Sweet Potato Latkes**

Latkes are delicious. But most recipes call for white potatoes, lots of oil, and sour cream. These sweet potatoes

create a healthier version of a traditional favorite that your family will love.



<http://www.melaniesobocinskifitness.com/sweet-potato-latkes>

## **Fudgy Avacado Brownies**



Not only do avocados add a boost of healthy fats, they also intensify the flavor of chocolate and make these brownies ultra rich, and decadent. These gluten-free treats are so fudgy and moist, you won't even remember how healthy they are!

<http://www.melaniesobocinskifitness.com/fudgy-avocado-brownies>

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