



6

CANNABIS FRIENDLY SLOW COOKER RECIPES

EBOOK

By: Ashley Eh



The biggest killer on the planet is stress. And I still think the best medicine is, and always has been, cannabis.



— WILLIE
NELSON

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Beef Stroganoff

Beef Stroganoff

Ingredients

- ¾ cup cannabis milk
- 1 Tbsp cannabis butter
- ¼ cup 2% milk
- 1 cup water
- 3 cans cream of mushroom soup
- 1 ¼ cup sour cream
- 1 package onion soup mix
- 1lb sirloin beef tips, cubed
- 1 cup mushrooms, finely chopped
- ¼ cup onions, diced
- 1 Tbsp Worcestershire sauce
- 1 tsp black pepper, ground
- 1 tsp parsley flakes
- ½ tsp paprika
- ½ tsp garlic, minced
- ½ tsp salt
- 1/3 cup corn starch/ all-purpose flour
- 1 package egg noodles

Beef Stroganoff

Instructions

- 1.** In a medium sized mixing bowl, add beef and season with salt, pepper, garlic, onion and mushrooms. Mix together and then set aside to allow time to rest and absorb spices.
- 2.** In a large skillet, slowly melt butter over medium heat, then add beef, onion, and mushroom mixture. Cook for approximately 8 to 10 minutes, or until beef is brown.
- 3.** In a 4 to 5 quart slow cooker, mix together mushroom soup, milk and water. Whisk in onion soup mix

Beef Stroganoff

Instructions

- 4.** Stir in beef mixture, Worcestershire sauce, paprika, and parsley flakes.
- 5.** Cover and cook on low heat for approximately 6 hours or until the beef is tender.
- 6.** Approximately half way through cooking, whisk in corn starch or flour, recover and continue cooking.
- 7.** Stir in sour cream until well blended. (Add more corn starch or flour to thicken to desired consistency or thin with more milk)
- 8.** Serve over cooked egg noodles, or your favourite style noodle!

A close-up photograph of a bowl of creamy ham and potato soup. The soup is served in a rustic, light-colored wooden bowl. It is topped with sliced ham, green onions, and melted cheese. A single biscuit is placed on the surface next to the bowl. The background is dark and out of focus.

Creamy Ham & Potato Soup

Creamy Ham & Potato Soup

Ingredients

½ cup cannabis milk
1 tsp cannabis oil
1 ¼ cup milk
½ package of cream cheese (8 oz.)
5 cups potatoes, peeled and cubed
½ cup chopped onion
½ cup chopped celery
¼ cup corn, frozen
¼ cup carrots, diced
3 ¼ cup chicken stock
2 cups chopped ham
1 tsp black pepper, ground
1 tsp salt
2 tsp dried parsley
¼ cup flour
2 Tbsp bacon bits **optional**
¼ cup shredded cheese **optional**

Creamy Ham & Potato Soup

Instructions

- 1.** In a large crockpot, add potatoes, onion, carrot, celery, corn, ham, salt, pepper, cannabis oil, and chicken stock. Cook on low for 7-8 hours.
- 2.** Once cooked, remove 1/3 of the potatoes, as possible and mash them with a potato masher.
- 3.** In the crockpot, stir in parsley, flour, milk, and cream cheese, making sure there are no lumps.
- 4.** Cover and cook for an additional 15, sprinkle on cheese & bacon bits, then serve with French bread or crackers.



Italian Meatball Subs

Italian Meatball Subs

Ingredients

Meatballs

- 1 tbsp cannabis oil
- 1 ½ lbs lean ground meat (turkey, beef, chicken)
- ¼ cup breadcrumps
- ¼ cup parmesan cheese, grated
- ¼ cup parsley, freshly chopped
- 1 egg
- 2 tsp garlic
- ½ tsp paprika
- ½ tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Italian Meatball Subs

Ingredients

Sauce

2 tsp cannabis oil

1 ½ can crushed tomatoes

¼ cup onion, diced

2 Tbsp basil, freshly chopped

2 Tbsp parsley, freshly chopped

1 Tbsp garlic

1 tsp sugar

Italian Meatball Subs

Instructions

Instructions

- 1.** In a large mixing bowl, combine ground meat, breadcrumbs, egg, parsley, garlic, onion powder, paprika, and cheese.
- 2.** Once all ingredients are mixed, form small meatballs, approximately 2" in diameter
- 3.** In a medium to large size crock pot, mix together cannabis oil, crushed tomatoes, onion, parsley, garlic, and sugar.
- 4.** Gently place each of your meatballs in the sauce and cook on low for 6 to 8 hours.
- 5.** Serve with shredded cheese and your favourite toppings on fresh Kaiser rolls.



Cheesy Scalloped Potatoes

Cheesy Scalloped Potatoes

Ingredients

- ½ cup cannabis milk
- 2 Tbsp cannabis butter, melted
- 1 cup milk
- 1 cup heavy cream, hot (not boiling)
- 3 lbs potatoes, unpeeled and thinly sliced
- 1 cup onion, thinly sliced
- 1 tsp salt
- 1 tsp paprika
- 1 tsp black pepper, ground
- ¼ tsp nutmeg
- 2 Tbsp flour
- 1 cup cheddar cheese, shredded

Cheesy Scalloped Potatoes

Instructions

- 1.** Spray a large slow cooking pot with cooking oil.
- 2.** In a medium sized mixing bowl, whisk together milk, butter, flour, salt, paprika, black pepper, and nutmeg. Pour this milk mixture into the hot cream and whisk together.
- 3.** With 1/3 of the potatoes, layer the bottom of the crock pot, then layer 1/3 of the onions. Pour 1/3 of the milk mixture over the potatoes and onions. Repeat until all of the potatoes and cream are used.

Cheesy Scalloped Potatoes

Instructions

- 4.** Cover and heat for 6 to 8 hours on low or half the time on high.
- 5.** Enjoy it as a side dish or its own meal!

A close-up photograph of several stuffed peppers. One green pepper is in the center, filled with a mixture of ground meat, rice, and melted cheese. In the foreground, there is a whole orange pepper. Other stuffed peppers are visible in the background, some on a white plate. The image is framed by a yellow border.

Stuffed Peppers

Stuffed Peppers

Ingredients

- 3 Tbsp cannabis butter, melted
- 1 lb lean ground meat (beef or turkey)
- 1 cup cooked rice
- 1 can tomatoes (Italian, Roasted Fire, or Garlic)
- ¼ cup onion, diced
- 1 Tbsp Worcestershire sauce
- 2 Tbsp ketchup
- 1 tsp black pepper
- 1 tsp garlic, minced
- ½ tsp salt
- ½ tsp chili flakes
- ½ Tbsp Italian Seasoning
- 1 cup chicken broth
- 1 egg
- 1 ½ cups cheese, shredded

Stuffed Peppers

Instructions

- 1.** After cleaning the peppers, cut the tops off of the peppers and remove seeds and ribs from inside.
- 2.** In a large mixing bowl, combine ground meat, cooked rice, $\frac{1}{2}$ can of tomatoes, onion, garlic, cheese, egg, Worcestershire sauce, ketchup, chili flakes, Italian seasoning, salt and pepper. Mix well.
- 3.** Stuff peppers with the mixture and place the pepper into the crockpot with stuffed side up.

Stuffed Peppers

Instructions

4. Pour chicken broth over and around the peppers. Then pour the rest of the canned tomatoes over and around. If you have a wide set crock pot, you may want to add a bit more chicken broth, as needed.

5. Cover and cook on high for 3 to 4 hours or on low for 5 to 6 hours.



Meatloaf with Potatoes & Carrots

Meatloaf with Potatoes & Carrots

Ingredients

- ½ cup cannabis milk
- 2 Tbsp cannabis butter
- 1 Tbsp salted butter
- ¼ cup milk
- 1 ½ - 1 ¾ lb ground meat (beef,
turkey, chicken)
- ½ red bell pepper, diced
- 2 eggs, beaten
- 1/3 cup bread crumbs
- 1/3 cup crackers, crushed
- 1 tsp salt
- ½ tsp pepper
- 2 tsp onion powder

Meatloaf with Potatoes & Carrots

Ingredients

- 2 tsp garlic, minced
- ½ tsp sage
- ¼ cup ketchup
- 2 Tbsp brown sugar
- 1 tsp mustard
- 1 tsp Worcestershire Sauce
- 1 lb carrots, chopped rounds
- 1 ½ lb potatoes, chopped
- ½ tsp salt, for potatoes
- ½ tsp black pepper, ground (more or less, optional as enjoyed)

Meatloaf with Potatoes & Carrots

Instructions

- 1.** In a large mixing bowl, combine milk, ground meat, peppers, eggs, bread crumbs, crackers, salt, pepper, onion powder, and sage. Mix ingredients well.
- 2.** In a separate small mixing bowl, mix together ketchup, garlic, brown sugar, mustard, and Worcestershire sauce.
- 3.** In a third, large mixing bowl, place potatoes and carrots, then mix in salt, pepper, and melted butter.
- 4.** Lightly spray the inside of the crock pot with cooking oil to avoid contents from sticking to the inside.

About the Author

ASHLEY EH

On my journey to educate others on the incredible benefits of cannabis, I am continually working to provide more positive and informative cannabis related material to the community.

I am always excited to learn and help, if you are ever looking for information regarding cannabis, have any questions, or ideas, please don't hesitate to contact me and I will do my best to find you as much information as I can or work with the ideas you have. I appreciate every message I receive.

Thank You,
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DISCLAIMER

Edibles are a wonderful way to micro-dose or have a fun, social time with friends, or even by yourself. Cannabis helps to decrease depression and anxiety while providing a euphoric feeling.

However, it is always best to start with a small portion size of your recipe or a low dose infusion (your butter, oil, honey etc...) if you are unsure of your tolerance level.

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