

FLORA NUTRITION

Simmer & Soothe

10 GERD & LPR-Friendly Crockpot Recipes for Autumn

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WELCOME FRIEND

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Living with reflux—whether GERD, Silent Reflux (LPR), or both—can often feel like a constant game of compromise. When autumn rolls around, it's easy to feel left out as traditional cozy recipes rely heavily on acidic tomato bases, heavy garlic, onions, or high-fat cream that leave you with frustrating, uncomfortable symptoms.

But healing your gut doesn't mean giving up flavor, comfort, or seasonal nostalgia.

Welcome to Simmer & Soothe, your guide to effortless fall cooking without the heartburn. The slow cooker gently breaks down foods and locks in flavor, making it super supportive for digestive health.

Inside are 10 low-acid recipes designed to calm inflammation, protect your esophagus, and nourish your gut.

Let's bring flavor, peace of mind, and cozy nostalgia back to your table this season!

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Reflux-Friendly Grocery Staples

FRUITS

- Watermelon
- Honeydew/cantaloupe
- Papaya, Dragonfruit
- Bananas
- Brown (Bosc) pear
- Apples (can stew to decrease acidity)
- Blueberries (can stew to decrease acidity)

VEGETABLES

- Spinach/Kale/Romaine lettuce
- Zucchini, Cucumber, Endive, Jicama
- Eggplant, Fennel, Turnip, Sprouts
- Celery, Green Beans, Bok Choy
- Asparagus, Brussels Sprouts, Beets
- Broccoli, Cauliflower, Cabbage
- Carrots, Parsnip, Peas, Artichoke

PROTEINS

- Salmon/Tuna/Cod/Shellfish
- Lean chicken/turkey
- Lean beef (90-98% lean, sirloin)
- Tofu/tempeh
- Eggs
- Legumes (ex. lentils, black beans)
- Seeds (ex. hemp & pumpkin seeds)

DAIRY/ DAIRY ALTERNATIVES

- Cheese (ex. sheep, goat, or low fat)
- Low-fat yogurt or coconut yogurt
- Low-fat Cottage cheese
- Low-fat Kefir
- Coconut milk, Flax Milk
- Almond milk, Soy Milk

***Dairy tolerance is very individual! Lower fat dairy products may be better tolerated.**

GRAINS/STARCHES

- Oatmeal, Polenta
- Wild rice, white rice, brown rice
- Quinoa, Quinoa or rice crackers
- Bulgar/millet/buckwheat
- Potatoes, Sweet potatoes
- Pumpkin, Squash
- Pasta/Brown Rice Pasta
- Whole grain bread / crackers

SEEDS/NUTS/SNACKS

- Almonds, walnuts, pumpkin seeds
- Chia seeds, flax meal, hemp hearts
- Flax seed crackers
- Roasted seaweed snack
- GoMacro bars
- Plant-based protein shakes
- Ancient-grain granola

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Reflux-Friendly Grocery Staples

Seasonings & Condiments

SEASONINGS

- Basil*
- Dill*
- Parsley*
- Cilantro*
- Oregano*
- Thyme*
- Turmeric*
- Rosemary*
- Sea salt or table salt
- Flaky Maldon salt
- Fennel
- Leek
- Celery Seed
- Bay Leaf
- Nutritional Yeast
- Za'atar seasoning or Dried Sumac
- Cinnamon (<1 tsp/serving)

Anti-inflammatory herbs

CONDIMENTS/SAUCES

- Avocado oil
- Extra-virgin olive oil
- Garlic-infused olive oil
- Tahini
- Almond butter
- Sunflower seed butter
- Pumpkin seed butter
- Coconut aminos
- "No-matoe" sauce*
- Green goddess sauce*
- Cashew alfredo sauce*
- Spinach basil pesto*
- Sesame "peanut sauce"*

These recipes (and hundreds more) can be found on the FLORA™ app!

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Soups & Stews



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Roasted Carrot & Ginger Soup

This soup is one of my go-to's when my digestion needs a reset! The roasted sweet potato adds a gentle, comforting texture while fresh ginger works as a natural anti-inflammatory to support esophageal motility.

Serving	7-8 cups
Preparation	15 minutes
Cooking	5-6 hours on low or 3 hours on high

Ingredients

- 8 large carrots, peeled & chopped into 1/2-inch rounds
- 2 small sweet potatoes, peeled & cubed
- 1 celery stalk, chopped
- 4 cups low-sodium chicken bone broth (or veggie broth, Gourmend broths are our favorite!)
- 1/2 cup canned light coconut milk or cashew milk
- 1 cm cube fresh ginger root, finely grated (or 1/2 tsp ginger powder)
- 1 tsp dried thyme
- 1/4 tsp fine sea salt
- 1 tbsp avocado oil or garlic-infused olive oil



Method

1. Add chopped carrots, sweet potatoes, celery, grated ginger, thyme, salt, avocado oil, and bone broth to the slow cooker basin.
2. Cover and cook on LOW for 5 to 6 hours (or HIGH for 3 hours) until the carrots and sweet potatoes are fork-tender.
3. Carefully transfer the cooked vegetables and broth into a high-speed blender (or use an immersion blender directly in the pot).
4. Pour in the light coconut milk and blend on high for 60 seconds until silky smooth and creamy. Adjust consistency with extra broth if needed, and serve warm with FLORA turkey meatballs.

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Golden Chicken & Fennel Stew

Fennel is incredibly supportive for motility and is a perfect flavor to welcome the fall season. Combined with tender chicken & root veggies, this recipe is pure comfort!

Serving	6 servings
Preparation	20 minutes
Cooking	6-7 hours on low or 3.5-4 hours on high

Ingredients



- 1.5 lbs skinless chicken breasts or thighs, cubed
- 1 large fennel bulb, cored and thinly sliced (plus fronds for garnish)
- 2 celery stalks, sliced
- 3 medium carrots, sliced into rounds
- 1.5 lbs golden potatoes, cubed
- 3.5 cups low-sodium chicken bone broth (we use Gourmend broths!)
- 1 tbsp garlic-infused olive oil
- 1 tsp dried thyme, 1 tsp dried sage, 1 tsp dried rosemary
- 1/2 tsp fine sea salt
- Optional: 1 tsp of Gourmend Garlic Scape powder

Method

1. Add potatoes, carrots, celery, and sliced fennel to the bottom of a 6-quart slow cooker.
2. Nestled the chicken pieces on top of the vegetables.
3. Pour over the bone broth and garlic-infused olive oil, then sprinkle with thyme, rosemary, and salt.
4. Cover and cook on LOW for 6 to 7 hours (or HIGH for 3.5 to 4 hours) until chicken is tender and potatoes are fork-tender. Shred chicken slightly before serving.

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Harvest Turkey Chili

Traditional chili can be notoriously difficult to eat with reflux sympotms, this version will be gentle on your digestion but big on flavor for cozy fall nights!

Serving	6 servings
Preparation	20 minutes
Cooking	5-6 hours on low or 3 hours on high

Ingredients



- 1.25 lbs lean ground turkey (browned in skillet first)
- 1.5 cups pumpkin puree
- 2 cups cubed sweet potatoes (1/2-inch pieces)
- 1 cup frozen charred corn
- 1 can (15 oz) black beans, thoroughly rinsed & drained
- 3 cups low-sodium chicken or veggie broth (we use Gourmend broths!)
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp fine sea salt
- For garnish: 1/3 cup chopped fresh chives or green onion tops (green parts only)

Method

1. Add browned ground turkey, sweet potato cubes, frozen charred corn, rinsed black beans, cumin, oregano, and salt to the slow cooker.
2. Whisk pumpkin puree into chicken broth until blended; pour over meat and vegetable mixture.
3. Cover and cook on LOW for 5 to 6 hours (or HIGH for 3 hours) until sweet potatoes are soft and stew has thickened.
4. Ladle into bowls and top generously with fresh chives or green onion tops before serving.

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Tuscan Bean & Potato Soup

A gut-nourishing twist on restaurant-style Zuppa Toscana! This soup is hearty, savory & herby-everything you want from a fall comfort meal.

Serving	6 servings
Preparation	15 minutes
Cooking	5-6 hours on low + 20 minutes on high

Ingredients



- 1.5 lbs Yukon gold potatoes, diced into 1/2-inch cubes
- 1 can (15 oz) cannellini white beans, rinsed & drained
- 4 cups low-sodium vegetable or chicken bone broth
- 1 tbsp garlic-infused olive oil
- 1 tsp crushed fennel seeds (Place whole seeds inside a sealed plastic bag and crush them with a rolling pin or a heavy glass jar)
- 1/2 tsp each of dried sage & thyme
- 3 cups lacinato or "Tuscan" kale, stems removed and chopped
- 1 cup unsweetened oat milk or cream-style cashew milk
- 1 tbsp tapioca starch mixed with 2 tbsp water
- 1/2 tsp fine sea salt

Method

1. Combine cubed potatoes, white beans, broth, garlic-infused olive oil, crushed fennel seeds, dried herbs, and salt in the slow cooker.
2. Cover and cook on LOW for 5 to 6 hours until potatoes are tender.
3. Stir in your milk of choice, starch slurry, and chopped kale. Cover and cook on HIGH for an additional 20 minutes until kale is tender and soup is thick and velvety.

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High Protein Potato & Leek Soup

This potato & leek soup is incredibly silky, smooth and is perfectly veggie forward while still meeting your protein goals!

Serving	6 servings
Preparation	20-30 minutes
Cooking	5-6 hours on low

Ingredients



- 1.5 lbs Yukon gold potatoes, peeled and diced
- 2 medium zucchini, chopped
- 1 cup leek greens (dark green tops only, chopped)
- 3.5 cups low-sodium vegetable or chicken broth (we use Gourmend broths!)
- 1 block (12 oz) soft silken tofu, drained
- 1 tsp dried basil & 1/2 tsp salt
- 1 tbsp garlic-infused olive oil
- 2 tbsp nutritional yeast
- 1 tbsp Gourmend Garlic-Chive Seasoning (or Gourmend Green Onion Powder)
- For garnish: drizzle of garlic-infused oil, fresh chives, and a pinch of hemp seeds or microgreens

Method

1. Add potatoes, zucchini, leek greens, Gourmend seasoning, nutritional yeast, dried basil, salt, and broth to the slow cooker basin.
2. Cover and cook on LOW for 5 to 6 hours until potatoes and zucchini are soft and mashable.
3. Carefully transfer cooked soup ingredients into a high-speed blender, add the drained silken tofu and garlic-infused olive oil, and blend on high for 60 seconds until silky smooth, rich, and velvety.
4. Pour into warm bowls and garnish with a drizzle of garlic-infused oil, fresh green chives, and microgreens or hemp seeds before serving.

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Chicken & Wild Rice Soup

A classic soup for crockpot season, we had to make sure this was on the list! This soup is perfect for meal prep and the secret ingredient, miso paste, brings a perfect umami flavor.

Serving	6 servings
Preparation	20 minutes
Cooking	6-7 hours on low

Ingredients

- 1.5 lbs chicken breasts or skinless thighs, raw
- 3/4 cup wild rice blend (thoroughly rinsed)
- 3 medium carrots, sliced into rounds
- 2 celery stalks, sliced
- 1 medium zucchini, diced
- 1 tbsp garlic-infused olive oil
- 5 cups low-sodium chicken bone broth (we use Gourmend broths!)
- 1 tbsp white miso paste (whisked into 1/2 cup warm broth)
- 2 dried bay leaves
- 1 tsp dried thyme & 1/2 tsp dried sage
- 1/2 tsp fine sea salt
- For garnish: 2 tbsp chopped fresh dill & parsley



Method

1. Add chicken breasts, rinsed wild rice, carrots, celery, zucchini, garlic-infused oil, thyme, sage, bay leaves, and salt to the slow cooker basin.
2. Whisk the white miso paste into 1/2 cup of warm bone broth until fully dissolved, then pour into the pot along with the remaining bone broth.
3. Cover and cook on LOW for 6 to 7 hours until the rice is tender and the chicken is fully cooked.
4. Discard bay leaves. Remove chicken breasts, shred with two forks, and return shredded meat to the pot.
5. Stir gently, ladle into bowls, and finish with fresh dill and chopped parsley.

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Entrees & Dips



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Coconut Curried Meatballs

This dish is comforting and the perfect blend of anti-inflammatory spices including turmeric and cumin. Pair these meatballs with rice or potato & veggies for an easy meal!

Serving	~16 meatballs
Preparation	20 minutes
Cooking	3.5-4 hours on low or 2 hours on high + 10 minute rest

Ingredients

- For Meatballs:
  - 1.25 lbs lean ground turkey, 1/3 cup fine gluten-free oat flour, 1 egg (beaten), 2 tbsp chopped fresh parsley, 1/2 tsp salt
- For Sauce:
  - 1 cup canned light coconut milk, 1.5 cups low-sodium chicken broth (we use Gourmend broths!)
  - 1 tsp ground turmeric
  - 1 tsp ground cumin
  - 1/2 tsp ground coriander
  - 1 tbsp garlic-infused olive oil
  - 1 tbsp tapioca starch or cornstarch mixed with 2 tbsp water
  - 3 cups fresh baby spinach



Method

1. In a bowl, combine ground turkey, oat flour, egg, cilantro, cumin, and salt. Roll into 16 meatballs and place them directly into the slow cooker basin.
2. In a measuring cup or bowl, whisk together light coconut milk, bone broth, grated ginger, turmeric, cumin, coriander, and garlic-infused olive oil. Pour gently over the meatballs.
3. Cover and cook on LOW for 3.5 to 4 hours (or HIGH for 2 hours) until meatballs reach an internal temp of 165°F.
4. Whisk in the starch slurry and fold in baby spinach, cover on HIGH for 10 minutes until spinach is wilted and the sauce thickens.

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Ginger Sesame Chicken Thighs & Boy Choy

Coconut aminos and fresh ginger bring that rich, comforting savory-sweet flavor to your table in a gentle way that supports smooth digestion and your esophagus.

Serving	4 servings
Preparation	10 minutes
Cooking	4-5 hours on low

Ingredients

- 1.5 lbs boneless, skinless chicken thighs
- 1/3 cup coconut aminos
- 1/2 cup low-sodium chicken broth (we use Gourmend broths!)
- 1 tbsp maple syrup
- 1 tbsp fresh ginger, finely grated
- 1 tsp toasted sesame oil
- 4 heads baby bok choy, halved lengthwise
- To serve: Cooked white or jasmine rice (prepared separately)



Method

1. Arrange chicken thighs at the bottom of the slow cooker.
2. Whisk together coconut aminos, chicken broth, maple syrup, ginger, and sesame oil. Pour over chicken.
3. Cover and cook on LOW for 4 to 5 hours.
4. During the last 30 minutes of cooking, place halved baby bok choy on top of chicken, cover, and steam until tender.
5. Serve chicken and bok choy over a scoop of separately prepared rice, spooning sauce over top.

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Cool Ranch Chicken Dip

This high-protein spin on traditional ranch dip lets you enjoy game day and cozy gatherings with full flavor and total peace of mind!

Serving	8 servings
Preparation	10 minutes
Cooking	1.5-2 hours on low + 10 minutes (for cheese melting)

Ingredients



- 1 lb chicken breasts (cooked, thoroughly drained of excess juices, & finely shredded)
- 1 cup low-fat cottage cheese, blended with 1 tsp cornstarch until completely smooth (prevents dairy separation and holds dip thickness)
- 1/2 cup plain 2% Greek yogurt
- 1/2 cup shredded part-skim mozzarella cheese
- 1 tsp Gourmend Green Onion Powder (or Gourmend Garlic Chive Powder)
- 1 tbsp fresh dill, finely chopped
- 1 tbsp fresh chives, finely chopped
- 1/4 tsp fine sea salt (or sub Gourmend Green Onion Salt)

Method

1. In a slow cooker, combine shredded chicken, blended smooth cottage cheese, Greek yogurt, Gourmend Green Onion Powder, half the mozzarella, fresh dill, chives, and salt.
2. Cover and cook on LOW for 1.5 to 2 hours until warm, creamy, and bubbly.
3. Sprinkle the remaining mozzarella on top, cover for 10 minutes until melted. Serve warm with sliced cucumbers, carrot sticks, or pita chips.

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Creamy Spinach & Artichoke Dip

Spinach and artichokes naturally bring so much flavor on their own, and this easy recipe lets them shine in a light, comforting dip everyone can enjoy.

Serving	6-8 servings
Preparation	10 minutes
Cooking	2 hours on low

Ingredients

- 1 can (14 oz) artichoke hearts in water, drained, rinsed, and chopped
- 10 oz frozen chopped spinach, thawed and squeezed completely dry
- 6 oz light cream cheese, cubed
- 1/2 cup unsweetened oat milk or almond milk
- 1/2 cup shredded mozzarella
- 1/4 cup grated parmesan cheese
- 2 tbsp fresh basil, finely chopped
- 1/4 tsp salt



Method

1. Add light cream cheese and oat milk to the slow cooker.
2. Stir in spinach, chopped artichokes, mozzarella, parmesan, basil, and salt.
3. Cover and cook on LOW for 2 hours, stirring halfway through until warm, creamy, and fully melted.

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Thank You For Cooking With Us!

We hope these recipes bring comfort, flavor, and peace of mind back to your kitchen this season. Healing your digestion doesn't mean giving up the joy of eating, it's about finding what works for your body!

If you're tired of guessing which foods trigger your symptoms, you don't have to navigate this journey alone. Our team of expert dietitians is here to guide you. Through evidence-based strategies and personalized care, we work to uncover the root causes of your GERD, acid reflux, and LPR to pave the way for lasting symptom relief and restore your relationship with food.



To apply for 1:1 virtual nutrition counseling with our team, visit our website or reach out at info@flora-nutrition.com!