

SALLY LLOYD

Ulcerative Colitis Cookbook SLOW COOKER

50 Easy and Tasty Low-Fiber, Dairy-Free,
Nightshade-Free, Specially Designed Recipes for
Ulcerative Colitis, Crohn's Disease,
Diverticulitis & IBD



Ulcerative Colitis Cookbook

Slow Cooker

*50 Easy and Tasty Low-Fiber, Dairy-Free,
Nightshade-Free, Specially Designed Slow Cooker
Recipes for Ulcerative Colitis, Crohn's Disease,
Diverticulitis & IBD*

By Sally Lloyd

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Oat-Stuffed Apples

Serves: **6**

Prep Time: **5** minutes

Cook Time: **2** hours

- **6 green apples, top cut off and cored, leaving bottom intact**
- **1 cup oats**
- **1/4 cup nut butter**
- **2 tablespoons raw honey**
- **1 tablespoon coconut oil**
- **1 teaspoon cinnamon**
- **1 teaspoon nutmeg**

1. In a medium bowl, combine all ingredients except apples.
2. Stuff apples and put into slow cooker.
3. Cook on low for 2 hours.

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Pumpkin Pie Oatmeal

Serves: **4**

Prep Time: **10** minutes

Cook Time: **8** hours

- **1 cup pumpkin puree**
- **1 cup oats**
- **2 cups water**
- **2 cups coconut milk or almond milk**
- **2 tablespoons maple syrup**
- **1 teaspoon vanilla extract**
- **1 teaspoon pumpkin pie spice**
- **1/2 teaspoon cinnamon**
- **1/4 teaspoon salt**

1. Mix all ingredients in the slow cooker.
1. Cook on low for 8 hours.
2. Top with desired toppings and serve.

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Chinese Chicken Congee

Serves: **4**

Prep Time: **10** minutes

Cook Time: **8** hours

- **1 cup white rice, rinsed**
- **7 cups water**
- **1 cup chicken broth**
- **2 bone-in chicken thighs**
- **1-inch fresh ginger roots, peeled and sliced**
- **Soy sauce or coconut amino for serving**

1. Mix all ingredients in the slow cooker.
1. Cook on low for 8 hours.
2. Remove chicken skin and shred meat. Serve with soy sauce/coconut amino if desired.

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Butternut Squash apple Oatmeal

Serves: **4**

Prep Time: **10** minutes

Cook Time: **8** hours

- **1 medium butternut squash, peeled and cubed**
- **2 medium apples, peeled, cored and diced**
- **1 cup coconut milk**
- **3/4 cup almond flour (omit if can't tolerate)**
- **1/4 cup nut butter of your choice**
- **1 tablespoon maple syrup**
- **1 teaspoon cinnamon**
- **1/2 teaspoon nutmeg**
- **Toppings of your choice**

1. Mix all ingredients in the slow cooker.
1. Cook on low for 8 hours.
2. Use an immersion blender or potato masher to mash into desired consistency.
3. Top with desired toppings and serve.

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Turkey Breakfast Casserole

Serves: **6**

Prep Time: **10** minutes

Cook Time: **8** hours

- **1 pound lean ground turkey**
- **1 small butternut squash, peeled, seeded and sliced**
- **12 eggs, beaten**
- **3 cups spinach**
- **1 cup coconut milk**
- **1 tablespoon coconut oil**
- **1 teaspoon sage**
- **1/4 teaspoon salt**

1. Season the meat with sage and salt. Whisk eggs with coconut milk
1. Grease the slow cooker with coconut oil. Add squash, followed by meat, egg mixture and spinach.
2. Cook on low for 8 hours.

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Peanut Butter Breakfast Bar

Serves: **14**

Prep Time: **10** minutes

Cook Time: **8** hours

- **3/4 cup mashed bananas**
- **2 large eggs**
- **1 cup oats**
- **1 1/2 cups coconut milk or almond milk**
- **3 tablespoons smooth peanut butter**
- **3 tablespoons honey**

1. Microwave peanut butter and honey for 30 seconds. Combine with almond milk, banana and cinnamon. Add eggs and mix well. Stir in oats and transfer the mixture to the greased slow cooker.

1. Cook on low for 8 hours.

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Greek Chicken Soup

Serves: **6**

Prep Time: **10** minutes

Cook Time: **6** hours

- **1 pound bone-in skinless chicken breast**
- **3 eggs**
- **2 stalk celery, roughly chopped**
- **4 cups chicken broth**
- **2 cups water**
- **1/4 cup lemon juice**
- **1/2 cup uncooked white rice, rinsed and drained**
- **1 teaspoon salt**

1. Place chicken, celery, rice, broth, water and salt in the slow cooker
1. Cook on low for 6 hours.
2. Remove celery if can't tolerate. Shred meat and discard the bones.
3. In a medium bowl, whisk eggs with lemon juice. Spoon out a few tablespoons of hot broth and slowly stir into the lemon mixture. Then add the mixture to the soup and stir until combined.

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Classic Chicken and Rice Soup

Serves: **8**

Prep Time: **10** minutes

Cook Time: **6** hours

- **2 pound bone-in skinless chicken breast**
- **4 medium carrots, peeled and chopped**
- **10 cups chicken broth**
- **1 cup uncooked white rice, rinsed and drained**
- **2 bay leaves**
- **1/2 teaspoon dried thyme**
- **1/2 tablespoon salt**

1. Mix all ingredients in the slow cooker.
1. Cook on low for 6 hours.
2. Shred meat, discard the bones and bay leaves. Adjust seasoning if needed.

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Lemony Kale Chicken Soup

Serves: **6**

Prep Time: **10** minutes

Cook Time: **6** hours

- **1 pound bone-in skinless chicken breast**
- **6 cups chicken broth**
- **1/2 cup olive oil**
- **1 bunch kale, roughly chopped**
- **Zest of 3 lemons**
- **2 tablespoons lemon juice**
- **salt to taste**

1. Use a blender to blend 2 cups of broth with olive oil until it emulsifies.
1. Mix all ingredients in the slow cooker.
2. Cook on low for 6 hours.
3. Shred meat and serve.

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Curry Pumpkin Carrot Soup

Serves: **6**

Prep Time: **10** minutes

Cook Time: **8** hours

- **7 medium carrots, peeled and cut into chunks**
- **12 ounces pumpkin, peeled, seeded and cut into chunks**
- **4 cups chicken broth**
- **3/4 teaspoon turmeric**
- **1/2 teaspoon salt**
- **1/2 teaspoon cinnamon**
- **1/4 teaspoon ground ginger**
- **salt to taste**

1. Mix all ingredients in the slow cooker.
1. Cook on low for 8 hours.
2. Use an immersion blender to blend into desired consistency.

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Turmeric Bone Broth

Serves: **20**

Prep Time: **10** minutes

Cook Time: **8** hours

- **1 whole chicken carcass**
- **4 stalks celery, roughly chopped**
- **2 medium carrot, peeled and roughly chopped**
- **2 medium onions, quartered**
- **2 sprigs thyme**
- **2 bay leaves**
- **2 teaspoons turmeric**
- **1 tablespoon salt**
- **1 tablespoon apple cider vinegar**

1. Mix all ingredients in the slow cooker. Add enough water to cover the carcass or about an inch from the top
1. Cook on low for 8-10 hours.
2. Skim off fat from the surface. Strain the bones and vegetables using a strainer.
3. (The broth can be refrigerated up to a week and freeze for up to 1 month)

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Thyme Butter Rice

Serves: **4**

Prep Time: **15** minutes

Cook Time: **3** hours

- **2 cups medium to long grain white rice**
- **8 ounces or sliced mushrooms**
- **4 cups chicken broth**
- **2 tablespoons butter**
- **1/2 teaspoon dried thyme**
- **1/2 teaspoon oregano**

1. In a pan, sauté rice with butter and herbs for 2-4 minutes. Transfer to the slow cooker.
1. Add the remaining ingredients.
2. Cover and cook on low for 2 hours. Stir and check texture. Add more broth if needed and cook for another 30-60 minutes.

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Butternut Squash Risotto

Serves: **8**

Prep Time: **15** minutes

Cook Time: **5** hours

- **1 medium butternut squash, peeled, seeded and cut into 1/4" chunks**
- **1 1/2 cups uncooked short grain white rice**
- **4 cups chicken broth**
- **1/2 teaspoon salt**

1. Mix all ingredients in the slow cooker.

1. Cover and cook on low for 4 hours. Stir and check texture. Add more broth if needed and cook for another 30-60 minutes.

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Rosemary Acorn Squash

Serves: **8**

Prep Time: **5** minutes

Cook Time: **8** hours

- **1 medium acorn squash, peeled, seeded and cut into wedges**
- **1/2 cup vegetables broth**
- **2 tablespoons extra virgin olive oil**
- **3 tablespoons chopped fresh rosemary**
- **1 tablespoon balsamic vinegar**
- **1 teaspoon salt**

1. Line the squash wedges in the slow cooker. Add broth. Drizzle with oil and vinegar. Sprinkle with salt and rosemary.

1. Cover and cook on low for 8 hours.

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Simple Plantain Mash

Serves: **6**

Prep Time: **5** minutes

Cook Time: **4** hours

- **6 ripe plantains, peeled and cut into chunks**
- **1 1/2 cups water**
- **1 15-ounce can coconut milk**
- **1/2 cup maple syrup**
- **1/2 cup chopped almonds**
- **1/4 cup butter**
- **1 teaspoon cinnamon**

1. Mix all ingredients in the slow cooker.
1. Cover and cook on low for 4 hours.
2. Serve with coconut cream if desired.

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Coconut Rice Pudding

Serves: **8**

Prep Time: **5** minutes

Cook Time: **4** hours

- **6 cups coconut milk**
- **1 15-ounce can coconut cream**
- **2 cups uncooked white rice**
- **3 tablespoons butter, melted**
- **1 teaspoon cinnamon**
- **1/2 teaspoon vanilla extract**
- **1/4 teaspoon salt**

1. Grease the slow cooker with 1 tablespoon butter.
1. Mix all ingredients in the slow cooker.
2. Cover and cook on low for 4 hours, stirring occasionally.

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Pumpkin Butter

Serves: **16**

Prep Time: **5** minutes

Cook Time: **5** hours

- **2 15-ounce cans pumpkin puree**
- **1 cup fresh apple juice**
- **1/2 cup maple syrup**
- **2 teaspoons cinnamon**
- **1/2 teaspoon ground ginger**
- **1/2 teaspoon ground cloves**
- **Pinch of salt**

1. Mix all ingredients in the slow cooker.

1. Cover and cook on low for 5 hours, stirring occasionally. Adjust sweetness if needed

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Blackberry Jam

Serves: **16**

Prep Time: **5** minutes

Cook Time: **5** hours

- **2 pounds fresh blackberries**
- **1/2 cup maple syrup**
- **2 limes, juice only**
- **2 teaspoons ground nutmeg**

1. Mix all ingredients in the slow cooker.
1. Cover and cook on low for 4 hours, stirring occasionally.
2. Cook on low, uncovered for another 1 hour until the jam thickened.
Let it cool.
3. Use an immersion blender to blend into desired consistency. Adjust sweetness if needed.

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Cranberry Orange Sauce

Serves: **16**

Prep Time: **5** minutes

Cook Time: **8** hours

- **2 pound fresh cranberries**
- **1 1/3 cup fresh orange juice**
- **1/2 cup maple syrup**
- **2 tablespoons orange zest**
- **1 teaspoon vanilla extract**

1. Mix all ingredients in the slow cooker.
1. Cover and cook on low for 8 hours.
2. Adjust sweetness if needed

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Pear Butter

Serves: **16**

Prep Time: **5** minutes

Cook Time: **8** hours

- **2 pound pears, peeled, cored, chopped**
- **1 cups fresh apple juice**
- **1/2 cup maple syrup**
- **2 teaspoons cinnamon**
- **1/2 teaspoon ground ginger**
- **1/2 teaspoon ground nutmeg**
- **1/2 teaspoon cardamom**

1. Mix all ingredients in the slow cooker.
1. Cover and cook on low for 8 hours. Let it cool.
2. Use an immersion blender to blend into desired consistency. Adjust sweetness if needed.

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Classic Apple Sauce

Serves: **16**

Prep Time: **10** minutes

Cook Time: **8** hours

- **2 pound apples, peeled, cored, chopped**
- **1 cups water**
- **1/2 cup maple syrup**
- **1 lemon, juice only**
- **2 teaspoons cinnamon**
- **2/3 teaspoon all spice**
- **2/3 teaspoon clove**
- **2/3 teaspoon ground ginger**
- **Pinch of ground nutmeg**

1. Mix all ingredients in the slow cooker.
1. Cover and cook on low for 8 hours. Let it cool.
2. Use an immersion blender to blend into desired consistency. Adjust sweetness if needed.

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Coconut Yogurt

Serves: **8**

Prep Time: **5** minutes

Cook Time: **15.5** hours

- **2 15-ounce cans full fat coconut milk**
- **1 tablespoon maple syrup**
- **2 teaspoons gelatin**
- **2 teaspoons probiotic powder**

1. Add coconut milk to slow cooker. Sprinkle gelatin on top and let it sit for 5 minutes before whisking it in.
1. Cover and cook on low for 2 1/2 hours. Then turn off the slow cooker and let it sit for 3 hours, covered.
2. Scoop out 1/4 cup coconut milk and mix with probiotic powder. Gently stir in the mixture.
3. Cover and wrap the whole slow cooker with a thick towel. Let it sit for 8 hours.
4. Transfer to a container and refrigerate for at least 6 hours before serving.

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Lemon Cilantro Chicken and Rice

Serves: **4**

Prep Time: **10** minutes

Cook Time: **7** hours

- **1 1/2 pounds chicken thighs**
- **1 cup uncooked white rice**
- **2 1/4 cups chicken broth**
- **1/2 cup chopped fresh cilantro**
- **1/4 cup fresh lemon juice**
- **1 1/2 teaspoon salt**

1. Season chicken with salt.

1. Stir together the rest of the ingredients in the slow cooker. Place chicken on top.

2. Cook on low for 6-7 hours.

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Chicken Rice Casserole

Serves: **6**

Prep Time: **10** minutes

Cook Time: **7** hours

- **1 1/2 pounds chicken thighs**
- **6 ounces sliced mushrooms**
- **1 cup uncooked white rice**
- **1 cup full fat coconut cream**
- **1 cup chicken broth**
- **1/4 cup water**
- **1 1/2 teaspoon salt**

1. Season chicken with salt.
1. Stir together the rest of the ingredients in the slow cooker. Place chicken on top.
2. Cook on low for 6-7 hours.
3. Shred chicken and serve.

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