
Quick and Easy Paleo Crock Pot Recipes
19 Delicious Recipes for your Paleo Lifestyle

By

Choice Paleo

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Paleo Crock-Pot Recipes

If you're living the Paleo lifestyle or experimenting with a new diet, then you should definitely invest in a Crock-Pot, also known as a slow cooker. The Crock-Pot can be your biggest ally in sticking to the Paleo diet. First of all, it is extremely convenient. All you have to do is to spend a few minutes preparing the ingredients, throw everything into the Crock-Pot, plug it in and set the timer to Quick and Easy Paleo Crock Pot Recipes: 19 Delicious Recipes for your Paleo Lifestyle cook. You can clean the house, go shopping, hit the gym Quick and Easy Paleo Crock Pot Recipes: 19 Delicious Recipes for your Paleo Lifestyle and even go to work...and still have a piping-hot meal waiting for you when you get home.

Second, a Crock-Pot is economical. It can make delicious meals out of simple, (and affordable), ingredients. A Crock-Pot cooks food at a steady, slow temperature, so it seals in flavors and juices. Even a budget cut of meat can turn into a tender, delicious Quick and Easy Paleo Crock Pot Recipes: 19 Delicious Recipes for your Paleo Lifestyle dish after a few hours in a Crock-Pot. Needless to say, you can no longer use "I have no time to cook" as an excuse for not being on the Paleo diet.

Also, cooking with a Crock-Pot is a healthy cooking method. In other cooking methods, vitamins, minerals and antioxidants present in foods are lost. When vegetables are cooked in water or other liquids, for instance, nutrients Quick and Easy Paleo Crock Pot Recipes: 19 Delicious Recipes for your Paleo Lifestyle leach into the water or the liquid in which the vegetables are cooked. In sharp contrast, a Crock-Pot retains nutrients by recapturing them in the resulting sauces and juices that are served with the meal.

Below are some delicious, nutritious and easy-to-prepare Paleo Crock-Pot recipes. Now there's no reason for you not to be on the Paleo diet or content yourself with just Quick and Easy Paleo Crock Pot Recipes: 19 Delicious Recipes for your Paleo Lifestyle a few dishes.

Chicken

Crock-Pot Paleo Chicken with Cashews

- **Ingredients:**

- 1 teaspoon pepper
- 2-3 lbs. chicken thighs or breasts, cut into bite-size chunks
- 1 ½ tablespoon coconut oil
- 3 tablespoons coconut milk
- 2 tablespoons rice wine vinegar
- 2 tablespoons tomato paste
- 2-3 minced garlic cloves
- 1 tablespoon organic honey
- minced fresh ginger to taste
- ¼ Quick and Easy Paleo Crock Pot Recipes: 19 Delicious Recipes for your Paleo Lifestyle teaspoon red pepper flakes
- ¾ cup raw cashews

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