



 HAYLIE POMROY

HAYLIE'S SAVORY SLOW COOKER RECIPES

NOURISHING MEALS TO KEEP YOU WARM

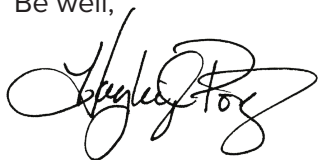


Eat to support your metabolism!

Cooking is a sacred and calming activity for me. At times, if you walk into my kitchen you'll find me with two slow cookers and a stock pot, all going at once, because that's maybe the only night I have to cook for the entire week. You'll see Tupperware and freezer bags laid out all over the counter. After everything cools I portion it all out for family meals, one-serving meals, breakfasts, lunches, and dinners, and then I label everything and stick it in the freezer. It can be a crazy assembly line for one afternoon, but it makes the rest of the week totally seamless. Sometimes I even invite friends over for a bring-your-own-Tupperware cooking party.

But as much as I love to cook, I am also living a very full life and at times stretched very thin financially, emotionally, and for time, as I bet you are too. Therefore most of the recipes I have included are things I prepare daily, so I know they are pretty quick and can be made on the fly. Many can be made on a shoestring budget; a few you could serve to a king. I also know that most of them freeze and reheat well.

Be well,

A handwritten signature in black ink, appearing to read 'Haylie Pomroy', with a large, stylized flourish at the end.

Haylie Pomroy

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SLOW COOKER MEATLOAF WITH BACON

All Phases | Serves 8 | Prep time: 10 min. | Total time: 4 hours, 10 min.

INGREDIENTS

- 1 1/2 pounds lean ground beef
- 3 egg whites
- 1 1/2 cups finely chopped white button mushrooms
- 2 teaspoons tamari or coconut aminos
- 2 teaspoons fresh thyme leaves
- 3/4 teaspoon dried oregano
- 3/4 teaspoon black pepper
- 1/4 teaspoon sea salt
- 1/4 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes
- 4 slices nitrate-free turkey bacon
- Cracked black pepper

DIRECTIONS

1. Mix the first eleven ingredients (everything but the bacon and cracked black pepper) in a large bowl. Shape the mixture into a flattened ball, and place it in the slow-cooker.
2. Top with the turkey bacon, and sprinkle generously with cracked black pepper.
3. Cook on low for 4 hours, or until a thermometer inserted into the center of the meatloaf reads 160 degrees F.



ITALIAN SLOW COOKER BEEF STEW

Phase 3 | Serves 10 | Prep time: 20 min. | Total time: 4 to 8 hours

INGREDIENTS

- 2 pounds lean beef stew meat
- Sea salt, to taste
- Black pepper, to taste
- Onion powder, to taste
- 3 tablespoons grapeseed oil
- 1 cup sliced carrot
- 1 cup sliced celery
- 1/2 medium onion, diced
- 1 teaspoon dried oregano
- 3 cups beef broth
- 28-ounce can diced tomatoes with juice
- 15-ounce can Great Northern Beans, drained
- 6-ounce can tomato paste
- 1/3 cup olive oil
- 2 teaspoons Italian seasoning

DIRECTIONS

1. Season the beef generously with salt, pepper, and onion powder. Heat a large skillet over medium-high heat, add the 3 tablespoons grapeseed oil, and brown the beef deeply on all sides (work in batches if necessary to avoid crowding the meat). Transfer the meat to the slow cooker.
2. Add the carrot, celery, onion, and oregano to the skillet and saute for one minute. Add one cup of the beef broth to the skillet and scrape up any browned bits from the bottom of the pan. Stir this mixture into the slow cooker, along with the remaining ingredients.
3. Cover and cook on high for 4 hours or low for 8 hours. Serve.



CLASSIC SLOW COOKER POT ROAST

Phase 3 | Serves 16 | Prep time: 40 min. | Total time: 3 hours, 40 min.

INGREDIENTS

- 4-pound beef round or chuck roast
- 2 tablespoons olive oil
- 2 1/2 cups beef broth
- 2 tablespoons tomato paste
- 3/4 teaspoon sea salt
- 2 carrots, cut into 2-inch pieces
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 bay leaves
- 2 strips nitrate-free turkey bacon

For the rub:

- 2 tablespoons sweet paprika
- 1 1/2 teaspoons sea salt
- 1 teaspoon garlic powder
- 3/4 teaspoon freshly ground black pepper
- 1/4 teaspoon each rosemary, thyme, oregano, basil, parsley

For the Gravy:

- 2 tablespoons arrowroot
- 1/4 cup beef broth

DIRECTIONS

1. Combine the rub ingredients and rub them all over the roast. Heat the oil in a Dutch oven over medium heat and brown the roast well on all sides. Place the roast in a slow cooker.
2. Add 2 1/2 cups of broth to the Dutch oven and scrape the browned bits off of the bottom. Stir in the tomato paste and salt.
3. Place the carrots, celery, onion, garlic, and bay leaves around the roast in the slow cooker. Lay the strips of bacon on top of the roast. Pour the beef broth mixture over everything. Cook on low for 6 to 8 hours or on high for 3 to 4 hours.
4. Transfer the roast to a cutting board and let it cool a bit. With a slotted spoon, remove the veggies to a bowl. Discard the bay leaves.
5. Pour the liquid into a large saucepan and bring it to a boil. Whisk together the arrowroot and 1/4 cup beef broth, and slowly whisk it into the boiling gravy. Cook and stir until the gravy is thick. Season with salt and pepper. Slice the roast and serve with the gravy.



SHREDDED BRISKET WITH CHIPOTLE DRESSING

All Phases | Serves 16 | Prep time: 25 min. | Total time: 5 to 10 hours

INGREDIENTS

For the Brisket

- 4 pounds beef brisket
- 1 large yellow onion, chopped
- 10 black peppercorns
- 4 dried bay leaves
- 3 medium cloves garlic, crushed
- 2 serrano chilis, coarsely chopped
- 1 teaspoon sea salt

For the Dressing:

- 7-ounce can chipotles in adobo
- 1/4 cup fresh lime juice
- 1/4 cup red wine vinegar
- 2 medium cloves garlic, chopped
- 2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper

DIRECTIONS

1. Put the brisket ingredients and 2 cups of water into a 6-quart slow cooker. Cook for 8 to 10 hours on low or 5 to 6 hours on high. Transfer the brisket to a large bowl and let it sit until it's cooled enough to handle. Reserve the cooking liquid. Scrape away and discard any fat from the brisket, then, using two forks, shred the meat. Moisten with 1/2 cup of the reserved broth. Save the remaining broth for another use.
2. Drain the adobo sauce from the canned chipotles into a blender. Add chipotles to taste (one chipotle for a little heat, two or three for medium-hot, or four for fiery). Add the remaining dressing ingredients and puree in a blender. Mix the dressing into the shredded beef. It's best to make this dressing ahead of time and refrigerate for at least one hour to overnight to let the flavors meld. Just reheat when ready.
3. Top with phase-appropriate toppings



BRAISED BEEF AND MUSHROOMS

Phase 2 | Serves 8 | Prep time: 10 min. | Total time: 5 1/2 to 9 1/2 hours

INGREDIENTS

- 4 cups finely diced onions
- 2 pounds beef stew meat
- 2 pounds cremini mushrooms, cut into 1/2-inch pieces
- 2 large cloves garlic, crushed and peeled
- 2 tablespoons sweet paprika
- 2 teaspoons chopped fresh marjoram, or 1 teaspoon dried
- Freshly ground black pepper, to taste
- 1 teaspoon sea salt, divided
- 2 tablespoons arrowroot
- 8 large shiitake mushrooms caps, cut into 1/2-inch pieces
- Finely minced fresh tarragon or dill, for garnish

DIRECTIONS

1. In a 5-quart or larger slow cooker, combine the first 7 ingredients (onions through pepper), plus 1/2 teaspoon of the salt. Cover and cook on low 8 hours (or high for 4 hours).
2. Whisk the arrowroot into 1/4 cup water until smooth. Stir the arrowroot mixture and shiitake mushrooms into the stew in the slow cooker. cover and cook on high for 1 1/2 hours more. Serve garnished with tarragon or dill, if desired.



SWEET AND SAVORY LAMB CURRY

Phase 2 & 3 | Serves 8 | Prep time: 15 min. | Total time: 4 to 8 hours

INGREDIENTS

- 1 large onion, diced
- 6 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 2 pounds lamb stew meat
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 3/4 teaspoon sea salt
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon paprika
- 1/4 teaspoon cinnamon
- 1/4 teaspoon turmeric
- 1/8 teaspoon ground cloves
- 2 cups chicken broth
- 4 ounces baby spinach, chopped

DIRECTIONS

1. In a nonstick skillet cook the onion over medium heat, stirring often, until it's translucent, about 5 minutes (add a little broth if necessary).
2. Add the garlic and ginger and saute another 1 minute.
3. Transfer the onion mixture to a crockpot and stir in the lamb stew meat. Add the cumin, coriander, sea salt, pepper flakes, paprika, cinnamon, turmeric, cloves, and chicken broth to the crockpot to create the curry sauce.
4. Cover and cook for 4 hours on high or 8 hours on low.
5. Stir the spinach into the hot curry to wilt it, and serve with a small salad on the side.



PORK RAGU WITH BROKEN PASTA

Phase 1 | Serves 4 | Prep time: 15 min. | Total time: 3 to 8 hours

INGREDIENTS

- 1 pound boneless pork loin roast
- 1 medium white or yellow onion, cut into large pieces
- 1 large celery stalk, cut into large pieces
- 3 sprigs fresh thyme
- Sea salt
- Freshly ground black pepper
- 4 ounces brown rice lasagna, broken into pieces
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped parsley
- 8 cups arugula leaves

DIRECTIONS

1. Combine pork, onion, celery, and thyme in a slow cooker. cover and cook 3 to 4 hours on high (or 6 to 8 hours on low).
2. Remove the pork from the slow cooker and shred it into bite-sized pieces. Strain the solids out of the braising liquid. Return the liquid and meat to the slow cooker. Season well with salt and pepper, and cover to keep warm.
3. Bring a large pot of well-salted water to a boil. Cook the pasta until al dente, or usually a minute shy of the package directions. Drain and add to the pork ragu. Add the lemon juice and parsley. Ladle into wide pasta bowls and top with arugula. Enjoy with an extra lemon wedge on the side.

Tips: If you want more broth with your roast, you can add 1 cup of organic chicken broth. The pork and broth freeze well. Make ahead and when ready to serve, just start with the pasta step.



ASIAN PORK WITH MUSHROOMS

All Phases | Serves 8 | Prep time: 15 min. | Total time: 8 hours 15 min.

INGREDIENTS

- 1-pound boneless pork loin roast
- Sea salt and cracked black pepper
- 1 cup low-sodium chicken broth
- 1/2 cup tamari
- 1/3 cup balsamic vinegar
- 20 drops of liquid stevia
- Pinch crushed red pepper flakes
- 1/2 teaspoon chinese five spice powder
- 3 cloves crushed garlic
- 1 tablespoon grated fresh ginger
- 8 ounces sliced shiitake mushrooms
- Thinly sliced Napa cabbage
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

DIRECTIONS

1. Season the pork on all sides with the salt and pepper. Heat a nonstick skillet over medium heat and brown the pork on all sides for about 7 to 8 minutes.
2. In the slow cooker, combine the next eight ingredients (broth through ginger). Add the pork, cover, and cook on low for 7 1/2 hours. Remove the pork and set it aside to rest.
3. Add the mushrooms to the slow cooker, cover, and cook on low for 30 minutes. Meanwhile, shred the pork with two forks.
4. When the mushrooms are tender, remove about 1 cup of the broth and reserve it if needed. Add the shredded pork to the slow cooker and mix well. Serve over thinly sliced napa cabbage, topped with green onions and cilantro.



SLOW COOKER PORK ROAST WITH PEPPERONCINI

Phase 2 | Serves 8 | Prep time: 10 min. | Total time: 6 to 8 hours

INGREDIENTS

- 2 1/2 pounds boneless pork roast
- 1 cup minced pepperoncini peppers
- 1 cup pepperoncini juice
- 1 teaspoon black pepper
- 1/2 teaspoon sea salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dry mustard
- 3 cups chopped broccoli, spinach, or asparagus

DIRECTIONS

1. Place all the ingredients, except the vegetables, in a slow cooker.
2. Simmer on low for 6 to 8 hours or on high for 4 to 5 hours.
3. Serve with the steamed broccoli, spinach, or asparagus.



SLOW COOKER GUMBO

Phase 3 | Serves 6 | Prep time: 10 min. | Total time: 3 to 6 hours

INGREDIENTS

- 28-ounce can crushed tomatoes, undrained
- 1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 large onion, diced
- 2 bell peppers, diced
- 2 stalks celery, diced
- 12-ounce bag frozen sliced okra
- 1 tablespoon Cajun seasoning
- 3 cloves garlic, minced
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 12 ounces fresh or frozen medium shrimp, peeled and deveined
- Sea salt, if needed
- 3 cups hot cooked wild rice
- Chopped green onions
- Chopped fresh Italian parsley

DIRECTIONS

1. In a slow cooker, stir together the first 10 ingredients (tomatoes through cayenne pepper). Cover and cook on low for 6 hours (or high for 3 hours).
2. Remove the lid and gently stir in the thawed shrimp. Cover and cook on low about 3 minutes more, or until the shrimp are opaque. Taste and adjust seasonings, adding sea salt if needed. Serve over cooked wild rice or quinoa. Sprinkle with chopped green onions and parsley.



SLOW COOKER BALSAMIC TURKEY

Phase 1 & 3 | Serves 8 | Prep time: 10 min. | Total time: 4 to 7 hours

INGREDIENTS

- 4 portabella mushrooms caps, diced large
- 2 cups grape tomatoes
- 2 cups diced onions
- 1/4 cup organic chicken broth
- 1/3 cup balsamic vinegar
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes (optional)
- 1 two-pound boneless turkey breast

DIRECTIONS

1. Place mushrooms, tomatoes, onions and chicken broth at the bottom of the slow cooker.
2. Mix balsamic vinegar and mustard until well-combined. Pour over vegetables in the slow cooker.
3. Rub turkey with Italian seasoning, garlic powder, salt, pepper and red pepper flakes.
4. Place the turkey on top of the vegetables. cover and cook for 4 hours on high or 6 to 7 hours on low.
5. To serve, slice turkey breast and top with vegetables and balsamic sauce.



SLOW COOKER GREEK-STYLE CHICKEN

Phase 3 | Serves 8 | Prep time: 15 min. | Total time: 4 hours

INGREDIENTS

- 1 tablespoon olive oil
- 8 boneless, skinless chicken thighs
- 1/2 cup chicken broth
- 3 cloves garlic, minced
- 1 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1 Meyer lemon (or regular lemon)
- 1/3 cup pitted kalamata olives
- Wild rice, for serving

DIRECTIONS

1. In a large skillet over medium-high heat, brown the chicken thighs in olive oil. Transfer the chicken to the slow cooker.
2. Add the chicken broth to the hot skillet and scrape up the browned bits from the bottom of the pan. Add the broth mixture to the slow cooker, along with the garlic, oregano, salt, and pepper.
3. Cut enough thin slices from the Meyer lemon to cover the chicken, and lay them on top. Squeeze the remaining lemon juice into the slow cooker. Scatter the kalamata olives on top. Cover and cook on low for 4 hours. Serve with wild rice to soak up the lemony broth.



SLOW COOKER CHICKEN AND WILD RICE STEW

Phase 1 & 3 | Serves 8 | Prep time: 15 min. | Total time: 3 to 6 1/2 hours

INGREDIENTS

- 3 carrots, chopped
- 3 stalks celery, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup uncooked wild rice
- 2 bay leaves
- 1 teaspoon dried thyme
- Sea salt
- Black pepper
- 4 boneless, skinless chicken breasts (about 2 pounds)
- 10 cups low-sodium chicken broth
- 1/4 cup chopped fresh parsley

DIRECTIONS

1. In a 6-quart slow cooker, combine the carrots, celery, onion, garlic, wild rice, bay leaves, thyme, 1 teaspoon salt, and 1 teaspoon pepper.
2. Lay the chicken breast halves on top, and add the broth.
3. Cover and cook on low for 6 to 6 1/2 hours or on high for 3 1/2 hours.
4. Remove the chicken, shred it with two forks, and stir it back into the slow cooker.
5. Remove the bay leaves. Add the parsley, season with additional salt and pepper to taste, and serve.



HARVEST CHICKEN STEW

Phase 1 | Serves 4 | Prep time: 15 min. | Total time: 3 to 8 hours

INGREDIENTS

- 10 medium carrots, cut into rounds
- 2 cups diced parsnips
- 1 teaspoon sea salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts, diced into bite-sized pieces
- 1 red onion, halved and sliced
- 2 apples, peeled and cut into chunks (lunch only)
- 3/4 cup water
- 2 tablespoons balsamic vinegar
- Chopped fresh chives and parsley
- 4 cups cooked quinoa, brown rice, or barley, to serve

DIRECTIONS

1. Layer the carrots and parsnips on the bottom of the slow cooker. Combine the salt, ginger, and pepper; sprinkle half of the mixture over the vegetables.
2. In a nonstick skillet, saute the chicken and onions until lightly browned; transfer to the slow cooker. Top with the apples. Combine the water and balsamic vinegar; pour over the chicken and apples. Sprinkle with the remaining seasoning mixture.
3. Cover the slow cooker and cook on high for 3 hours or low for 7 hours until vegetables are tender and chicken juices run clear. Stir before serving.
4. Sprinkle with chives and parsley, and serve with cooked quinoa, brown rice or barley for Phase 1. Include the apples if you're serving for lunch, sub extra carrots and parsnips for dinner.



TURKEY OR BUFFALO CHILI

Phase 1 | Serves 6 | Prep time: 25 min. | Total time: 4 to 8 hours

INGREDIENTS

- 1 to 1 1/2 pounds lean ground turkey or buffalo meat
- 1/2 cup diced red onion
- 2 tablespoons fresh parsley or cilantro
- 1 heaping tablespoon chili powder
- 1 tablespoon minced garlic
- 1/2 teaspoon crushed red chili flakes
- 15-ounce can kidney beans
- 15-ounce can black beans
- 15-ounce can pinto beans
- 15-ounce can lentils or adzuki beans
- 4 cups chopped zucchini
- 28-ounce can crushed tomatoes
- 1 teaspoon sea salt

DIRECTIONS

1. Brown the turkey or buffalo meat in a skillet and drain.
2. Turn a slow cooker to high setting. Add the meat, onion, parsley, chili powder, garlic, and red pepper flakes to the pot. Stir, cover and set aside.
3. Open and partially drain all five cans of beans; I leave a little liquid in to make my chili a little juicier. Add the beans, zucchini, and tomatoes to the cooker. Stir well. Keep the cooker set on high for 4 to 5 hours or adjust the heat to low and simmer for 6 to 8 hours.
4. Stir and taste occasionally, adjusting seasonings as needed. Add the salt just before serving to best preserve its nutrients.



SPAGHETTI SQUASH AND MEATBALLS

Phase 3 | Serves 4 | Prep time: 25 min. | Total time: 3 to 6 hours

INGREDIENTS

- 1 large spaghetti squash
- Chopped fresh parsley, to serve

For the Meatballs:

- 1 pound lean ground turkey
- 1 egg
- 1/2 teaspoon poultry seasoning
- 1 clove garlic, minced
- 1/4 teaspoon sea salt
- 1/3 cup sprouted grain breadcrumbs

For the Sauce

- 28-ounce can diced tomatoes with juice
- 15-ounce can tomato sauce
- 1/2 cup chopped onion
- 1/4 cup olive oil
- 1 clove garlic, minced
- 2 teaspoons Italian seasoning
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

DIRECTIONS

1. Combine the meatball ingredients in a bowl. Shape into 16 meatballs.
2. Combine the sauce ingredients in the crockpot. Cut the spaghetti squash in half cross-wise, scrape out the seeds, and place it cut-side down in the sauce.
3. Place the meatballs around the squash. Cook on high for 3 hours or low for 5 hours.
4. Remove the squash and meatballs from the sauce. Puree half of the sauce in a blender, then combine it with the rest of the sauce to thicken it.
5. Use a fork to scrape out the squash in spaghetti-like strings. Top the spaghetti squash with the meatballs, sauce, and fresh parsley.



ROSEMARY CHICKEN STEW

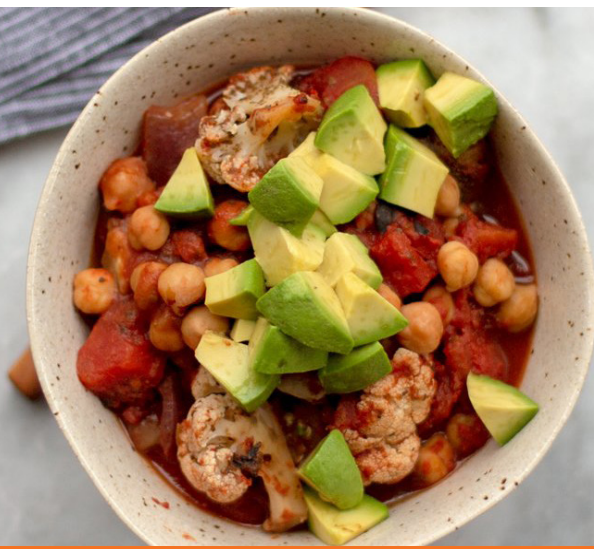
Phase 3 | Serves 8 | Prep time: 20 min. | Total time: 4 hours

INGREDIENTS

- 1 tablespoon olive oil
- 2 pounds boneless, skinless chicken thighs
- 2 carrots, cut into 1-inch chunks
- 1 celery stalk, cut in 1-inch chunks
- 4 cloves garlic, minced
- 1 tablespoon minced fresh rosemary
- 14.5-ounce can crushed tomatoes
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup chopped parsley, for garnish

DIRECTIONS

1. Heat a large skillet over medium-high heat and add the oil. Brown the chicken thighs on both sides. Transfer the chicken to the slow cooker.
2. Set the skillet over medium-high heat and add the carrots, celery, mushrooms, onion, garlic, and rosemary. Saute, stirring frequently until the onions are lightly browned.
3. Add the tomatoes and stir to scrape up the browned bits from the bottom of the pan. Stir in the salt and the pepper.
4. Pour the tomato mixture into the slow cooker. Cover and cook on low for 4 hours. Sprinkle with parsley before serving.



EGGPLANT STEW

Phase 3 | Serves 4 | Prep time: 10 min. | Total time: 3 to 8 hours

INGREDIENTS

- 1 medium eggplant, peeled and diced
- 2 15-ounce cans garbanzo beans
- 1 6-ounce can tomato paste
- 3 cups diced tomatoes
- 1 cup chopped cauliflower
- 1/2 cup diced red onion
- 1/2 cup organic vegetable broth
- 1/4 cup coconut vinegar
- 2 garlic cloves, minced
- 2 tablespoons lemon juice
- 1 tablespoon birch xylitol
- 1 teaspoon celery seed
- 1 teaspoon sea salt
- 1 teaspoon fresh or dried oregano
- 1 teaspoon fresh or dried basil
- 1/2 teaspoon crushed red pepper flakes
- 2 avocados, peeled and diced

DIRECTIONS

1. Put all the ingredients except the avocado in a slow cooker or crockpot and cook for 3 to 4 hours on high or 6 to 8 hours on low.
2. Serve topped with equal amounts of diced avocado.



TEMPEH VEGETABLE STEW

Phase 2 | Serves 2 | Prep time: 10 min. | Total time: 3 to 8 hours

INGREDIENTS

- 8 ounces tempeh, cut into 1-inch cubes
- 2 cups broccoli florets
- 2 cups shredded cabbage
- 1 cup kale, ribs removed, leaves roughly chopped
- 1 cup sliced leeks
- 1 dried bay leaf
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 4 cups organic vegetable broth
- 2 tablespoons coconut aminos
- 1 tablespoon minced garlic
- 1 teaspoon sea salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon turmeric

DIRECTIONS

1. Put all ingredients plus 4 cups of water into a slow cooker and cook for 3 to 4 hours on high or 6 to 8 hours on low. Remove the bay leaf before serving.

Note: Because this recipe contains tempeh, it is only for vegans or vegetarians who do not eat eggs.



VEGETARIAN LENTIL CHILI

Phase 1 & 3 | Serves 8 | Prep time: 10 min. | Total time: 3 to 8 hours

INGREDIENTS

- 1 cup lentils, rinsed
- 2 cups diced tomatoes
- 1 1/2 cups diced red onion
- 1/2 cup diced celery
- 2 garlic cloves, minced
- 1 tablespoon ground cumin
- 2 tablespoons chili powder
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can white or cannellini beans, drained and rinsed
- 4 cups organic vegetable broth
- 2 tablespoons tamari
- 8 cups cooked brown rice or brown rice pasta (Phase 1 only)

DIRECTIONS

1. Put all ingredients except the rice or pasta into a slow cooker and cook for 3 to 4 hours on high or 7 to 8 hours on low.
2. Serve over 1 cup rice or pasta per serving on Phase 1, serve over 1/2 cup quinoa, sprouted grain pasta, wild rice or 1 cup cauliflower rice (add a healthy fat, as well) for Phase 3.
3. Serve with a side salad or additional veggies.

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