

G S D F

GLUTEN SUGAR
DAIRY FREE

DIGITAL TASTE TEST
SLOW COOKER COOKBOOK



MICHELLE E. DEBERGE



Hello, I am Michelle! You may be a reader of mine or maybe this is your first time meeting me. Since I don't know, let me introduce myself!

I am a foodie, chef, life coach, motivational speaker and best selling author. Most importantly, I had to become gluten, sugar, dairy

free for medical reasons. When that happened, I struggled to learn all I could about those ingredients, what they did to the body and find tasty food I could eat.

At first I felt alone, confused, frustrated and then just upset. There was so much information out there, but a lot of it conflicting and confusing.

I saw scarcity in everything. I saw what I could not eat rather than the bounty that was out there. I also had spent my adult life depending on cheese as a meal and ready made food products for ease. I could do that no longer!

One day I was feeling sorry for myself because I could not have my favorite dish: beef stroganoff. No sour cream, noodles, cream... Then I got fired up. I decided to recreate all my old favorite dishes into new gluten, sugar, dairy free ones! I wanted to use familiar affordable ingredients and have them taste good. I have been doing that since that day and every week post new recipes on my website.

My website: [Gluten Sugar Dairy Free LifeStyle](#) launched with just a handful of recipes and a few articles I had written on the benefits of different herbs. It was a hobby at the time.

Then I created a [FaceBook page](#) and everything changed. People began asking me how to avoid gluten, sugar and/or dairy. They wanted to know how to make certain things and many asked me to convert recipes for them.

Soon I was spending lots of time doing this and I had an idea to teach a live webinar style class that would answer these questions and more.

Now I teach over a dozen different [classes](#) from topics like Salad Dressings, Feeding Kids with Allergies, Cooking 101, 5 Ingredients 15 Recipes and many more. I also teach an intensive 8 part course called GSDF Basics.

What I have learned over the years is that most people wanted to learn how to cook. **How to cook real and healthy food.** Most of my students have relied on fast food solutions that they can no longer eat.

I teach them to cook but also lots of systems to make it easy, quick, affordable and tasty.

GSDF has become more than a recipe site, it is about community and education. I soon wrote the first [handbook on living GSDF](#) that

included systems, what to have on hand, conversions and substitutions.

I then published the [GSDF Big Book of Recipes](#) with over 150 easy recipes that use affordable familiar ingredients. I just came out with the [GSDF Slow Cooker Cookbook](#) with over 75 delicious healthy recipes.

We work with different groups of alternative health care providers that send their clients to us after they are told to become gluten, sugar and/or dairy free so that we can make it easier on their clients. We have a special [Start Here](#) page with video, information and a mini digital handbook for our new guests.

What I had been looking for when I first had to restrict my diet, I actually created. We have online support groups, classes, lectures, guest speakers, lots of information and of course recipes and cooking books!

My [membership group](#) gets one new class a month tailored to the needs of the group, access to the video replays of all past classes, access to all new classes and text support with me.

Thank you for downloading our digital ebook! We love to give you taste tests to try and information to help you!

[Click Here](#) for more information about GSDF and if you have questions, just send us [an email](#). Thank you for downloading this ebook!

From My Kitchen Table to Yours,

Michelle DeBerge



The Challenge of the Slow Cooker

Most slow cooker recipes feature cans of soup, pre made ingredients and lots of dairy. Many recipes use pre made soup packets, jarred sauces or rely on dairy for flavor. To create GSDF recipes, I focused on flavor. Flavor in the form of the veggies used (onions, garlic and such) as well as flavor from the seasonings added to the dishes.

Since the slow cooker cooks at such a low heat and for so many hours, I suggest adding some fresh seasonings at the end of the cook cycle for flavor. Sometimes the seasonings can be diluted over the hours. Always taste before serving.

Standard recipes do not translate easily to slow cooker recipes due to the liquid to ingredient ratio. You need very little liquid in the slow cooker since as the ingredients cook, it creates the vapor that condenses on the lid and drips back down into the food. Less liquid is more. If you use too much liquid, you will end up with a dish with less flavor. Testimonials for Slow Cooker Cooking

Gluten Sugar Dairy Free

<http://glutensugardairyfree.com>

What Our Vip Recipe Testers Said

Terri Grim: “Both my husband and I liked it very much... It certainly was easy to assemble. I really enjoyed it.”

Sue Katz: “Great flavorful chicken, easy to make. Nice flavor!”

Shara Barlow: “This stew is easy to put together. It was very flavorful and I enjoyed the warm feeling of the cinnamon. It is filling and I think it will reheat well for lunch tomorrow.”

Nancy Hinson: “Great and it smelled amazing all day long.”

Lila Wiley: “I loved it. Not much prep time required. Very tasty! This recipe should go in the cookbook!”

Categories in New Book

Karen Booth: "Loved it!!! My husband loved it, before he was done he asked when I was going to make it again! It was very good. Wonderful taste!"

Jennifer Anderson: "I thought that the flavor and spices I was asked to use were good."

Jackie Villejoin: "It was delicious!! The entire family enjoyed this meal. They all told me not to throw the recipe away."

Beanye Troxell: "My family LOVED it. But had one complaint...not enough for seconds or thirds! I had to make it twice in one week! AND they LOVED the homemade ketchup."

Alaine Wolpo: "I enjoyed it very much. Using chicken thighs was an excellent choice."

Appetizer Dishes

Beef Dishes

Chicken Dishes

Lamb Dishes

Pork Dishes

Soups

Vegetarian Dishes

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HONEY SESAME CHICKEN

Serves 4-6



2 pounds chicken thighs, boneless skinless
1 yellow onion, diced
4 cloves garlic, minced ½ cup honey
½ cup gf soy sauce or tamari or coconut amino
¼ cup ketchup - recipe follows
½ teaspoon sesame oil
½ teaspoon crushed red peppers
2 green onions, sliced for garnish
2 tablespoons sesame seeds, roasted for garnish

I was asked to create a GSDF recipe for Honey Sesame Chicken. If you are going to use honey, make sure to use a local raw organic honey. I make my own ketchup because then I know it does not have sugar in it. The recipe for that follows the main recipe.

Put all the ingredients except the green onions, sesame seeds and chicken into a large bowl and mix well. Add the chicken and toss to coat.

Pour into slow cooker and cover. Cook 4 hours on low.

Remove the chicken and shred, add back to sauce.

Serve with green onions and sesame seeds.

Ketchup Recipe

1 can tomato paste

2 tablespoons apple cider vinegar

1/3 cup water

1/4 teaspoon dry mustard

1/4 teaspoon cinnamon

1/4 teaspoon salt

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

1/8 teaspoon cayenne pepper

1/8 teaspoon all spice

Whisk all ingredients together and put in fridge overnight.

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THAI RED CURRY BEEF

Serves 8



2 pounds trimmed sirloin
1 can unsweetened coconut milk
1¼ cup cashew cream 1 red bell pepper, sliced
¾ cups stock 1 yellow onion, chopped
5 cloves garlic, minced 3 tablespoons red curry paste
2 tablespoons fish sauce ½ teaspoon salt
½ cup basil leaves, cut into strips
2 limes, quartered

This is one of my favorite go to meals. I love the spice of the red curry paste and the creaminess of the coconut milk. I serve mine over brown rice or quinoa. I found that I like to add different veggies to it also, almost anything works (cauliflower, broccoli, green beans, sweet potatoes to name a

few.) If you can't find fresh basil leaves to top it with use cilantro.

In a large skillet over medium high heat, brown the meat. (You can skip this step but it gives the dish more flavor.)

In a large bowl, combine all the ingredients except the basil and lime. Pour into a slow cooker and cover. Cook 6 hours.

Serve over rice with strips of basil on top and a squeeze of lime.

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LEG OF LAMB

Serves 4



1 leg of lamb, shank removed
1 cup chopped fresh mint
3 sprigs rosemary, chopped
6 cloves of garlic, minced
2 tablespoon coconut oil, divided
½ teaspoon salt
fresh black pepper
1 cup good white wine

This leg of lamb is cooked in the slow cooker with fresh mint, fresh rosemary and garlic. It is very simple but full of flavor. The trick to the flavor in this dish is to sear the leg of lamb first, it creates great depth of flavor. I like to add a glass of white wine to the slow cooker to add to the flavor.

In a bowl mix all of the herbs and 1 tablespoon melted coconut oil to create a paste.

In a large skillet melt the coconut oil over medium high heat and sear the leg of lamb on all sides.

Rub the paste all over the leg of lamb and put into the slow cooker. Pour the cup of wine around the leg, cover and cook on low 8 hours.

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CHICKEN WILD RICE SOUP

Serves 6-8



1 pound chicken breasts, skin off
1 cup wild rice, uncooked 6 cups chicken stock
2 carrots, peeled, diced
2 stalks celery, diced 1 small yellow onion, diced
3 cloves garlic, diced
2 teaspoons poultry seasoning
½ teaspoon salt
fresh black pepper

Chicken and wild rice soup is one of my favorite soups when I am under the weather. Since I am not a fan of gluten free noodles in soups, I have begun to turn to putting rice or quinoa in soups. This soup uses wild rice which I love because it holds up well during the long cooking process.

Put all the ingredients into the slow cooker, mix well, cover and cook for 7 hours on low.

Remove the chicken and shred with forks, put back into slow cooker, stir, cover and cook for 30 more minutes.

LEMON ARTICHOKEs

Serves 6



4 fresh large artichokes
2 lemons, zested, juiced
3 cloves garlic, minced
 $\frac{3}{4}$ cup water

I love artichokes. One of my favorite things is to cook up two big ones, make a lemon aioli for dipping and take them into the living room and put on a movie. It always feels like a mini vacation. I love the flavor of lemon and artichokes together. So this recipe infuses

the artichokes with lemon flavor as they cook.

Cut the stems off the artichokes so that they sit flat.

Add the lemon zest, lemon juice, garlic and water to the slow cooker and mix well.

Stand the artichokes in the lemon water, cover and cook on low for 6 hours.

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ABOUT THE AUTHOR

Michelle E. DeBerge is a Foodie, Chef, Professional Life Coach, Motivational Speaker, Best Selling Author and Founder of Gluten Sugar Dairy Free LifeStyle.

She blends spirituality, experience, lifestyle, health, wellness and coaching together to create unique programs for her clients and audience.

Michelle uses her own experience of a serious health scare, her recovery, her discovery and study with some of the world's top experts in nutrition, diet and health to form the foundation for health and wellness programs.



The GSDF Big Book of Recipes and the NEW Slow Cooker Cooking Cookbook on Sale now! We make it easy for you to get healthy!

<http://www.glutensugardairyfree.com/product/big-book-slow-cooker-combo/>

