

Moroccan Slow-Cooked Lamb

- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 1/2 teaspoons Celtic Sea Salt
- 1 teaspoon fennel seeds
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper
- 2 1/2 pounds trimmed boned lamb shoulder, cut into 1 1/2- to 2-inch pieces
- 4 tablespoons olive oil, divided
- 1 large onion, finely chopped
- 1 tablespoon tomato paste
- 2 cups low-salt chicken broth
- 1 15 1/2-ounce can garbanzo beans (chickpeas), drained
- 1 cup dried apricots (about 5 ounces)
- 2 large plum tomatoes, chopped
- 2 cinnamon sticks
- 1 tablespoon minced peeled fresh ginger
- 2 teaspoons (packed) grated lemon peel
- 2 tablespoons chopped fresh cilantro

Preparation

Mix first 6 ingredients in large bowl. Add lamb and toss to coat. Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Working in batches, add lamb to skillet and cook until browned on all sides, turning occasionally and adding 2 more tablespoons oil to skillet between batches, about 8 minutes per batch. Transfer lamb to another large bowl after each batch.

Add onion and tomato paste to drippings in skillet. Reduce heat to medium; sauté until onion is soft, about 5 minutes. Add broth, garbanzo beans, apricots, tomatoes, cinnamon sticks, ginger, and lemon peel and bring to boil, scraping up browned bits. Return lamb to skillet and bring to boil. Reduce heat to low, cover, and simmer until lamb is just tender, about 1 hour. Uncover and simmer until sauce thickens enough to coat spoon, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm over medium-low heat, stirring occasionally.)

Transfer lamb and sauce to bowl. Sprinkle with cilantro and serve.

Crockpot Eggplant and Tomato Stew with Garbanzo Beans

- | | |
|---|-------------------------------------|
| 1 medium eggplant, peeled, cut into 1/2" cubes | 3 cups vegetable broth |
| 2 cups chopped tomato | 6 ounces tomato paste |
| 1 1/2 cups sliced carrot | 1/2 teaspoon dried oregano, crushed |
| 15 ounces garbanzo beans, canned, drained | 1/2 teaspoon dried basic, crushed |
| 8 ounces red kidney beans, canned, rinsed and drained | 1/4 teaspoon Celtic Sea Salt |
| 1 cup chopped onion | 1/4 tsp pepper |
| 1 cup sliced celery | 1/4 tsp crushed red pepper |
| 3 cloves garlic, minced | 1 bay leaf |

One: In a 3 1/2, 4 or 5 quart crockpot, combine eggplant, tomatoes, carrots, garbanzo beans, kidney beans, onion, celery and garlic.

Two: Combine vegetable broth, tomato paste, oregano, basic, salt, pepper, crushed red pepper and bay leaf. Pour over vegetables.

Three: Cover. Cook on low heat setting for 7 to 8 hours or on high heat setting for 3 1/2 to 4 hours. Discard bay leaf. Makes 6 servings.

Nutritional Information: 281 calories; 4g fat (11% calories from fat); 12g protein; 54g carbohydrate; 1 mg cholesterol; 1515 mg sodium

Mediterranean Roast Turkey

Serve this slow cooker roast with mashed potatoes and garnish with fresh thyme sprigs, if desired. Yield: 8 servings (serving size: about 4 ounces turkey and about 1/3 cup onion mixture)

Ingredients

2 cups chopped onion (about 1 large)
1/2 cup pitted kalamata olives
1/2 cup julienne-cut drained oil-packed sun-dried tomato halves
2 tablespoons fresh lemon juice
1 1/2 teaspoons bottled minced garlic
1 teaspoon Greek seasoning mix
1/2 teaspoon Celtic Sea Salt
1/4 teaspoon freshly ground black pepper
1 (4-pound) boneless turkey breast, trimmed
1/2 cup fat-free, less-sodium chicken broth, divided
3 tablespoons brown rice flour

Preparation

Combine first 9 ingredients in an electric slow cooker. Add 1/4 cup chicken broth. Cover and cook on low for 7 hours.

Combine remaining 1/4 cup broth and flour in a small bowl; stir with a whisk until smooth. Add broth mixture to slow cooker. Cover and cook on low for 30 minutes. Cut turkey into slices.

Nutritional Information: Calories: 368 (26% from fat); Fat: 10.7g (sat 2.2g,mono 5.6g,poly 2g); Protein: 55.3g; Carbohydrate: 9.8g; Fiber: 1.2g; Cholesterol: 159mg; Iron: 3.2mg; Sodium: 527mg; Calcium: 44mg

Lentil Soup

This lentil soup is everything people want now. It's loaded with nutrition, easy to make, inexpensive, delicious, low fat and vegetarian.

Ingredients:

- 3 carrots, chopped
- 3 ribs of celery, chopped
- 1 onion, chopped
- 3 cloves garlic, pressed
- 8 cups water or vegetable broth
- 2 cups lentils, rinsed
- 1 tsp. dried thyme

Directions:

Place all ingredients in the slow cooker. Set it on low if you are leaving it all day, high if you are starting it around lunchtime.

About 10 minutes before you are ready to serve the soup, add:

- 1 1/2 tsp. balsamic vinegar
- 2 tsp. Celtic Sea Salt
- 1 tsp. ground pepper
- 1 bunch of kale, washed and chopped

Variations:

You can add potatoes if you want more bulk. Add cubed potatoes at the beginning of cooking if you do. Tomatoes are also good in this dish. Add one 14 1/2 ounce can of diced tomatoes at the beginning of cooking if you like.

Beet Hummus (Makes 2 cups.)

Ingredients

- 1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed*
- 2 Tbsp tahini sesame seed paste
- 5 Tbsp lemon juice
- 1 small clove garlic, chopped
- 1 Tbsp ground cumin
- 1 Tbsp lemon zest (zest from approx. 2 lemons)
- Generous pinch of sea salt or Kosher salt
- Fresh ground pepper to taste

**To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork, approximately one hour. Peel once they have cooled.*

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.

Eat with pita chips, or with sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.

Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

Simple Brown Rice

Serves 4 as side dish

This simple brown rice recipe is a gem because it is a perfect way to help you get more of it in your diet. It's easy to make, goes with many dishes, and tastes great, making it easy for you to receive its incredible health benefit!

2 1/4 cups warm water

1/2 medium onion, minced

2 large cloves garlic, chopped

1 cup long grain brown rice

Celtic Sea Salt and pepper to taste

1. Soak brown rice in water for 30 minutes and drain.
2. Chop onion and garlic.
3. Heat 1 TBS of water in a medium saucepan. Healthy Sauté chopped onion over medium heat for 2 minutes, stirring frequently. Stir in garlic, rice, and water.
4. Place above contents to VitaClay™ Pot. Set **Rice Cooking Regular**.
5. Season with salt and white pepper to taste.

VitaClay® Chef Gourmet Rice N' Slow Cooker Pro

Comes in both 12-cup and 16 cup cooked rice capacities.

Great for preparing Fluffy brown rice, white rice, sticky rice and wholesome meals including, tasty soups, savory stews, **bean pots**, porridges, steamer, 30 minute meals, and pasta dishes. Perfect for busy professionals and families who want the healthy nourishment of a home-cooked meal on the go!

Features –

- **Pre-programmed** for savory stews or porridge, delicious soups, white, sweet rice, and brown rice.
- Totally programmable
- **All-natural pure clay** captures fresher flavor and food texture
- Preserves natural juices, all the essential nutrients and vitamins.
- **Free of added lead and Teflon® from non-stick chemical glazes**
- Requires less liquid, eliminating the need for heavy seasoning and fats
- **Slow cooking breakthrough innovation - up to 4 times faster** to bring to a boil than conventional slow cookers, then slowly simmer to gourmet perfection, sealing in flavor and retaining texture
- 50% more cooking efficiency, using as much as 50% less energy
- Extra power to cook larger cuts of meat
- **10 minutes to 5 hours programmable cooking time with 10 minute increments!**
- Delayed timer and automatically keeps warm for up to 12 hours
- 10 minutes preparation time and a snap to clean-up
- FREE international healthy recipe booklet featuring 30 original recipes by VitaClay® Chef Suzanne
- Rice paddle & measuring cup included
- Makes up to 16-cup cooked rice / or 4.2-quart capacity
- Designed For Today's Passionate Cook
- ETL listed, FDA, CA Prop 65 approved

VitaMix Super 5200

Performance, Versatility and Superior Grain Grinding

A whole food diet is the key to a long and healthy life. New recommendations encourage consuming more fruits, vegetables and whole grains every day. This is easily accomplished by eating terrific tasting, nutrient rich whole food meals made in the Vita-Mix machine.

- Make whole food juice that's full of fiber and flavor in under a minute.
- Cook soup from scratch that's hot, hearty and satisfying in just 4 minutes.
- Make frozen treats that are full of fruit and low in fat in only 30 seconds.
- Grind fresh whole grains into flour and knead dough for healthy homemade bread in one 5-minute operation.

Start your 30-day, no-risk, in-home trial today!

For more information and to purchase these products go to:

Vita Mix - <http://www.druglessdoctor.com/shop/scripts/prodList.asp?idCategory=42>

Vita Clay - <http://www.druglessdoctor.com/shop/scripts/prodView.asp?idProduct=331>