



**INCREMENTAL**  
*Health*

**SLOW COOKER  
RECIPES**



OFF LOW HIGH AUTO



# RECIPES

## Basic Meat and Veg

Meat of choice - Shin beef (my favourite), Ox cheeks, short ribs or normal diced beef, lamb leg, lamb shoulder or chicken legs/thighs.

Vegetables - I usually just use carrots, onions and white potato because they cook for the same amount of time as the meat, if using sweet potato add in 2 hours from the end. Can also use leeks, swede, squash and any other Veg you fancy.

### How?

1. Peel and cut the veg into chunks and put in the bottom of the slow cooker.
2. Brown all sides of the meat in a hot frying pan then put on top of Veg.
3. Fill slow cooker with filtered water up to level of the meat.
4. Cook for 7 hours on LOW setting if beef or lamb, 6 hours if chicken etc.

Optional extras? Add some crushed garlic cloves, rosemary or any other herbs you fancy trying.



# RECIPES

## Tomato Based

Meat of choice - Shin beef (my favourite), Ox cheeks, short ribs or normal diced beef, lamb leg, lamb shoulder or chicken legs/thighs.

Vegetables - Onions, Mushrooms, garlic (2 minced or chopped gloves.)

Sauces - Tomato passata 500g, tomato puree 1tbs

Spices - 1tsp of each, Paprika, Cumin, Chilli powder, (mild or hot depending on preference).

### How?

1. Peel and cut the veg into chunks and put in the bottom of the slow cooker.
2. Pour in the passata, spices, garlic and puree and mix together.
3. Brown all sides of the meat in a hot frying pan then put on top of Veg.
4. Top up with filtered water up to level of the meat.
5. Cook for 7 hours on LOW setting.



# RECIPES

Chicken Korma

Chicken Thighs

Vegetables - Onions/Shallots, Garlic

Sauces - Coconut milk (enough to cover the meat) 1 tablespoon tomato puree

Spices - 1 teaspoon of each, Ginger, Paprika, Cumin, Garam Masala, Coriander, Turmeric, 0.5 teaspoon of Chilli Flakes/Chilli Powder

How?

1. Peel and dice the shallots/onions into small pieces, mince or finely chop the garlic.
2. Brown the chicken thighs in a frying pan for 1 minute on each side then add to slow cooker.
3. Add shallots/onions and garlic to the pan and cook on low for 2 minutes.
4. Add all the spices and tomato puree to the pan, remove from heat and mix together.
5. Add the mix to the slow cooker and pour in the coconut milk until covering the meat.
6. Cook for 3 hours on HIGH setting.

Serve with rice or sweet potato cooked separately.



# RECIPES

## Tikka Masala

Chicken Thighs or Diced Lamb

Vegetables - Onions/Shallots, Garlic

Sauces - Coconut milk 400ml, Tomato Passata 250g, 1 tablespoon tomato puree 4 tablespoons Greek yoghurt.

Spices - 2 Tablespoons Garam Masala, 2 teaspoons of Paprika, 2 teaspoons coriander, 1 teaspoon Cumin, 1 teaspoon ginger, 0.5 teaspoon of Chilli Flakes/Chilli Powder

### How?

1. Marinade - Mix all the spices in a bowl. Add yoghurt and mix.
2. Add Meat to marinade and leave to sit for at least 1 hours (longer the better).
3. Peel and dice the shallots/onions into small pieces, mince or finely chop the garlic.
4. Add shallots/onions to a frying pan and cook on medium for 2 minutes, add garlic and tomato puree and cook on low for 1 minute.
5. Add the meat and marinade to the frying pan and cook for 2 minutes.
6. Add the mix to the slow cooker and pour in the coconut milk and passata until covering the meat.
7. Cook for 6.5 hours on LOW setting for Beef/Lamb and 3 hours on HIGH for Chicken.

Serve with rice or potato cooked separately.