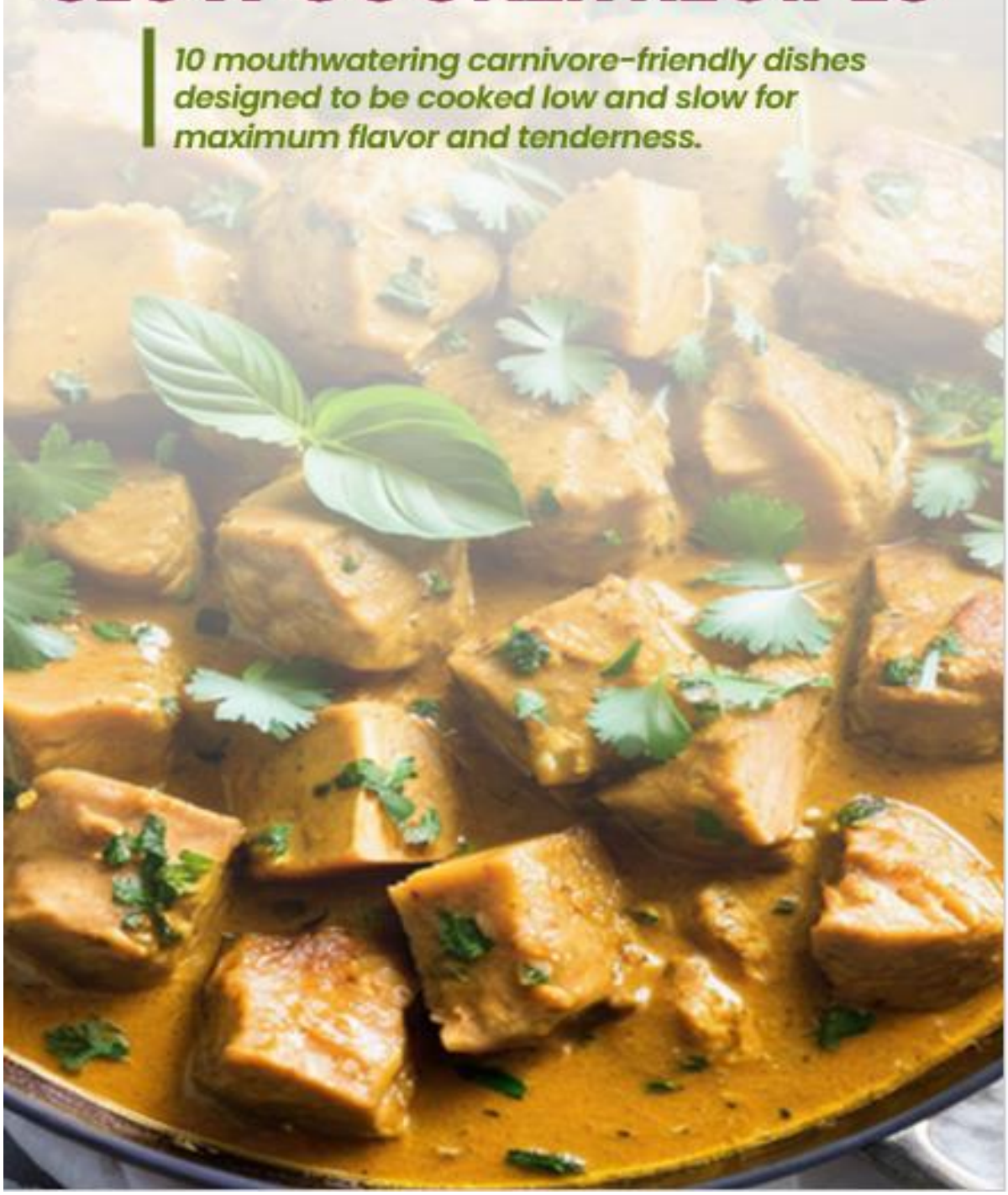


---

BY GLENDA THOMPSON

# CARNIVORE DIET SLOW COOKER RECIPES

*10 mouthwatering carnivore-friendly dishes  
designed to be cooked low and slow for  
maximum flavor and tenderness.*



# **Slow Cooker Carnivore Recipes**

10 recipes for meals you can leave to cook all day, so you have a delicious carnivore meal all ready to eat after work

By Glenda Thompson

# Disclaimer

The carnivore diet is a very low-carbohydrate, high-protein diet that consists of eating only animal foods and products, such as meat, fish, eggs, and cheese. Some people claim that this diet can help with weight loss, inflammation, and chronic diseases, but it is also very controversial and may have some risks and drawbacks.

The information and recipes in this cookbook are based on the personal experiences and opinions of the author, and are not intended as medical advice or diagnosis. The author is not a licensed nutritionist, dietitian, or medical professional, and does not guarantee the accuracy, completeness, or suitability of the information and recipes for any individual or purpose.

The carnivore diet may not be suitable or safe for everyone, especially for people with certain medical conditions, allergies, or dietary restrictions. It may also cause some side effects, such as nutrient deficiencies, digestive issues, high cholesterol, and kidney problems. Therefore, it is highly recommended that you consult your doctor before starting the carnivore diet, and monitor your health and blood tests regularly while following it.

The author and publisher of this cookbook are not responsible or liable for any adverse effects, injuries, or damages that may result from following the carnivore diet or using the recipes in this cookbook. The readers are advised to use their own judgment and discretion when following the carnivore diet or using the recipes in this cookbook, and to seek professional medical advice if they have any concerns or questions.

It's strongly suggested that you use this information in consultation with your doctor or other health professional. Before making any changes to your diet or undertaking an exercise program, it is essential that you obtain clearance by your physician/doctor. Use or viewing of any recipe, article or other product or service signifies your understanding and agreement to the disclaimer and acceptance of these terms of use.

# Copyright Notice

Copyright © 2024. All Rights Reserved

Erudite Lifestyle retains 100% rights to this material and it may not be republished, repacked, and/or redistributed for any purpose whatsoever without the express written consent from the owners of Erudite Lifestyle.



# Introduction

This cookbook features 10 mouthwatering carnivore-friendly dishes that are cooked low and slow for maximum flavor and tenderness.

The ease of using a slow cooker can't be overstated. Simply chop ingredients up, toss them in, and let the cooker work its magic. You can then come home after a long day to a finished meal.

Another of the major benefits of using a slow cooker for carnivore recipes is that the long cooking times help break down tough cuts of meat into succulent, fall-apart tender pieces.

The recipes in this cookbook are chosen to appeal to a range of carnivore preferences. Leave out all the vegetables for

strict zero-carb adherence or adjust the ingredients to find your own balance.

From familiar favorites like Chicken Thigh Coconut Curry to exotic new flavors like Lamb Tagine, this cookbook offers an amazing variety of nourishing meaty goodness. While dishes like Carnitas Lettuce Wraps or Bacon and Egg Breakfast Bowls make perfect simple weeknight dinners or easy weekend brunches.

So if you'd love to enjoy "set it and forget it" meals, try out the recipes in this cookbook to enjoy healthy, protein-packed carnivore meals in the most simplified way possible!

# Index

1. Pork Shoulder with Sauerkraut
2. Short Rib Fajita Bowls
3. Slow Cooked Lamb Tagine
4. Bacon and Egg Breakfast Bowls
5. Chicken Thigh Coconut Curry
6. Carnitas Lettuce Wraps
7. Beef Tongue Barbacoa
8. Slow Cooked Duck Confit
9. Hunter's Stew
10. Meatballs and marinara

Please note: Calories, fat, and protein are calculated per serving.





# Pork Shoulder with Sauerkraut

**Serves:** 6 | **Prep time:** 10 mins | **Cook time:** 8 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
500 kcal	36 grams	40 grams

## INGREDIENTS

- 3 lb bone-in pork shoulder roast
- 32 oz jar sauerkraut, drained
- 1 yellow onion, sliced
- 4 cups chicken bone broth
- 2 bay leaves
- 1 tbsp apple cider vinegar
- Salt and pepper to taste

## INSTRUCTIONS

1. Season the pork shoulder with salt and pepper. Bring a cast iron skillet to high heat. Sear pork on all sides for about 2 minutes per side.
2. Arrange slices of yellow onion in the bottom of the slow cooker insert.
3. Drain and rinse sauerkraut to remove excess salt then pack tightly into the cooker. Nestle seared pork roast directly into the tangy kraut along with bay leaves and pour in the bone broth so it covers the pork about 1-inch.
4. Cook on low for 8 full hours. The meat will become fall-apart tender and take on flavors from the broth and sauerkraut.
5. Carefully remove the pork shoulder and rest 10 minutes before slicing across the grain.
6. (Optional) Serve over wilted greens topped with pan juices for a mouthwatering meal.







# Short Rib Fajita Bowls

**Serves:** 2 bowls | **Prep time:** 15 min | **Cook time:** 6 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
600 kcal	42 grams	40 grams

## INGREDIENTS

- 2 lbs grass-fed beef short ribs
- 1 red onion, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 tbsp avocado oil, divided
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp garlic powder
- Salt and pepper to taste

## INSTRUCTIONS

1. Sprinkle the ribs generously with spice all over.
2. Bring oil to high heat in a skillet. Sear ribs for 2 minutes per side.
3. Add the seared ribs to the slow cooker.
4. (Optional) Arrange slices of red and yellow bell pepper and onion neatly atop the ribs.
5. After 6 hours, the ribs will be fall-apart tender.
6. Transfer the ribs to a sheet pan and place under the broiler for 3 minutes until veggies blacken around the edges.
7. Serve ribs and pan juices atop charred veggies and garnish with cilantro and lime wedges for an amazing one-bowl meal.



# Lamb Tagine

**Serves:** 4 | **Prep time:** 15 mins | **Cook:** 6 hours

Calories	Fats	Protein
600 kcal	36 grams	40 grams

## INGREDIENTS

- 2 lbs lamb shoulder, cut in 1-inch chunks
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 2 cups chicken bone broth
- 1 cup pitted green olives
- 1 tbsp lemon juice
- 2 tsp paprika
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp ginger
- Salt and pepper to taste

## INSTRUCTIONS

1. Trim the lamb of fat then cut into 1-inch chunks.
2. Place in a bowl with minced garlic, lemon juice and all spices including salt and pepper. Mix by hand, massaging marinade thoroughly into the lamb.
3. Cover and refrigerate.
4. Scatter the chopped onion over a slow cooker insert.
5. Drain lamb from marinade and arrange on top of the onions with the bone broth and green olives.
6. Cook for 6 hours on low until the lamb pulls apart.
7. (Optional) Serve the lamb tagine over cauliflower rice or shredded cabbage, and garnish with chopped cilantro and additional lemon wedges.





# Bacon and Egg Breakfast Bowls

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 3 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
500 kcal	40 grams	35 grams

## INGREDIENTS

- 1 lb bacon, chopped
- 8 eggs
- 4 cups chicken bone broth
- Salt and pepper to taste

## INSTRUCTIONS

1. Neatly line the bottom of the slow cooker with bacon slices, taking care not to overlap them.
2. Carefully crack the eggs directly atop the bacon, keeping each egg whole with the beautiful orange yolk exposed.
3. Gently pour the bone broth around the eggs until they're nearly covered.
4. Cook for 3 hours, or until the egg whites have set and the bacon is crispy.
5. Use a slotted spoon to neatly transfer the ingredients into serving bowls.
6. Garnish each breakfast bowl with freshly chopped chives.







# Chicken Thigh Coconut Curry

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 4 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
550 kcal	45 grams	25 grams

## INGREDIENTS

- 8 bone-in, skin-on chicken thighs
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 tbsp Thai red curry paste
- 1 13.5 oz can full-fat coconut milk
- 1 cup chicken bone broth
- 1 tbsp fish sauce
- 1 lime, juiced + zested

## INSTRUCTIONS

1. In a skillet over medium heat, sauté the onion and garlic for 3–4 minutes.
2. Add the Thai red curry paste and cook for 1 minute longer.
3. Stir in the coconut milk, chicken broth, and fish sauce. Bring to a simmer.
4. Arrange chicken thighs skin-side up on a sheet pan. Broil for 10 minutes until the skin is crispy. Then transfer to a slow cooker.
5. Add the curry sauce to the slow cooker and stir to coat the chicken.
6. Cook for 4 hours on low until chicken thighs are fall-apart tender.
7. Serve curry over steamed spinach topped with pan juices. Garnish with lime zest.



# Carnitas Lettuce Wraps

**Serves:** 6 wraps | **Prep time:** 15 mins | **Bake time:** 8 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
400 kcal	30 grams	20 grams per wrap

## INGREDIENTS

- 3 lbs pork shoulder roast
- 1 orange, juiced
- 1 lime, juiced
- 1 onion, sliced
- 4 garlic cloves, minced
- 2 chipotles in adobo sauce, finely chopped
- 2 tsp cumin
- 2 tsp oregano
- Salt and pepper to taste
- Butter lettuce leaves
- Pico de gallo salsa

## INSTRUCTIONS

1. Cut the pork shoulder into 2-inch cubes. Make about 6-8 cuts into evenly sized chunks.
2. Place the pork chunks into the slow cooker insert. Add in the orange and lime juice.
3. Slice the onion and mince 4 large cloves of garlic before adding to the slow cooker.
4. Finely chop 2 chipotle peppers. Add to the slow cooker along with 2 tsp of cumin, 2 tsp of oregano, and generous pinches of salt and pepper.
5. Pour 1 cup of water into the slow cooker to create braising liquid. Stir everything together.
6. Cook on low heat for 8 hours, until pork chunks shred easily when poked with a fork.
7. Using two forks, shred the cooked pork.
8. Serve the carnitas pork on butter lettuce leaves topped with freshly made pico de gallo salsa.





# Beef Tongue Barbacoa

**Serves:** 8 | **Prep time:** 15 mins | **Cook time:** 8 hours

Calories	Fats	Protein
350 kcal	18 grams	40 grams

## INGREDIENTS

- 1 beef tongue (3-4 lbs)
- 1 white onion, quartered
- 4 garlic cloves, peeled
- 1 jalapeño, halved and seeded
- 1 cup chicken bone broth
- 1/4 cup apple cider vinegar
- 3 chipotle peppers in adobo, chopped
- 2 tsp cumin
- 2 tsp oregano
- Salt and pepper to taste

## INSTRUCTIONS

1. Peel and quarter the onion and garlic cloves and halve and seed 1 fresh jalapeño pepper.
2. Place the beef tongue into the slow cooker insert along with the onion, garlic cloves, and halved jalapeño.
3. Combine 1 cup chicken bone broth, 1/4 cup apple cider vinegar, 3 chopped chipotle peppers from a can of chipotles in adobo, 2 tsp cumin, 2 tsp oregano and generous pinches of salt and pepper. Whisk together.
4. Pour the broth mixture into the slow cooker. Add enough water to just cover the beef tongue and vegetables.
5. Cook on low for 8 hours or until the beef shreds easily.
6. Transfer beef tongue to a plate and let cool.
7. Once cooled, peel off the outer membrane from the tongue. Slice or shred the tender meat.
8. (Optional) Serve beef barbacoa in lettuce wraps topped with sliced avocado.







# Slow Cooked Duck Confit

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 8 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
800 kcal	70 grams	35 grams

## INGREDIENTS

- 4 duck legs with thighs attached
- 1 cup rendered duck fat
- 4 sprigs thyme
- 4 garlic cloves, smashed
- 2 bay leaves

## INSTRUCTIONS

1. Season duck legs with 1 tbsp kosher salt and 1 tsp freshly ground black pepper.
2. Place the seasoned duck legs in the slow cooker insert in a single layer, skin-side up.
3. Peel and lightly smash 4 garlic cloves with the flat side of a knife. Add the thyme leaves, garlic, and bay leaves to the slow cooker.
4. Carefully pour 1 cup of rendered duck fat over the duck legs until they are fully submerged.
5. Cook on the low setting for 8 hours. The duck meat should be tender and pull away easily.
6. Carefully remove the duck legs. Strain and reserve duck fat for another use if desired.
7. Discard the bay leaves, thyme stems and garlic.
8. Place duck legs skin-side up on a rack set over a baking sheet. Broil for 2-3 minutes.
9. (Optional) Serve duck confit over arugula salad with crispy skin on top.



# Meatza Pie

**Serves:** 6 slices | **Prep time:** 15 mins | **Cook time:** 4 hours

<b>Calories</b>	<b>Fats</b>	<b>Protein</b>
492 kcal	36 grams	34 grams

## INGREDIENTS

- 1 lb ground beef
- 12 oz Italian sausage, casing removed
- 3 cups chopped veggies like mushrooms, olives, onions
- 2 cups shredded mozzarella
- 1 cup marinara sauce

## INSTRUCTIONS

1. In a large bowl, mix together the beef and 12 oz Italian sausage, using your hands to combine thoroughly.
2. Spread  $\frac{1}{3}$  of the meat mixture evenly over the bottom of the slow cooker insert. Top with  $\frac{1}{3}$  of the chopped vegetables and  $\frac{1}{3}$  of the shredded cheese.
3. Repeat layers two more times, ending with a layer of shredded cheese. Press layers gently to compact.
4. Pour 1 cup of marinara sauce evenly over the top.
5. Cover and cook on low heat for 4 hours, until meatza pie is bubbly around the edges.
6. Carefully lift the entire meatza pie out.
7. Slice and serve immediately.





# Hunter's Stew

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 8 hours

Calories	Fats	Protein
662 kcal	34 grams	80 grams

## INGREDIENTS

- 5.5 lbs venison stew meat
- 12 oz ground bison
- 12 oz pork sausage
- 3 cups mushrooms
- 2 cups turnip greens
- 4 cups bone broth
- 1 onion, diced
- 3 garlic cloves, minced

## INSTRUCTIONS

1. Cut the venison into 1-inch cubes. Slice the 12 oz pork sausage into coins.
2. In a large skillet over medium-high heat, brown the venison. Then transfer to the slow cooker.
3. In the same skillet, brown the ground bison and sausage for 3-4 minutes. Transfer meats to the insert.
4. Slice 3 cups of mushrooms. Chop 2 cups of turnip greens. Peel, dice, and mince 1 onion and 3 garlic cloves. Add to the insert along with the mushrooms and greens.
5. Pour in 4 cups of bone broth and stir together.
6. Cook on Low heat setting for 8 hours.
7. Taste the stew and season if desired.
8. Serve with chopped parsley.







# Meatballs and Marinara

**Serves:** 6 | **Prep time:** 20 mins | **Cook time:** 6 hours

Calories	Fats	Protein
593 kcal	14 grams	47 grams

## INGREDIENTS

- 1 lb ground beef
- 1 lb ground pork
- 1 cup breadcrumbs
- 1 egg
- 1/2 cup milk
- 1/2 onion, diced
- 3 garlic cloves, minced
- 1/4 cup Italian parsley, chopped
- 1 cup grated parmesan
- salt and pepper to taste
- 3 cups marinara sauce

## INSTRUCTIONS

1. In a large bowl, combine the ground beef and pork. Add the breadcrumbs, egg, milk, onion, garlic, parsley, parmesan, salt and pepper.
2. Form mixture into 24 equal sized balls. Place in the slow cooker insert.
3. Pour the 3 cups of marinara sauce over top of the meatballs. Gently press to coat them in the sauce.
4. Cover the slow cooker and cook on low for 6 hours, until meatballs are firm and fully cooked through.
5. Gently stir the meatballs and sauce together before serving over pasta. Top with extra parmesan and chopped parsley if desired.



---

## **Carnivore Diet Slow Cooker Recipes**

This cookbook features 10 mouthwatering carnivore-friendly dishes that are cooked low and slow for maximum flavor and tenderness.

From familiar favorites like Chicken Thigh Coconut Curry to exotic new flavors like Lamb Tagine, this cookbook offers an amazing variety of nourishing meaty goodness. While dishes like Carnitas Lettuce Wraps or Bacon and Egg Breakfast Bowls make perfect simple weeknight dinners or easy weekend brunches.

So if you'd love to enjoy "set it and forget it" meals, try out the recipes in this cookbook to enjoy healthy, protein-packed carnivore meals in the most simplified way possible!