



SET IT AND FORGET IT

Budget Slow Cooker and Instant Pot® Recipes

Photo and Recipe Credits: Kelly Bejelly, Alisa Fairbanks, Karen Lee, Lauren Lester, Simone Miller, Jean Choi, ChihYu Smith, Kelly Smith, Emily Sunwell - Vidaurri

Front Cover Photo: Kelly Bejelly

Copyright © 2017 Bejelly LLC

All rights reserved.

No part of this publication may be reproduced or distributed in any form or by any means, electronic or mechanical, or stored in a database or retrieval system, without prior written permission from the publisher.

The authors are not licensed practitioners, physicians, or medical professionals and offer no medical treatments, diagnoses, suggestions or counseling. The information presented herein has not been evaluated by the U.S. Food and Drug Administration, and it is not intended to diagnose, treat, cure, or prevent any disease. Full medical clearance from a licensed physician should be obtained before beginning or modifying any diet, exercise, or lifestyle program, and physicians should be informed of all nutritional changes.

The authors/owners claim no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the information presented herein.

Table of Content

FOREWORD	4
-----------------	---

RECIPES

● Instant Pot® Buffalo Chicken Meatballs	5
● Instant Pot® Honey Mustard Chicken	6
● Instant Pot® Mojo Pork	7
● Instant Pot® Spicy Orange Beef	8
● Instant Pot® Thai Chicken	9
● Osso Buco Under an Hour in Instant Pot®	10
● Slow Cooker Apple Cider and Chili Pulled Pork	11
● Slow Cooker Chicken Chili Verde	12
● Slow Cooker Chicken Tikka Masala	13
● Slow Cooker Tender Pork Roast	14

RESOURCES	15
------------------	----

CONTRIBUTORS	16
---------------------	----



Real Food is Magical

BY KELLY BEJELLY, AUTHOR OF PALEO EATS

As a busy mom of two young boys, I don't know about you, but I fantasize about recipes that are easy. My favorite recipes are set-it-and-forget-it recipes, bonus points if they can be frozen ahead of time so all I have to do is take them out of the freezer and dump them into my Instant Pot®.

For years I was a hardcore slow cooker fan but when I discovered the magic that is pressure cooking, I traded in my crock for a Instant Pot® and started making everything from steak to perfect roasts in it. The bonus with the Instant Pot® is that you can also use it as a slow cooker.

All of these recipes are simple, budget-friendly, and will wow your family with flavor. You'll also fall in love with how much time you save by making them!

With love and gratitude,
Kelly Bejelly

LET'S EAT!

Instant Pot® Buffalo Chicken Meatballs



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4-6

- 1.5 lbs ground chicken
- ¾ cup almond meal
- 1 teaspoon sea salt
- 2 garlic cloves, minced
- 2 green onions, thinly sliced
- 2 tablespoons ghee
- 6 tablespoons hot sauce
- 4 tablespoons butter
- chopped green onions, for garnish

1. In a large bowl, combine chicken, almond meal, salt, minced garlic cloves, and green onions. Use your hands to combine everything together, but be careful not to overwork the meat.
2. Grease your hands with ghee or coconut oil, then shape the meat into balls 1-2 inches wide.
3. Set your Instant Pot® to the sauté setting and add ghee. Working in batches, gently place the chicken meatballs in the Instant Pot®, turning every minute until all sides are browned.
4. While the meatballs are browning, make the Buffalo sauce by combining the hot sauce and butter and heating in the microwave or on the stove top to completely melt the butter. Stir to combine.
5. Place all the browned meatballs in the Instant Pot®, then pour the buffalo sauce evenly over the meatballs. Screw on the lid to the Instant Pot®, make sure that the pressure valve is set to sealing, then set it to Poultry for 15 minutes.
6. Once the meatballs are finished cooking (takes about 20 minutes), the Instant Pot® will beep. If you are eating right away, hit Cancel then release the pressure valve, making sure your hand is away from the opening where the steam escapes. If not, the Instant Pot® will automatically switch to the Warm setting for the next 10 hours and the pressure will slowly lower on its own.
7. Serve over rice, cauliflower rice, zoodles or just eat on their own!

Instant Pot® Honey Mustard Chicken Thighs



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 1/3 cup honey
- 1/3 cup dijon mustard
- 1 clove garlic
- 2 tablespoons olive oil
- 1 teaspoon dried parsley
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 2 lbs boneless skinless chicken thighs
- Fresh parsley for garnish

Add the ingredients to the Instant Pot® bowl and mix with a metal spoon until well blended. Ensure the sealing ring is in the lid, close the lid, close the vent to sealing, and press the Manual button and add 15 minutes. You can use the quick pressure release by switching the vent open, or allow it to depressurize naturally.

Instant Pot® Mojo Pork



PREP TIME: 5 MINUTES

COOK TIME: 1 HOUR (PLUS TIME FOR THE INSTANT POT® TO GET UP TO AND THEN RELEASE PRESSURE)

SERVES 4-6

- 1/4 cup orange juice
- 1/4 cup lime juice
- 5 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 3 pounds boneless pork shoulder, cut into 2-inch cubes
- chopped fresh cilantro

1. In the insert of your Instant Pot®, combine the orange juice, lime juice, garlic, salt, and cumin.
2. Add the pork and toss to coat. (make ahead tip: You can refrigerate the pork overnight for 4-12 hours to marinate, which will make it even more flavorful, but this isn't necessary)
3. Make sure the rubber seal is placed inside the lid. Secure the lid and set the vent to sealing. Set for 45 minutes at high pressure using the manual setting.
4. After the 45 minutes are up, press keep warm / cancel and allow the pressure to release naturally for 10 minutes before turning the nozzle to venting and releasing any remaining pressure. Preheat the broiler.
5. With a slotted spoon or tongs, remove the pork to a baking sheet. Set the Instant Pot® to sauté and reduce the liquid for 10-15 minutes, or until thickened (you want there to be about 1 cup remaining). Pour into a heatproof bowl and skim off some of the fat once it starts to cool and rise to the top.
6. Meanwhile, broil the pork for 3-5 minutes per side, until crispy and browned, turning several times to get it browned on at least two of the sides. (the amount of time will depend on the heat of your broiler and distance the pork is from it) Serve the pork with the reduced sauce.

Instant Pot® Spicy Orange Beef



PREP TIME: 10 MINUTES

COOK TIME: 18 MINUTES

SERVES 4

- 2 lbs flank steak sliced into ¼" strips
- sea salt and black pepper to taste
- 1 tablespoon avocado oil
- 6 garlic cloves, minced
- ¾ cup orange juice
- ¼ cup coconut aminos
- 2 teaspoons sesame oil
- ½ teaspoon crushed red pepper
- 1 teaspoon lemon zest
- 2 tablespoons arrowroot starch
- 3 tablespoons water
- 1 large red bell pepper sliced into ½" strips
- 1 teaspoon sesame seeds
- 1 bunch green onions diced

1. Cut your flank steak into ¼" strips and season with salt and pepper.
2. Add oil to the Instant Pot® and select SAUTE. When oil begins to sizzle, brown meat in batches without crowding the pieces. Transfer the meat to a plate.
3. Next add the garlic to the pot and cook for 1 minute. Add orange juice, coconut aminos, sesame oil, red pepper flakes, and orange zest to the pot. Add browned beef and any accumulated juices. Select Manual for high pressure and set timer for 12 minutes.
4. While this is cooking, dice your green onions. When the beep sounds turn the Instant Pot® off and use a quick pressure release. When valve drops carefully remove the lid.
5. Combine the arrowroot starch and water to make a slurry, whisking until smooth. Add mixture to the sauce in the pot stirring constantly. Add in sliced red bell pepper. Select SAUTE and bring to a boil, stirring constantly until sauce thickens.
6. Stir in green onions and sesame seeds and serve over cauliflower rice. Garnish with additional orange zest, green onion and red pepper flakes if desired.

Instant Pot® Thai Chicken



BY EMILY
SUNWELL-
VIDAURRI

PREP TIME: 12 MINUTES

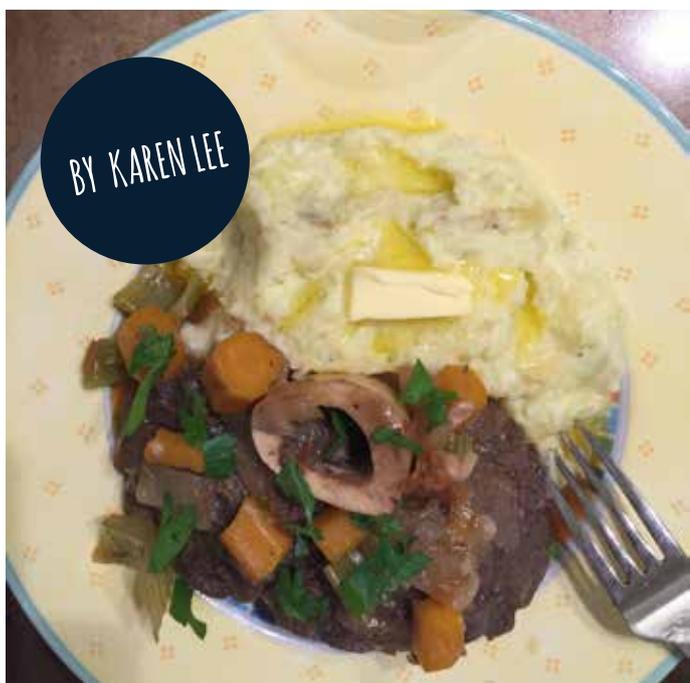
COOK TIME: 18 MINUTES

SERVES 4

- 2 boneless skinless chicken breasts, diced
- 2 tablespoons butter or ghee
- 1" chunk fresh ginger, grated or finely minced
- 4 fresh garlic cloves, grated or finely minced
- 1 medium red onion, thickly sliced
- Zest and juice of 1 lime
- 5" stem lemongrass, ends removed and halved
- 15 small mint leaves
- 1 teaspoon sea salt
- ½ teaspoon curry powder blend
- ½ cup coconut milk
- ½ cup chicken bone broth
- ¼ cup coconut aminos

1. Prep the chicken by using kitchen scissors to cut up the meat. Place on a plate and set aside. Prepare the Instant Pot® by plugging it in. Press "Sauté" and add healthy fat of choice to Instant Pot®.
2. Add the ginger, garlic and onion and sauté for 5 minutes stirring occasionally.
3. Add the chicken, stirring occasionally for 2-3 minutes until pink color is gone. Turn the Instant Pot® off by pressing "Keep Warm/Cancel".
4. Add the lime zest, lime juice, lemongrass, mint leaves, sea salt, curry powder, coconut milk, bone broth and coconut aminos, stir to combine.
5. Place the lid on the Instant Pot® making sure the steam release valve is sealed. Press "Poultry" and reduce time to 10 minutes.
6. When the Instant Pot® is done and beeps, press "Keep Warm/Cancel", unplug and use an oven mitt to quick release/open the steam release valve. When the steam venting stops and the silver dial drops, carefully open the lid.
7. Serve immediately. Garnish with chopped cilantro and lime wedges.

Instant Pot® Osso Buco Under an Hour



PREP TIME: MINUTES

COOK TIME: MINUTES

SERVES

- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 bay leaf
- 2 whole cloves
- 3 whole soup bone shanks, trimmed
- Sea salt and freshly ground black pepper
- Gluten-free flour for dredging (cassava works well)
- 1/2 cup avocado oil
- 1 small onion, diced into 1/2-inch cubes
- 1 small carrot, diced into 1/2-inch cubes
- 1 stalk celery, diced into 1/2 inch cubes
- 1 tablespoon tomato paste
- 1 cup dry white wine
- 2 cups bone broth
- 3 tablespoons fresh flat-leaf Italian parsley, chopped
- 1 tablespoon lemon zest

1. Place the rosemary, thyme, bay leaf and cloves into cheesecloth and secure with twine. This will be your bouquet garni.
2. Pat dry the soup bones with paper towels to remove any excess moisture. The shanks will brown better when they are dry. Tie the meat to the bone with kitchen twine.
3. Season each shank with salt and freshly ground pepper and dredge the shanks in flour, shaking off excess.
4. Put Instant Pot® on “Sauté” and heat avocado oil. Add tied shanks to the hot and brown all sides, about 3 minutes per side, then remove browned shanks and reserve.
5. Next add the onion, carrot and celery. Season with salt. Sauté until soft and translucent, about 3 minutes. Add the tomato paste and mix well. Return browned shanks to the pot and add the white wine and reduce liquid by half, about 5 minutes.
6. Add the bouquet garni and bone broth. Ensure the sealing ring is inside the lid, close the lid, and close the vent to the sealing position. Press “Manual” and set the timer to 45 minutes. When the timer goes off, let the pressure release naturally (NPR).
7. Carefully remove the cooked shanks from the pot and put them on a serving platter. Cut off the kitchen twine and discard. Remove and discard bouquet garni from the pot. Pour the juices and sauce from the pot over the shanks. Garnish with chopped parsley and lemon zest.

Slow Cooker Apple Cider & Chili Pulled Pork



PREP TIME: 15 MINUTES

COOK TIME: 8-9 HOURS ON LOW, 5-6 HOURS ON HIGH

SERVES 6-8

- 3-4 lbs boneless pork shoulder roast
- 1 yellow onion, sliced into thin half moons
- 3 cloves garlic, minced
- 1 teaspoon avocado oil or other fat of choice
- 2 cups apple cider
- 1 tablespoon chili powder
- 2 teaspoons paprika
- Sea salt and black pepper, to taste

1. Generously season pork roast with sea salt and black pepper. Heat oil in a large pan over medium heat and add the pork roast. Place the sliced onion and garlic around the pork. Sear the roast 3-4 minutes each side while occasionally stirring the onion and garlic mixture.
2. Once pork has been seared, add to the bottom of the slow cooker. Keep the onion mixture in the pan over low heat and add about half the apple cider to deglaze the pan. Then, add the mixture to the slow cooker, along with the chili powder, paprika and remaining apple cider. If desired, season with more sea salt and black pepper.
3. Place lid on slow cooker and set to low for 8-9 hours or on high for 5-6 hours. Once done, take the meat out of the slow cooker, remove any fat if needed, and shred the meat with two forks. Then, skim off some of the fat from the cider mixture, if desired. Finally, return the shredded meat to the slow cooker and mix well. Taste and adjust seasonings if needed.

Slow Cooker Chicken Tikka Masala



PREP TIME: 10 MINUTES

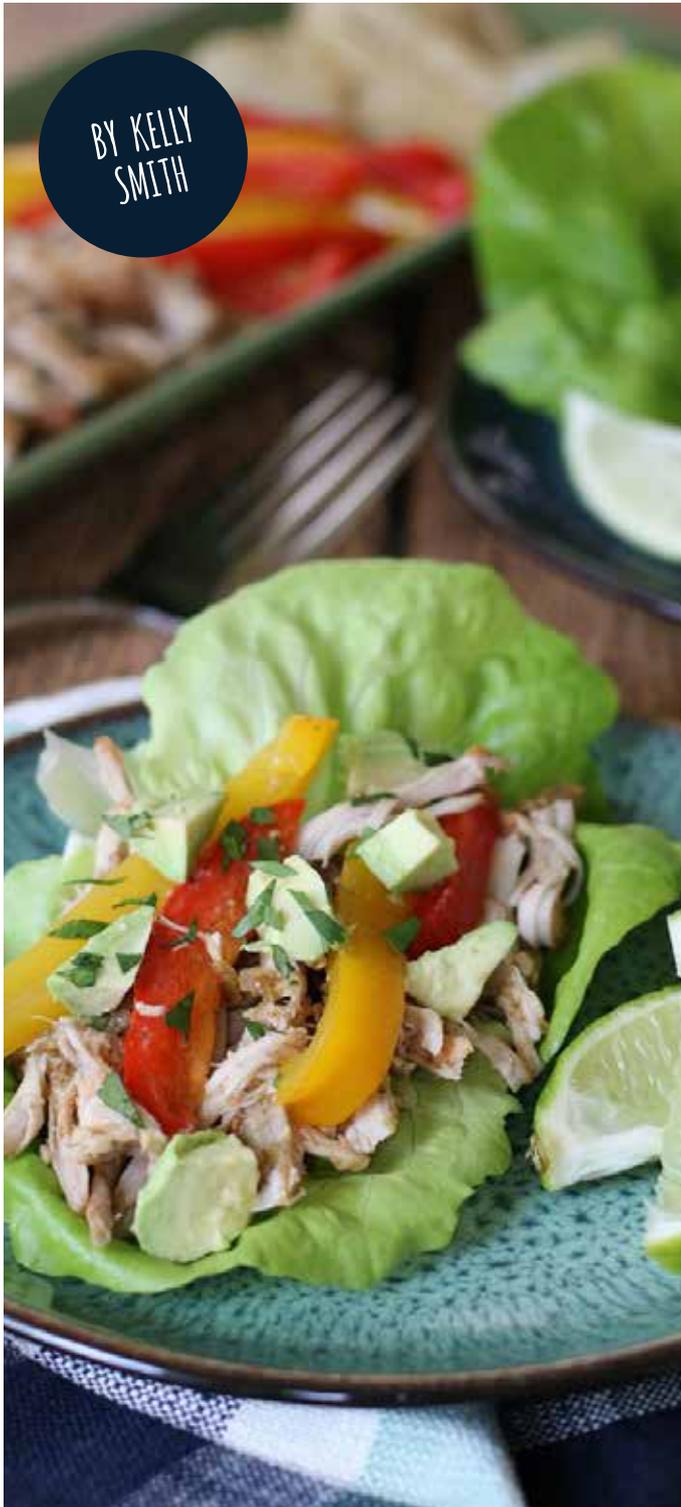
COOK TIME: 6-8 HOURS

SERVES 6

- 2 lbs boneless skinless chicken breasts, diced
- 1 white onion, diced
- 5 cloves garlic, minced
- 2 tablespoons minced ginger
- 3 cups plain tomato sauce
- 1 tablespoon olive oil
- 3 tablespoons coconut sugar
- 2 tablespoons garam masala
- 1 tablespoon paprika
- 2 teaspoons cumin
- 2 teaspoons sea salt
- 1 teaspoon turmeric
- 1 teaspoon cayenne pepper
- ½ teaspoon cinnamon
- 1 cup coconut milk
- Cilantro, for serving

Place all prepared ingredients into your slow cooker and set on low heat for 6-8 hours.

Slow Cooker Chicken Verde with Peppers



PREP TIME: 1 MINUTES

COOK TIME: 7 HOURS

SERVES 5-6

- 1 large yellow onion, cut into 5 slices
- 2.5 lbs boneless, skinless chicken thighs
- 1 1/2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon cumin
- 1 1/2 cups (12oz jar) Salsa Verde
- 2 red or yellow bell peppers (or 1 of each)
- For serving: Bibb lettuce leaves

1. Cut the ends off of the onion and peel. Then slice into five thick slices. Place in the bottom of a 6-quart slow cooker or Instant Pot®. Place the chicken thighs on top of the onion.
2. In a small bowl, combine the seasonings and evenly distribute the seasoning mix across the top of the chicken. Then, evenly spoon the salsa verde over the top of the seasoned chicken.
3. Slice the bell peppers into thick slices; discarding the seeds and stem. You can either place the sliced pepper over the salsa and cook with the chicken for very soft peppers, or add the sliced peppers during the last hour of cook time to enjoy them al dente.
4. Cover slow cooker and cook on low 7 hours. If using an Instant Pot®, use the “Slow Cook” setting, adjust the temperature to “Low” and set time for 7 hours.
5. When chicken is done, use a slotted spoon to move the peppers to the side and carefully remove just the chicken and place it on a large platter. Use two forks to shred the chicken. Remove the pepper and onion slices and place on a serving plate.
6. Serve the chicken and veggies with large Bibb lettuce leaves to make lettuce wraps. Top with your favorite toppings, such as diced avocado, fresh cilantro and additional salsa verde. Enjoy!

Slow Cooker Tender Pork Roast



PREP TIME: MINUTES

COOK TIME: HOURS

SERVES

- 3 medium shallots, diced
- 6 small garlic cloves, minced
- 2 red chili peppers, remove seeds (I use California fresno chili peppers)
- 1 ½ cup cilantro (or substitute flat parsley)
- 1 teaspoon ground coriander powder
- 4 tablespoons olive oil
- juice of 1 lime
- 2 teaspoons coarse sea salt
- 1 teaspoon ground black pepper
- 3 lbs boneless pork loin roast
- 1 tbsp ghee
- Juice of ½ an orange
- ½ teaspoon coarse sea salt
- Optional: arrowroot or tapioca starch to thicken sauce

1. The night before cooking, make the marinade. Chop shallots, garlic cloves, red chili peppers, and cilantro and combine with the coriander powder, olive oil, lime juice, salt, and pepper. Coat the pork with the marinade and seal in a large zip top bag, squeezing out all of the air, and marinate overnight in the fridge.
2. On the day of cooking, heat a large skillet over medium-high heat with ghee. Remove the pork from the marinade and pour the excess marinade into your slow cooker or Instant Pot®, dripping off the excess from the pork. Brown the pork on all sides in the skillet. When both sides of the pork are light golden brown, turn off the heat and transfer to your slow cooker or Instant Pot® along with the orange juice and ½ tsp coarse sea salt.
3. Slow cook on High for 6 to 6 ½ hours. (If using the Instant Pot® slow cooker function, be sure to switch the vault to venting position.)
4. If using the Instant Pot®, remove the meat and press Sauté and reduce the liquid for 2-3 minutes. Or, you can thicken it with arrowroot/tapioca starch. If using a slow cooker, remove the meat and stir in the starch to thicken, or you can transfer the sauce to a pan and reduce it on the stovetop. Serve the roasted pork with sauce on top.

Resources

ONLINE RESOURCES

Eat Wild (www.eatwild.com):

Find farms in your area for purchasing grass-fed meats and other products.

Local Harvest (www.localharvest.org):

Locate CSAs, farmers markets, and small farms in your area.

Thrive Market (www.thrivemarket.com):

An online store that focuses on organic, healthy food and lifestyle products.

Craigslist (craigslist.org):

An American classified advertisements website where you may find listings from local farmers and growers selling natural meats and produce cheaper than anywhere else.

PANTRY

Bob's Red Mill (www.bobsredmill.com):

Tapioca flour, baking soda

Bragg (bragg.com):

Apple cider vinegar

Coconut Secret (www.coconutsecret.com):

Coconut aminos and coconut sugar

Fatworks Foods (www.fatworksfoods.com):

Lard, duck fat, and tallow

Great Lakes (www.greatlakesgelatin.com):

Grass-fed beef gelatin

Hidden Springs Maple (www.hiddenspringsmaple.com):

Grade B maple syrup

Inka Chips (www.inkacrops.com):

Plantain chips

JK Gourmet (www.jkgourmet.com):

Blanched, superfine almond flour

Natural Value (www.naturalvalue.com):

Coconut milk

Navitas Naturals (navitasnaturals.com):

Cacao powder, coconut palm sugar

Red Boat Fish Sauce (redboatfishsauce.com):

Fish sauce

Red Star (www.redstaryeast.com):

Yeast

The Spice Lab (shop.thespicelab.com):

Himalayan salt

Sunspire (www.sunspire.com):

100% cacao unsweetened baking chocolate

Tropical Traditions (www.tropicaltraditions.com):

Coconut flour, palm shortening, expeller-pressed coconut oil, raw honey

U.S. Wellness Meats (www.grasslandbeef.com):

Pastured meats, pork rinds, organ meat sausages

Wellbee's (www.wellbees.com):

Blanched, superfine almond flour

The Wizard's Organic Saucery (www.edwardandsons.com/thewizards_info.html):

Worcestershire sauce

TOOLS

Anchor Hocking (www.anchorhocking.com):

Loaf pans

Blendtec (www.blendtec.com):

High-speed professional blenders

Chicago Metallic (www.chicagometallicbakeware.com):

Bakeware

Cuisinart (www.cuisinart.com):

Food processors, ice cream makers, electric hand mixers

Hamilton Beach (www.hamiltonbeach.com):

Slow cookers

Le Creuset (www.lecreuset.com):

Enameled cast-iron pans

Lodge (www.lodgemfg.com):

Cast-iron pans

Paderno (paderno.com):

Spiral slicers

Silpat (silpat.com):

Nonstick silicone baking mats

Wilton (www.wilton.com):

6-inch cake pan

Contributors



ALISA FAIRBANKS

[PALEO IN PDX](#)

Alisa Fairbanks is a health and wellness enthusiast, personal trainer, and the blogger behind Paleo in PDX. She lives in Portland, Oregon with her husband and their two cats. Alisa is passionate about living, moving and eating well, and loves inspiring others to do so too. She is grateful for her own health journey and all the experiences, tools, and knowledge she has to share with others.



EMILY SUNWELL-VIDAURRI

[RECIPES TO NOURISH](#)

Emily is a water kefir and chocolate loving, holistic-minded wife and mom. She's the founder and voice behind Recipes to Nourish, a gluten free blog focusing on Real Food and Holistic Health. Having her daughters changed her life. She became mindful of everything that went into her body and started eating real food, making home cooked meals from scratch and living a natural life. As a wife and mommy who is dedicated to making nourishing food and using safe products for her family, she works to empower her readers and show them that there is a healthier way of eating and living. Her passion and mission is to make healthy and natural living as uncomplicated and enjoyable as possible. Emily lives in California with her husband and two children. [You can sign up for her newsletter here.](#)

loves cooking, photography, and traveling, and her biggest passion is to help others discover that healthy home cooking can be fun and easy. [Follow her recipes and adventures in her weekly newsletter.](#)



KAREN LEE

[DR. KAREN S. LEE](#)

Dr. Karen S. Lee is a holistic practitioner with a Doctor of Chiropractic degree and is an Acupuncture and Oriental Medicine Fellow. Dr. Lee practiced in NY and CT before retiring. Dr. Lee has treated patients with various ailments with standard Chiropractic care, Acupuncture, Nutrition Therapy and general wellness consultations. Now, she blogs about holistic health, real food, and non-toxic living on her website, [drkarenslee.com](#). She published Easy Paleo Instant Pot Recipes and you can get a copy of her free healing food guide [here](#).



CHIHYU SMITH

[I HEART UMAMI](#)

ChihYu [Chee-Yu] Smith is the founder of I Heart Umami Cooking School For Asian-Inspired Paleo Food Lovers. She teaches busy working professionals and families to prepare simple, quick, and delicious meals in less than 30 minutes.

She's also a contributing writer for the Huffpost. Her work has been published throughout the U.S., Europe, and Australia.



JEAN CHOI

[WHAT GREAT GRANDMA ATE](#)

Jean is a Nutritional Therapy Practitioner, sugar detox coach, and the Owner and Founder of What Great Grandma Ate. She lives in the San Francisco Bay Area with her fiancé and 2 dogs. As a former sugar addict who found true health by switching to real, whole foods, she is a strong believer that the food you love should love you back! She



KELLY BEJELLY

[A GIRL WORTH SAVING](#)

When Kelly Bejelly was told that she was prediabetic in 2009, she tried the Paleo diet in a last-ditch effort to cure herself. Within six months, she lost sixty-five pounds, normalized her blood sugar levels, and won her battle with anxiety and depression. She then began experimenting with grain-free recipes in an attempt to convince

Contributors

her picky-eater husband that giving up gluten was not a life sentence to a tasteless existence. Now Kelly shares Paleo and Gluten-Free comfort food recipes on her website, A Girl Worth Saving, and proves that you can still enjoy your favorite recipes without grains, gluten, or dairy. You can get a [free copy of her Chocolate Mini Lover's cookbook here](#).



KELLY SMITH

[THE NOURISHING HOME](#)

Kelly loves sharing her passion for grain-free, whole food cooking and meal planning with others. She is a cookbook author and founder of TheNourishingHome.com – a popular grain-free lifestyle blog dedicated to sharing delicious whole food recipes, meal plans, cooking tips, and encouragement. With a passion for masterfully transforming everyday comfort foods into delicious grain-free creations, Kelly is on a mission to help individuals and families live a healthier more nourished life. [Sign up for her Newsletter here](#).



LAUREN LESTER

[WICKED SPATULA](#)

Lauren is the food photographer, recipe developer, and author behind the healthy living website Wicked Spatula. With a focus on mindful and sustainable living she aspires to show her audience that healthy

eating doesn't have to be boring, complicated, or tasteless and that healthy living is all about getting in touch with yourself and your surroundings. [Sign up for her newsletter](#) to get more fabulous recipes.



SIMONE MILLER

[ZENBELLY](#)

Simone Miller first set foot on the culinary scene two decades ago but her passion for extraordinary food stems back to early childhood, where she began to learn from one of the best kitchens in America – her mother's. Her website offers a chef's perspective to Paleo recipes on her blog, zenbelly.com. There, she shares her grain-free recipes that have made believers out of some of the most die-hard gluten eaters, and has encouraged countless people to roll up their sleeves and have fun creating simple, delicious, healthy food.

In 2014, she released her first and very successful cookbook, The Zenbelly Cookbook; shortly thereafter, she co-authored The New Yiddish Kitchen, which hit shelves in March of 2016. Her third book, Paleo Soups & Stews, released in October 2016 is available on Amazon and Barnes & Noble. [Get weekly updates and new recipes here](#).