

# REAL FOOD RECIPE BOOK

Organized By Mandy Berndsen

#### A Few Notes:

- \* I haven't tried all the recipes in here... but they looked tasty and can't wait to try them
- \* If reading this in word, anytime you see a word underlined in a recipe... if you click on it while hitting control on the keypad, it will take you to a link
- \* Some recipes have my comments, the rest are from websites with the originators comments
- \* If you have questions on any of the recipes, e-mail me @ [mberndsen3@gmail.com](mailto:mberndsen3@gmail.com) OR if you have any of your own tried and try recipes, please e-mail them to me and I will add them in

## MEAT & PORK RECIPES

### **Mandy's Sheppard's Pie**

Tweak whatever spices/veggies you want. This is made in a 9x13 baking dish... or something close to that.

#### **Ingredients:**

- 1 - 1 1/2 lbs of ground beef or turkey
- 1 head of cauliflower
- 6 green onions
- 1/2 onion (chopped)
- 4 large mushrooms (chopped)
- 3 celery (chopped finely)
- 1 carrot (shredded)
- 2 TBS minced garlic
- 1 TBS Montreal Steak Spice (or something like this)
- 1/2 TBS chili powder
- 1/2 TBS cumin
- 1/4 C coconut milk
- 3/4 can of crushed tomatoes (540ml)

Preheat oven to 350 F.

1. Brown ground beef in 1/2 TBS of olive oil, drain fat once cooked. Add the onions, celery, carrots, mushrooms, 1TBS of garlic, Montreal Steak Spice and Cumin. Mix well and cook for 5 minutes.
2. Add crushed tomatoes, cook on stove until it thickens. Simmer until the cauliflower is ready.
3. While the meat sauce is cooking you can steam the cauliflower until tender.
4. Drain the Cauliflower and then beat it or blend it in food processor until it is almost pureed. Add the other 1 TBS of garlic, the chili powder and the coconut milk to the food processor while blending.
5. Put the meat mixture in the baking pan. Spread the cauliflower on top.
6. Bake at 350 F for 25-30 minutes.

### **Mandy's Veggy Beef Chili**

Tweak whatever you want re:spices/veggies. This recipe is for a 6.5 qrt slow cooker.

#### **Ingredients:**

- 1 - 1 1/2 lbs of ground beef
- Half a head of broccoli florets (cut up) - Could also do Cauliflower florets
- 4 carrots (sliced)
- 4 stalks of celery (sliced)
- 2 zucchini's (sliced)
- 6-8 mushrooms (sliced)
- 1 bell pepper (cut up)
- 1 onion (cut up)
- 1 jar of salsa (watch the labels for sugar)
- 1 can of crushed tomatoes
- 1/2 C of chicken/beef broth
- 3 TBS of Chili powder
- 2 TBS of minced garlic
- 1 TBS red pepper flakes (or something spicy)
- 1 TBS Cumin
- Salt & Pepper

Throw everything in the slow cooker for 7-8 hours on low. Voila, dinner is done.

It may look like there isn't enough liquid at first, but the water in the veggies will create some. You can also try to cook some 'bread' to go with it. (See Focaccia recipe on page 26)

### **Mandy's Cabbage Rolls**

#### **Ingredients:**

- 1 lb ground beef (or turkey etc.)
- 1 large onion finely chopped
- 5 mushrooms finely chopped
- 3 gloves garlic, finely chopped
- 1 can of crushed tomatoes
- 6 dates, pitted and finely chopped
- 1 TBS favourite herb spice
- 1 med size head of cabbage (red or green)

Preheat the oven to 350. You will need a large baking dish, or 2 smaller ones.

Boil head of cabbage, removing leaves as they become tender. In a bowl, mix all remaining ingredients, except tomatoes, in a bowl. Take a cabbage leaf (pat dry if need be) and place about 1/3 C of the meat mixture on the leaf, then wrap it up. Place stuffed cabbage in the baking dish. Repeat steps until all meat mixture is gone.

Pour 1/2 can of tomatoes over them. They should all be covered with juice. Bake for 30 mins, take out of oven and pour rest of tomatoes over rolls. Bake for another 20-30 mins.

### **Meatballs**

Meatballs are easy to pack for lunch. Makes 20 large or 30 medium meatballs

#### **Ingredients:**

- 1 lb ground beef (or bison or turkey)
- 1 lb sweet Italian sausage
- 2 cloves garlic, minced
- 1 sprig fresh rosemary, minced
- 3 sprigs fresh thyme, minced
- 1 long sprig fresh oregano, minced
- 1/4 cup roughly chopped flat leaf parsley
- 1/2 small yellow onion, roughly chopped
- 1/2 cup almond meal
- 2 eggs, whisked
- 1 tsp red pepper flakes
- A few grinds black pepper
- 1/4 cup cream (optional)
- 1/2 cup finely shredded parmesan (optional)
- 1/4 cup [bacon fat](#)

Remove the Italian sausage from its casing.

Mix all of the ingredients, except bacon fat, together until well combined.

With lightly oiled hands, roll the meatballs into the desired size.

To cook, heat bacon fat in a saute pan over medium to medium-high heat. Once hot, add the meatballs. Fry 5-7 minutes, until bottom is browned.

Turn meatballs to opposite side and fry until that side is nicely browned, another 5-7 minutes. Cut one open to determine if it is fully cooked on the inside. If not quite done, turn heat to low and cover pan for a few more minutes or put meatballs in a warm oven while you fry another batch.

### **Hash**

Almost any combination of meat, eggs and root vegetables qualifies as hash. As far as root vegetables go, potatoes have long dominated the breakfast scene, which is a shame. Turnips, rutabagas, parsnips and even beets are all root vegetables worthy of taking a potato's place. You can use any one of these root vegetables, or all of them at once, to make hash with extra flavor, color and nutrients.

The meat in hash can be anything from leftover turkey, pork, buffalo or beef to traditional breakfast meat like sausage and bacon. If you want to cook meat specifically for hash, consider a pork loin or shoulder or a beef chuck or round. The simple cooking method below will add flavor to any of these cuts.

**Ingredients:**

- 2 carrots
- 2 parsnips
- 2 turnips or rutabagas
- 1 beet
- 1 onion
- 1 teaspoon cumin
- 3 tablespoons oil ([bacon fat](#) and melted butter also work well)
- 1 pound cooked meat (about 3 cups of meat shredded or sliced)
- 4 eggs
- Serve hash with [ketchup](#) and/or hot sauce.

Cut the carrots, parsnips, turnip/rutabagas and beet into small squares or wedges. The shape doesn't really matter but try to cut all the pieces the same size so they cook evenly.

The smaller the vegetable pieces, the easier it is to form a browned crust on the hash that is similar to hash browns. Larger vegetable pieces, like the ones in this photo, won't become as crispy in the pan and won't meld together like hash browns, but the hash will still taste great.

Add the vegetables to a boiling pot of water and cook for 10-15 minutes until soft. Drain and set aside. Heat one tablespoon of oil in a pan. Slice the onion into thin pieces and sauté it in the oil until soft. Add two more tablespoons of oil, the root vegetables and whichever type of meat you are using. Sprinkle with cumin and salt to taste. Keep the burner on a medium-low heat so the hash will brown slowly. Stir as little as possible, but every so often, flip the vegetables on the bottom up to the top, so more vegetables have a chance to brown. Browning the hash to your liking will take between 15-30 minutes then it's time to add the [egg](#). The eggs can be scrambled and cooked right in the pan, you can crack eggs on top of the hash and cover the pan until the eggs cook, or you can fry eggs in a separate pan. Like I said, there are many variations to this recipe, but all will result in delicious hash. Serves 4-6.

**Meat preparation for hash**

**Ingredients:**

- 1 pound pork or beef
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1 cup beef stock
- 2 tablespoons red wine vinegar
- 1 bay leaf

Heat oven to 325. Sprinkle paprika and salt on meat. Heat a few tablespoons of oil in a pan. Brown the meat on all sides then transfer to a baking dish. To the pan on the stove, add beef stock, vinegar and bay leaf.

Simmer 3-5 minutes, scraping up any bits of meat still in the pan. Pour liquid over the meat, cover the baking pan with foil and put meat in the oven. Cook until the meat is tender and easily pulls apart with a fork. A one pound piece of meat usually takes two hours.

**Meatloaf**

**Ingredients:**

- 1 lb ground beef or turkey
- 1 medium onion
- 1 stalk celery
- 1 carrot
- 2 cloves garlic
- 1/4 c parsley
- 1/2 red pepper
- 1/2 c almond flour (or other thickener)
- 1 egg, slightly beaten
- 1 small (6 ounce) can tomato paste
- Salt and pepper to taste

Preheat oven to 375 F. Finely chop the onion, celery, carrot, garlic, parsley, and pepper in a food processor. In a large bowl, combine all ingredients. Form into a loaf and place in a 9x11 inch glass baking dish coated with oil. Bake for 1 hour. Serves 6.

### **Apple Stuffed Pork Roast**

#### **Ingredients:**

- 1 small apple, diced (I left the skin on)
- 2 small celery stalks, chopped
- 2 T dried cherries, chopped
- 2 T chopped pecans
- 2 T fresh chives, chopped
- 1 T fresh Italian parsley, chopped
- 2 T apple juice or apple cider
- Some ground nutmeg
- 1 lb. pork tenderloin, trimmed of fat
- **Sauce:**
- 1/4- 1/2 cup apple juice or cider (organic 100% juice)
- 1 tsp arrowroot (thickener, and paleo!)
- dash cinnamon

Stir together apple, celery, pecans, chives, parsley and nutmeg. Add a splash (1-2 T apple juice).

Butterfly pork loin: make a single lengthwise cut down the center of the roast, cutting within 1/2 inch of the other side. Spread the meat open. Cover meat with plastic wrap and pound to about 1/2 inch thickness. Spread stuffing over meat. Roll up from on the the short sides and tie with string to secure.

Brush pork with a little remaining apple juice from the mixture. Place meat on a baking dish and, and bake, uncovered for about 1 hour (or until internal temperature reaches 175 degrees).

In a sauce pan, stir together apple juice and arrowroot powder. Cook and stir until thick and bubbly (it doesn't take long). Pour over sliced pork roast.

### **Apple Glazed Pork Roast**

#### **Ingredients:**

- 3-4 lb pork loin roast (well trimmed)
- sea salt
- pepper
- 4-6 apples, cored and quartered
- 1/4 c pure apple juice
- 3 T raw honey
- 1 t ginger

Rub roast with salt and pepper. Brown under broiler to remove excess fat, then drain well. Place apples in bottom of crock pot. Add roast. Combine rest of ingredients, spoon over roast. Cook on low 10-12 hours.

### **Indian Stuffed Peppers**

#### **Ingredients:**

- 12 oz ground beef
- 2 red and 2 green peppers (large)
- 5 Tbsp olive oil
- 1 onion, finely chopped
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp cayenne pepper (or to taste)
- 1 can (400 gr) tomatoes, keep the liquid
- salt

Heat 3 Tbsp of oil in a frying pan, fry the onion until golden. Add spices and cook 2 minutes. Add the ground beef and cook well. Add the salt and cook a minute. Cut the top of each pepper, remove the seeds and the ribs inside. Fill them with the beef mixture.

Select a large sauce pan, big enough to fit the four peppers standing up. Put the last 2 Tbsp of oil in the pot, fit the peppers, add the tomatoes around and pour the tomato juice into each pepper. Cover the pot, bring to boil and simmer for 40 minutes.

### **Paleo Pizza**

#### **Ingredients:**

- 3 tsp olive oil, divided
- 1 cup ground almonds or other nuts
- 3 Tbs cashew butter
- 1/3 cup egg whites
- 1/2 cup chopped onion
- 2 cloves minced garlic
- 1 chopped red pepper
- 1/2 cup halved grape tomatoes
- 1 large Italian sausage, cut in 1/2" slices
- 1/2 cup marinara sauce (or crushed tomatoes)
- 1/2 tsp oregano
- 1/2 tsp fennel seed

Mix ground nuts, cashew butter, and egg whites in a small bowl. Grease a pizza baking sheet or similar with 2 tsp of olive oil, then spread the "dough" mixture over it, making a 1/4" thick crust. Preheat the oven to 250 F. In a skillet, add the remaining olive oil and the sliced sausage. Cook until browned, then remove the sausage to a small bowl. Add the garlic, onions, and red pepper to the skillet. Sauté the veggies lightly, making sure not to let them get too soft.

Cover the dough with the marinara sauce, then add the meat and vegetables, excluding the tomatoes. Add the oregano and fennel seed, then bake for 30 minutes. Remove from oven, add the halved tomatoes, and serve! Use a large spatula to carefully remove the slices from the pan, as the nutty "dough" won't be as crisp as traditional grain dough. Makes 4 servings

## **CHICKEN & TURKEY RECIPES**

### **Mandy's Chicken Pizza**

#### **Ingredients:**

- 4 large chicken breasts
- 1/2 C almond flour
- 1/4 tsp sea salt
- 3/4 tsp dried basil
- 3/4 tsp dried oregano
- 1/2 tsp dried thyme
- 1 1/2 tsp olive oil
- 2 large eggs

Tomato paste or tomato sauce

Asst Pizza toppings: mushrooms, peppers, sausage, bacon, spinach, tomatoes, shrimp, pineapple etc.

Preheat oven to 350. Combine all above ingredients in a food processor, except your pizza toppings. Mix well. Grease a cookie sheet with coconut oil. Spread the chicken mixture from end to end of the cookie sheet with a spatula. This makes the crust nice and thin.

Bake in oven for 15 mins. Take out crust, spread on tomato sauce then add all your toppings. Put in oven for another 15-20 mins.

### **Broccoli Slaw and Turkey**

#### **Ingredients:**

##### **DRESSING**

- 1/3 C white balsamic vinegar (can use dark if need be)
- 2 TBS olive oil
- 1/8 tsp sea salt

(Mix dressing in a sealed container)

### **SALAD**

- 12 oz pkg broccoli slaw
- 1 lb cooked ground turkey (cook with 1/2 TBS montreal steak spice or other spices)
- 1 1/2 cup seedless red grapes (halved)
- 1 C shredded carrots
- 1/4 C sliced almonds
- handful of raisins

Mix the salad all together and add dressing.

### **Chicken Patties**

#### **Ingredients:**

- 1 small apple, peeled and coarsely grated
- 2 TBS finely chopped fresh sage
- 1/4 tsp allspice
- 1 tsp sea salt
- 1/4 tsp black pepper
- 2 eggs
- 1/2 C almond flour
- 1 TBS honey
- 1 tsp tomato juice
- 1 lb ground chicken

Combine everything except the chicken in a bowl and mix well. Add the chicken and mix thoroughly. Form into patties and grill on each side for 5-6 mins or until fully cooked.

### **Luke's Chicken and Spinach**

#### **Ingredients:**

- 4 Chicken breast cut up into bite size pieces
- 5 big mushrooms, sliced
- 4 small yellow onions, sliced
- 3 cups spinach
- 1 TBS olive oil
- 1/2 TBS oregano
- 1/2 TBS herb spice (your choice)
- handful of raisins
- handful of almonds
- 1 ripe avocado

Pan fry chicken in oil and add the spices. Once chicken is cooked, add the onions and mushrooms and sauté. Once the mushrooms and onions are browned, add the spinach, raisins and almonds. Cook for another couple minutes. Top with avocado.

### **Parmesan and Walnut Crusted Chicken** (contains optional dairy)

#### **Ingredients:**

- 1 lb boneless chicken breasts
- Salt and pepper to taste
- 1 egg
- 1 TBS olive oil
- 1 C almond flour
- 4-5 oz parmesan cheese
- 1 C walnuts

Preheat oven to 375. Put chicken breast into ziploc baggie and pound the chicken as flat as you can get it. Repeat for each chicken breast. Sprinkle salt and pepper on both sides of chicken.

Combine the egg and 1/2 TBS of olive oil in a bowl. Put the almond flour in a separate bowl. Coat each breast with the egg mixture and then dredge both sides in the almond flour.

Coat a baking dish with the remaining ½ TBS olive oil. Place the coated chicken in the baking dish. Sprinkle parmesan cheese on top of chicken. (this step is optional if you aren't doing dairy)  
Crush walnuts into small pieces or crumbs. You can do this by placing the nuts in a bag and pounding them down. Sprinkle walnuts on top of chicken.  
Bake for 20-30 mins or until chicken is cooked through.

### **Turkey Meatballs**

#### **Ingredients:**

- 1 lb. ground organic turkey meat
- 1 small onion, minced
- 3 garlic cloves, minced
- 1 large egg
- 3 tablespoons [ketchup](#)
- 3 tablespoons olive oil

In a medium bowl, mix together onion, garlic, egg, and ketchup. Add turkey meat and mash mixture with hands. When well-mixed, form 1-inch diameter meatballs and set aside on a cookie or baking sheet. Wash hands thoroughly before moving on.  
Over a medium-heat skillet, heat oil. Transfer meatballs to skillet and cook until brown on all sides. When cooked, drain excess oil, transfer to plate, and serve.

### **40 Clove Slow Cooker Chicken**

#### **Ingredients:**

- 3 pound chicken
- 5 Heads of garlic (30-40 cloves)
- 1 Lb - Of bacon
- Chicken broth
- Lemon
- 1 teaspoon of salt
- 1/2 teaspoon of pepper
- 1/2 teaspoon dried thyme

Cut bacon into 1 inch chunks - fry those little dudes up. Put about 2 tbs of the bacon fat in the crock pot. Put 30 or so cloves of the garlic with the skin off on the bottom of the crock pot. Pour chicken stock into pot, just enough that the tops of the garlic are barely peaking out. Squeeze half of a lemon juice over the garlic swimming in the stock. Get that salt, pepper, and thyme in there too. Plop that chicken in there now, cover it with the chunks of bacon...i pressed them down on the back. Put tin foil under the lid to stop the steam from escaping  
Cook her at high for about 4 hours.

#### **The Gravy**

Pour all that gorgeous juice and nuggets into a bowl...take your hand mixer and make it dance.

### **Stuffed Chicken Breast**

Here is a quick and tasty protein recipe. These can be made ahead of time and they are portable for lunches and snacks. As far as the seasonings, experiment with your favorite fresh herbs and spices. I used garlic powder, oregano, and thyme for this batch.

#### **Ingredients:**

- Large boneless, skinless chicken breasts
- 1-2 Tbsp tahini per chicken breast
- Chopped tomato
- Shredded spinach
- Seasonings to taste

With a sharp fillet knife, slice the chicken breasts lengthwise, making a pocket to stuff. Spread the tahini in each chicken pocket. Fill with the spinach and tomato, or other veggies of your choice. Add any seasonings, close the chicken breast, and place in a baking dish. Bake in the oven at 350 degrees for 30 minutes.

## **Jambalaya**

### **Ingredients:**

- 2 large chicken breasts, cut into bite-size pieces
- 1 lb andouille sausage, cut into ¼ inch thick slices
- 1/4 cup [olive oil](#)
- 1 cup onion, chopped
- 1 large bell [pepper](#), chopped
- 2 cloves of garlic, minced crushed
- 1 14.5 oz can diced tomatoes, undrained
- 1.5 cups [chicken stock](#)
- 1/2 tsp dried leaf thyme
- 1 tbsp parsley (fresh is preferable, but dried will do in a pinch!)
- 1 tsp chili powder
- 1 large head of cauliflower
- 2 cups shelled, deveined and cleaned shrimp
- [Salt and pepper](#) to taste

In a large skillet, heat the olive oil and lightly cook the sausage and chicken over medium heat. Once golden, add onion, bell pepper and garlic and sauté until onion becomes translucent. Transfer items from the frying pan into a large pot. Add diced tomatoes, chicken broth, thyme, parsley and chili powder and bring to a simmer. While the mixture is simmering (you'll want to let it go for about 20 minutes, uncovered, stirring occasionally), place the cauliflower in a food processor and shred until it becomes the consistency of rice. Add the cauliflower "rice" to the mixture and simmer for another 15 minutes until tender. Add shrimp and simmer for another 5 minutes. Add salt and pepper to taste and adjust other spices as needed. Serve piping hot. Serves 6.

## **Chicken Fingers**

### **Ingredients:**

- 2 boneless skinless chicken breasts, sliced into fingers
- 1 egg, beaten
- 1/2 c almond flour
- 1/2 t sea salt
- 1.5 t poultry seasoning
- 1 t dry mustard powder
- 1/4 - 1/3 c olive or coconut oil for frying

Heat the oil in a large pan over medium heat. Place the beaten egg in one bowl and the almond flour plus seasonings into another bowl. Dip each chicken breast in egg, then in the almond flour mixture. Cook the chicken in two batches until it is golden on each side.

## **Chicken with Turmeric**

### **Ingredients:**

- 1-2 garlic cloves
- 1 1/3 C chopped onion
- 1 inch piece of fresh ginger
- 1/4 C lemon juice
- 2 Tbsp olive oil
- 1 lb boneless chicken breast
- 1 tsp turmeric

Add garlic, 1/3 cup onion, ginger, and lemon juice to a blender. Process to a fine pulp, then set aside.

Sauté the remaining onion in a skillet with the olive oil.

Cut chicken into bite-sized pieces, then add to onion and cook, stirring until browned. Add the turmeric and garlic pulp. Cook for 5 minutes, stirring frequently.

## **Kelly's Spicy Chicken Wings**

### **Ingredients:**

- 2 pounds chicken wings or drumettes
- 2 TBS Olive Oil (or other)

- 2 TSP Sesoned Salt (I omit)
- 2 TSP citrus and pepper seasoning (I use Epicures Chili Lime Sanel)
- 1 TSP Paprika
- 1 TSP Cayenne (I omit – too spicy for me!)
- 1 TSP ground thyme

Mix all marinade ingredients, mix into chicken wings. I marinate a couple hours or even a couple days.  
Cook @ 375 for 20 minutes.

### **Chicken Alfredo**

Alfredo sauce and pasta is about as far from Paleo nutrition as you can get. However, here is a simple way to create a Paleo version. I am using kelp noodles here, but if you cannot find them where you live, spaghetti squash is a nice seasonal alternative.

#### **Ingredients:**

- 1 lb chicken breast
- 1 12oz package of kelp noodles
- 4 cloves of garlic, chopped
- 2 tsp olive oil
- 2 tsp tarragon
- 1 cup cashews
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp mustard powder
- 1/4 tsp sea salt
- 1/4 tsp pepper
- 1/8 tsp paprika

Add the olive oil to a large skillet. Saute the garlic over medium heat for 3-4 minutes. Chop the chicken into 1 inch cubes, then add to the skillet and cook until browned on all sides.

Rinse and chop the kelp noodles. Add them to the skillet along with the tarragon, cover and cook on low for 30 minutes. Then, pour the liquid from the skillet carefully into a small container for use in the sauce.

Add the cashews, onion powder, garlic powder, mustard powder, salt, pepper, and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly, blending into a thick sauce. You'll have to use a spatula to scrape down the sides of the blender periodically. Add the juices until the mixture reaches the desired consistency. Add the sauce to the skillet, then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.

### **Turkey Carrot Quiche**

#### **Ingredients:**

- 1/2 lb ground turkey
- 1 Tbsp olive oil
- 1 cup shredded carrots
- 6 omega 3 eggs
- 5 Tbsp coconut milk
- 1/2 cup beef broth
- 4 Tbsp fresh parsley
- 1/2 tsp coriander
- coconut oil

Brown the turkey in a bit of olive oil in a skillet over medium heat. Meanwhile, shred the carrots.

Crack the eggs into a bowl; beat well with a wire whip. Add the meat when done, carrots, and all of the remaining ingredients except the coconut oil. Stir.

Grease a baking dish or pie pan with some coconut oil. Pour in the mixture, then bake at 250 degrees for 20-30 minutes. You will need to check on it periodically; it is done when the center is firm and a knife pushed into it comes out clean.

### **Thai Chicken Crockpot**

#### **Ingredients:**

- 3.5 lbs. of chicken
- 1 can coconut milk
- 1 sweet onion
- 2 green peppers
- 2 tsp fresh grated ginger
- 2.5 tsp curry
- 2.5 tsp garam marsala
- 1.5 tsp cardamom
- 4 T butter
- 1 can tomato paste
- 1 cup yogurt when finished cooking (optional)

Throw it all in the crockpot. Don't even bother to mix it, just throw it in and put it on low for 8 hours. After 8 hours, mix in the yogurt and then stir. You should have a nice thick, delicious sauce now. I removed the chicken and actually whisked the sauce to make it smooth before putting the chicken back in. Prep took about 10 minutes. Feel free to add the same amount of curry and grand marsala at the end as well. Make it stronger. This will make about 5-6 meals depending how much you eat in a sitting. If anything, it makes enough sauce that you could probably toss in another pound or two of chicken no problem. Next time I'm just going to use a whole chicken and piece it before putting it in the crockpot.

### **Cabbage Meatloaf**

#### **Ingredients:**

- 1 lb of ground turkey or beef
- 1/2 head cabbage
- 1 medium onion
- 2 cloves garlic
- 1 T thyme
- 1 T basil
- 1 T oregano
- 1 egg
- pepper

In a food processor, combine the cabbage, onion and garlic. Then sauté over medium heat until onions are cooked. Combine with turkey burger, egg and other spices to make loaf. Add any other spices or desired ingredients. Bake at 350 F for about 45 minutes.

### **Turkey Stuffed Zucchini**

#### **Ingredients:**

- 1 zucchini about 12 inches long, or 6 medium ones
- 3 T olive oil
- 1/2 c chopped onion
- 3 cloves garlic minced
- 1/2 c chopped mushrooms
- 2 T dry white wine
- 1 lb ground turkey
- 2 diced tomatoes
- 3 T chopped basil
- 1 t chopped rosemary
- 1 egg, lightly beaten
- 2 t sea salt
- 2 t pepper

Cut zucchini in half lengthwise. Scoop out insides, leaving shells about 1/4 inch thick. Reserve about half of the insides. Heat 2 T of olive oil in a skillet on medium high heat. Sauté onion and garlic until soft. Add mushrooms and reserved zucchini insides, and sauté another 2 minutes.

In a separate skillet heat a T of olive oil on medium high heat. Add the ground turkey. Cook until the ground turkey is lightly browned, about 6 minutes. Stir in the onion and mushroom mixture from the other pan. Add the wine. Stir in tomato, basil and rosemary and cook 1 minute longer. Drain any excess fat. Remove mixture from heat and set it aside.

When mixture has cooled, add egg, salt and pepper. Fill zucchini shells with mixture. Fill a baking pan with 1/4 inch of water. Place filled zucchini halves in pan and bake at 375 F for 40 minutes, until golden brown. Remove zucchini from pan and serve while hot. Serves 4.

## FISH & SEAFOOD RECIPES

### **Salmon Rolls**

#### **Ingredients:**

- 1 cup Sweet Potato
- 1 Avocado
- 1 Tbs Lime Juice
- 1 Tbs Olive Oil
- 2 Gloves Garlic
- 120g Smoked Salmon

Boil the sweet potato until it softens. Mash together the avocado and sweet potato and add finely chopped garlic, the lime juice and olive oil. Allow to cool in the refrigerator. Lay out the salmon in strips and place a few spoons of the mash on the salmon. Roll the salmon up like a sushi roll. Serves one.

### **Salmon Cakes**

#### **Ingredients:**

- 2 good size pieces of salmon fillets, diced (this can also be used with canned tuna or salmon)
- 1 egg
- 1/2 cup almond flour
- 2 TBS of dijon mustard (watch sugar content in some)
- salt/pepper
- fresh dill (big handfull)

Form the patties and let then rest for 1/2 hr or longer. Set your pan on med. And place 1 tsp of bacon fat or coconut oil in pan. Cook for about 4-5 minutes on each side.

### **Salmon and Zucchini Fritters**

#### **Ingredients:**

- 2 eggs
- 1 1/2 c almond meal
- 100g freshly cooked salmon, thinly sliced
- 2 large zucchini, roughly grated, liquid squeezed out
- 1 T chopped dill
- Olive oil

Combine eggs and almond meal in a bowl and whisk until smooth. Stir with salmon, zucchini, dill and pepper. Place oil in a frying pan and heat over medium heat. Spoon 1 T of the salmon mixture into the pan, allowing room for spreading. Cook for 2-3 minutes each side or until golden underneath and cooked through. Remove and repeat with remaining smoked salmon mixture, adding oil to the pan between each batch.

### **Sushi with a Twist**

#### **Ingredients:**

- Sheets of nori seaweed
- 1/4 lb (or more) of favorite sliced meat or fish (I've used smoked salmon)
- Avocado
- Thinly sliced cucumbers
- Thinly sliced carrots
- Any other veggies of choice

Whisk one egg, fry it into a thin circle, and use it as the first layer in your roll. Lay the nori shiny side down on a sushi mat. Lay fried egg down, then place sliced meat on top. Spread avocado over meat in a thin layer or lay slices lengthwise about an inch from the bottom of the nori. Add a small pile of thinly sliced veggies at the bottom of the nori, too. Fold the front edge of the nori over the toppings. After each fold, squeeze the roll to secure it tightly. Slice the roll into bite-sized pieces.

### **Stuffed Fish**

#### **Ingredients:**

- Toothpicks
- ¾ lb sole fillets (or any white fish)
- 4 TBS melted butter
- ½ C, plus 2 TBS grated parmesan, divided (optional dairy)
- 2 cloves garlic, minced
- 1 tsp grated lime zest
- 1 ½ tsp dried dill
- ¼ tsp sea salt
- ½ tsp pepper
- 1 carrot, peeled and cut into small pcs
- 1 celery stalk, cut into small pcs
- ¼ tsp paprika

Place toothpicks in water and let soak. Preheat oven to 375. Oil a baking dish.

Pat the fillets dry and spread them on the baking dish.

Combine butter, ½ C parmesan cheese, garlic, lime zest, dill, salt, pepper, carrot, and celery in a bowl. Divide the mixture into equal portions for as many fillets you have. Spread the mixture on each fillet, roll the fillet, and secure with toothpick.

Place fillets, rolled side down, in the baking dish. Sprinkle the tops of each fillet with paprika and remaining 2 TBS parmesan cheese. Bake on the top rack for 30 mins.

When done, turn the oven to broil and place the fish under the broiler for 2-3 mins to brown the tops.

### **Fish with Garlic Dill Sauce**

#### **Ingredients:**

- 2 - 8 oz fillets of any type of fish
- 1 bunch green onions
- SAUCE
- 1/3 C white wine
- 2 TBS butter or olive oil
- 2 large cloves garlic, minced
- ½ tsp dried dill weed
- ¼ tsp sea salt
- 1 TBS Dijon mustard

Preheat oven to 450. Line a baking pan with foil and coconut oil. Place fish on pan and arrange onions around fish. Bake in centre of preheated oven until a knife tip inserted into the thickest part of fish and held for 5 seconds comes out warm. About 7-8 mins.

Meanwhile make sauce by placing wine, butter, garlic, dill and salt in a small pan. Bring to a boil over med-high heat. Boil uncovered and stirring often, until reduced by half, about 2 mins. Whisk in mustard.

Remove fish from pan, spoon garlic-dill sauce over fish and serve onions on the side.

### **Green Curry Shimp**

#### **Ingredients:**

- 1 TBS of coconut oil
- 1 med onion
- 2 stalks of celery
- 1 can of coconut milk
- 1 small jar of green curry paste (Thai kitchen, I believe)
- 1 C thinly sliced carrots
- 4-5 sliced mushrooms
- huge handful of baby spinach

- 1 lb shrimp

I heated the coconut oil in a big skillet and set the onions, carrots, mushrooms and celery to browning. Then I added the curry paste and let it fry for a minute until it got fragrant, followed by the can of coconut milk, and let it simmer for 15 minutes. Then I stirred in the spinach until the spinach started to wilt, followed by the shrimp. Watched it like a hawk and removed it from the heat just when the shrimp turned pink. Done!

### **Almond Trout**

#### **Ingredients:**

- 6 trout
- 1 c sliced almonds
- 1/4 c raisins
- 2 T olive oil
- 2 shallots
- 1/2 bunch parsley
- 1/2 t pepper
- 1/4 c olive oil
- Lemon, parsley, and seedless red grapes for garnish

Rinse and dry trout and rub body cavity with olive oil. In a bowl, mix almonds, raisins and olive oil with chopped shallots, parsley and pepper. Stuff the trout with this mixture. Put 1/4 c olive oil in a skillet and sauté each trout for about 8-10 minutes on each side until nicely browned. Serve with a garnish of lemon, parsley, and seedless red grapes.

### **Broiled Scallops**

#### **Ingredients:**

- 1 lb sea scallops
- 2 T lime or lemon juice
- 2 T cilantro or parsley, snipped
- 1 1/2 t olive oil
- t black pepper

Coat a shallow baking pan with olive oil. Toss scallops with lime juice, cilantro, oil, and pepper. Arrange scallops in a single layer in pan. Broil until scallops are opaque, 3-4 minutes. Serves 4.

### **Shrimp Tacos**

#### **Ingredients:**

- 1 t olive oil
- 1 lb small shrimp , peeled and deveined
- 1/4 c carrots, diced
- 1/4 c celery, diced
- 1 t garlic, minced
- 1 t gingerroot, minced
- 1 t wine (instead of soy sauce, wine vinegar)
- 8 large iceberg lettuce leaves
- toasted pine nuts (optional)

In a wok or large nonstick skillet, warm the oil over medium-high heat. Add the shrimp and stir-fry until they are opaque. Remove the shrimp and set aside. Add the carrots, celery, garlic, and gingerroot to the wok and stir-fry until the vegetables are crisp-tender. Return the shrimp to the wok and add the wine. Cook until heated through, about 1 minute. Divide the shrimp mixture among the 8 lettuce leaves. Roll each leaf around the filling and serve. Garnish with the pine nuts, if desired.

### **Coconut Shrimp**

#### **Ingredients:**

- 1 lb. Shrimp
- 1 C unsweetened shredded coconut
- 2 T coconut milk

- 2 eggs
- 1 tsp curry powder (or more if you want)
- Salt and pepper
- paprika

Preheat oven to 350. Beat eggs and coconut milk, set aside

In a shallow bowl, mix shredded coconut with a little salt and pepper and curry powder. One by one dredge shrimp in coconut milk/egg mixture then cover shrimp with shredded coconut mixture. Put shrimp on oiled cookie sheet (Use coconut oil if you can). Sprinkle with paprika and bake for 20 minutes or until browned. (This works well in a toaster oven too)

## VEGETABLE RECIPES

### **Butternut Squash Latkes**

#### **Ingredients:**

- 4 cups butternut squash, peeled and grated
- 1 small onion, peeled and grated
- 3 eggs, whisked
- [bacon](#) fat, for frying

In a large bowl make latke batter by mixing together squash, onion and eggs. Use your hands to form batter into 3 inch patties. In a large skillet, heat fat, fry patties on each side over medium heat until golden brown and crispy. Remove latkes from pan and place on a paper towel lined plate to drain excess oil. Repeat Steps 2-4 until batter is used up. Can be served with [applesauce](#), sour cream or yogurt. (Sometimes the patties don't stay in tact, so I actually take a big mound of the mixture and put it in the pan and pat it down flat with my spatula. This seems to work better)

### **Butternut Squash Fries** (Can also be used with yams or sweet potatoes)

#### **Ingredients:**

- Butternut squash (usually 1/2 of one) sliced into fry size pcs
- Cinnamon (enough to cover every fry)
- Olive oil (enough to cover every fry)

Mix everything in a Ziploc baggie so every thing is coated nicely.

Preheat oven to 350. Place on cookie sheet and cook for 30 minutes... making sure to flip the fries every 10 mins.

### **Broccoli-Carrot Mash**

#### **Ingredients:**

- 1 lb. carrots, cooked well, skinned, and diced small
- 3 broccoli heads, cooked and stems removed
- 2-4 tablespoons butter, room temperature
- 1/2 small white onion (optional)
- Salt and pepper (to taste)

Steam carrots and broccoli.

Add carrots and broccoli to the food processor, blend well. Add onion and pulverize until well mixed.

When carrots, broccoli and onion look well-blended, transfer to a medium bowl and add 4 TBS of butter (more, or less, as you prefer) and give the mixture a nice blend using a spatula or metal spoon. The butter should melt.

### **Summer Squash Noodles**

#### **Ingredients:**

- 1 summer squash per person (or zucchini)
- 1-2 garlic cloves, finely chopped
- olive oil

For this recipe, zucchini works better than yellow summer squash because it is less watery and has fewer seeds. If you do use yellow squash, first scrape the seeds out with a knife so the inside is smooth. You can peel the squash if

you want to create the most realistic looking noodles possible. Otherwise, leave the peel on for the added color and ease of preparation.

This is an easy recipe, but to really get it right you need to plan ahead a little. First, use the thin julienne setting on a mandoline (slicer) to slice the zucchini into thin strips similar to spaghetti. Next, the "noodles" need to dry out or the texture will be mushy when you sauté them. Ideally, leave them on your counter for at least 3 hours. If you want to prep the dish in the morning for dinner, wrap the noodles in paper towels and leave them in the fridge while you're at work all day.

After the noodles lose some of their moisture, warm olive oil and garlic in a pan and sauté the noodles just a few minutes to heat and coat with oil. That's it!

Dress up the zucchini noodles and serve just like you would pasta. Add other sautéed vegetables (red onion, tomato, mushrooms) or use [pesto](#) as a sauce. For more flavor and protein, cut a chicken breast into strips and sauté with oil and garlic. As soon as the chicken is cooked through, add the zucchini noodles and sauté for a few minutes more.

### **Sautéed Broccoli**

#### **Ingredients:**

- 1 t olive oil
- 2 or 3 garlic cloves, minced
- 1 onion, diced
- 4 or 5 button mushrooms, thinly sliced
- 1 or 2 tomatoes, diced
- 1 head broccoli, cut into small flowerets, with stems peeled and thinly sliced

Bring a large pot of water to boil over high heat. Add broccoli and cook until bright green but not completely tender, about 3 minutes. Plunge into cold water to stop the cooking process and preserve the bright color. Heat oil in a skillet over medium heat. Add garlic, onion and cook, stirring for 2-3 minutes. Remove cover and stir in broccoli. Simmer uncovered for 2-3 minutes.

### **Sweet-and-Sour Red Cabbage and Apples**

#### **Ingredients:**

- 1 T olive oil
- 1 large onion, chopped
- 1/2 med head red cabbage, cored and shredded
- 1/4 t freshly ground black pepper
- 1/4 t ground allspice
- 3 med sweet-tart apples (such as Golden Delicious), peeled, cored and cut into thin wedges
- 1/4 c apple juice, frozen concentrate
- 2 T red wine

In a large saucepot or Dutch oven, heat the oil over medium heat. Add the onion and cook, stirring frequently, for 6 minutes or until soft. Add the cabbage, pepper, and allspice. Cook, stirring frequently, for 4 minutes or until the cabbage begins to wilt and the color starts to change.

Add the apples, apple juice concentrate, and wine. Bring to a boil. Reduce the heat to low, cover, and simmer, stirring frequently, for 15 minutes, or until cabbage is tender.

### **Cinnamon Carrots**

#### **Ingredients:**

- 6 med carrots, thinly sliced
- 6 T orange juice
- 1 1/2 t olive oil
- 3/4 t ground cinnamon
- t freshly ground black pepper

Place the carrots and orange juice in a medium saucepan. Cover and cook over medium-low heat for 6 minutes or until the carrots are tender-crisp. Add the oil, cinnamon, and pepper. Cook for 1 minute, stirring to coat. Serves 4.

### **Eggplant Pizza**

#### **Ingredients:**

- 1 large sized eggplant
- 1 can pure tomato sauce
- 1 t basil
- 1 t oregano
- other toppings as desired

Slice the eggplant lengthwise, making probably 6-8 slices about 1/2 inch thick. Place on a greased cookie sheet and place under a broiler. Broil until light brown. Remove, flip and cover with tomato sauce, basil, and oregano. Feel free to add more toppings – peppers, onions, pepperoni, diced ham. Place back under the broiler.

### **Sautéed Kale**

#### **Ingredients:**

- 1 lb kale trimmed and chopped
- 1 large garlic clove, crushed
- 1 T olive oil
- 2 T walnuts, lightly toasted
- 2 T lemon juice

Cook the kale in a large pot of boiling water until tender (about 10 minutes); drain well. Coat a large skillet with oil. Sauté garlic over medium heat until just golden (about 3 minutes). Add kale to skillet. Stir in the olive oil, sauté until heated through (about 5 minutes). Stir in pine nuts, remove skillet from heat. Sprinkle kale mixture with lemon juice. Transfer to a shallow serving dish and serve immediately.

### **Butternut Soufflé**

#### **Ingredients:**

- 1 c of butternut squash puree
- 2 eggs
- 1/2 t sea salt
- 1/2 t mustard powder
- 1 t paprika
- 2 T coconut milk
- handful of chopped pecans

Beat together all the ingredients except the pecans. Spread into a small greased baking dish. Sprinkle the nuts on top. Bake at 350 F for 35 minutes. Serves 2-3.

### **Grilled Polish Vegetables**

#### **Ingredients:**

- 1 small cabbage, cored
- 2 T olive oil
- 1/2-1 t onion powder (optional)
- 1/8-1/4 t black ground pepper
- 4 medium carrots cut into 1-inch pieces
- 2 celery ribs cut into 1- inch pieces
- 1 small onion cut into wedges
- 1/2 lb whole mushrooms
- 1 small green pepper cut into pieces

Cut cabbage into 6 wedges; spread oil on cut sides. Place cabbage on a piece of heavy-duty foil, about 24x18 inches. Sprinkle with onion powder, if desired and pepper. Arrange remaining vegetables around cabbage. Seal the foil tightly.

Grill, covered, over medium-hot heat for 30 minutes or until vegetables are tender, turning occasionally.

### **Stuffed Zucchini**

#### **Ingredients:**

- 2 large zucchinis
- 1 lb ground bison/buffalo (or ground turkey or other meat)
- 1/2 large onion, minced

- salt and pepper to taste
- dash of cayenne pepper
- 1/2 t of oregano
- 1 8 oz can tomato sauce
- 1 T tomato paste (optional)
- 1/2 c chopped olives or olive tapenade
- 1 egg
- coconut oil

Cut the zucchinis in half (long). Scoop out the insides to form a large trough in each zucchini.

Heat coconut oil in a skillet and sauté the onion and the scraped out zucchini insides. Caramelize it and make sure all the water cooks out. Remove the zucchini/onion mixture to a large bowl.

Add the meat to the skillet and brown, along with some salt and pepper to taste, the cayenne, and the oregano. Drain it if there is a lot of liquid after the meat is done cooking. Add the tomato sauce and paste and stir to combine.

Add the meat/tomato mixture to the bowl with the onion/zucchini mixture, along with the olives. Mix well and make sure it is slightly cool. Beat the egg and mix it in.

Mound each zucchini half with the mixture and put in a large baking dish with a little water on the bottom. Bake at 400 F for 40 minutes. You can make the filling and stuff the zucchinis in advance and hold them covered in the fridge until it is time to bake them. Serves 2.

### **JoJo's Spaghetti Squash Casserole #1**

#### **Ingredients:**

- 1 spaghetti squash
- 1 1/2 C broccoli, chopped
- 5-6 mushrooms, sliced
- 1 small onion
- 1 lb ground beef
- 3 eggs
- half can coconut milk
- Asst. spices/herbs (I used Montreal Steak Spice)
- Handful of slivered almonds

Preheat oven to 350. Cut Squash in half lengthwise, and place cut side down in shallow baking dish with a bit of water. Cook for 45 mins.

Meanwhile, brown the ground beef and steam the broccoli, just so it softens up a bit. Sauté the mushrooms and onions with the ground beef. In a bowl, whisk 3 eggs/half can coconut milk/spices+herbs.

Putting it all together: Fork the spag squash out of its shell, so it's in strands. Put the spg squash at the bottom of your baking dish as a first layer. Then add the ground beef/broccoli/mushrooms/onions into the egg mix – mix it all up! Pour this over your spg squash.

Throw into oven and bake at 350 for about 40 mins. Just before it's done, throw some slivered almonds on the top and turn the oven to Broil for a few minutes so that the almonds become toasted.

### **JoJo's Spaghetti Squash Casserole #2**

#### **Ingredients:**

- 1 spaghetti squash
- half a jar of sundried tomatoes (or the full jar)
- 1 small onions
- 1 lb ground turkey
- 3 eggs
- half can coconut milk
- spices/herbs (I used basil/oregano/sea salt/pepper/garlic)
- handful of slivered almonds

Preheat oven to 350. Cut Squash in half lengthwise, and place cut side down in shallow baking dish with a bit of water. Cook for 45 mins.

Meanwhile, brown the turkey. Sauté the onions with the ground beef. In a bowl, whisk 3 eggs/half can coconut milk/spices+herbs.

Putting it all together: Fork the spag squash out of its shell, so it's in strands. Put the spg squash at the bottom of your baking dish as a first layer.. If using sundried tomatoes from the oil-filled jar, drain them from the oil. Add the ground turkey/sundried tomatoes/onions into the egg mix – mix it all up! Pour this over your spg squash. Throw into oven and bake at 350 for about 40 mins. Just before it's done, throw some slivered almonds on the top and turn the oven to Broil for a few minutes so that the almonds become toasted.

### **Zucchini with Tomatoes, Apples and Onions**

#### **Ingredients:**

- 1 1/2 lb small zucchini, thinly sliced
- 2 T olive oil
- 2 T olive oil
- 1 medium onion, chopped
- 2 apples, chopped
- 2 tomatoes, peeled and chopped
- 2 T chopped parsley
- pepper to taste

Set a small pan of water to boil. Drop the zucchini slices into the boiling water for 30 seconds. Remove immediately and drain.

Heat the oil in a fry pan and sauté the onion until it is transparent. Add the apples and stir well to coat. Add the tomatoes and the blanched zucchini. Stir well, and then add the parsley. Season this mixture, and leave it to cook, covered over a gentle heat for 5-10 minutes, until the zucchini is soft. Serve hot.

### **Brussels Sprouts**

#### **Ingredients:**

- 3 C brussels sprouts
- 1/2 C chopped onion
- 1/4 C chopped pecans
- 2 slices bacon, cut into small pieces
- 1 Tbsp olive oil
- 2 Tbsp apple cider vinegar

Cut the stem ends off of the sauté brussels sprouts, then quarter them lengthwise. In a large skillet, sauté the brussels sprouts, onion, and bacon in the olive oil. Cook until the bacon is done and the onion soft, around 10 minutes. Add the pecans and the apple cider vinegar, and sauté for around two minutes more; the vinegar should have formed a glaze. Serve warm.

### **Seasonal Steamed Vegetables**

#### **Ingredients:**

- 1 medium zucchini, diced
- 1 medium yellow summer squash, diced
- 1 stalk broccoli florets, chopped into bite sized pieces
- 2 cups spinach
- 2 slices of red onion
- 1/2 tsp thyme
- 2 Tbsp olive oil or coconut oil
- sea salt to taste

Chop the vegetables. Add water to your steamer and bring it to a boil while you are chopping the veggies to save time. Add the vegetables to the basket, then reduce the heat and steam for around 10 minutes, or until the vegetables have reached the desired softness.

Serve the vegetables drizzled with either olive oil or coconut oil. I've used 2 Tbsp in this recipe, but be sure to adjust the amount to suit your needs. Sprinkle with thyme and sea salt.

You can use many other vegetables in this recipe. Just be aware that some vegetables, such as cabbage, will take longer to steam. Add them to the steamer first, then add the other vegetables later for best results.

### **Garlic Asparagus**

#### **Ingredients:**

- 1 TBSP Olive oil
- Garlic Clove
- Heat in pan at med heat for about 2 minutes
- Add:
- 3 TBSP Balsamic Vinegar
- 4 TBSP Water
- 1 TBSP Butter (optional)
- Parsley
- Simmer one minute

Add Asparagus. Simmer until tender

### **Sauteed Zucchini**

#### **Ingredients:**

- 2 small zucchini
- 1/4 C either sliced shallots or red onion
- 2 cloves garlic, sliced
- 2 Tbsp olive oil
- Dill
- pepper

Slice the zucchini crosswise into small discs about 1/4 inch thick. Slice the shallots or onion and garlic. Saute all of the ingredients together in a medium pan with the olive oil. Add dill and pepper to taste. Stir and turn often, cooking for 5 to 7 minutes. Try not to allow too much browning. Enjoy warm, or use leftovers in salads.

### **Roasted Eggplant Caponata**

#### **Ingredients:**

- 2 or 3 Eggplants
- Olive Oil (lots)
- 1 cup very thinly sliced celery
- 1 onion, chopped fine
- 1 cup tomato sauce (homemade or canned)
- 1/2 cup pitted green olives, roughly chopped
- 3 Tablespoons capers, rinsed and drained
- 2 chopped anchovy fillets (rinsed and drained if packed in salt)
- 1/4 cup red wine vinegar
- 1 Tablespoon honey

Preheat oven to 375°F. Remove the stem ends from the eggplant and cut into 1 inch cubes. Toss the eggplant cubes with 2 tablespoons of olive oil, place on a baking sheet, and roast in the oven until golden (20-30 minutes). Meanwhile, heat a tablespoon of olive oil in a pot or dutch oven over medium heat. Add the celery and saute' until it's golden. Set the celery aside, add another tablespoon of olive oil and the onion and cook for about 10 minutes. Pour the tomato sauce over the onions, stir, and cook for 10 minutes more. Add the roasted eggplant, celery, olives, capers, anchovies, vinegar, and honey. Mix well and cook for 10 minutes more. Taste and adjust for acidity.

### **Kelp Noodle Stir Fry**

Kelp noodles are a great substitute for pasta. They are made from nothing but kelp, and are very low carb. An entire 12 oz package only contains 3g of carbohydrate and totals 18 calories! If you are tired of spaghetti squash, or looking to get a few more trace minerals into your diet, these are the way to go! Quick, easy, and very versatile. Look for packages of kelp noodles in the refrigerator section of better markets.

#### **Ingredients:**

- 1 lb pork, cut into cubes
- 12 oz kelp noodles
- 1/2 cup chopped onions or leeks
- 1 cup chopped celery
- 1 small red bell pepper, seeded and chopped

- 1 Tbsp coconut or olive oil
- 1 Tbsp chopped ginger
- 2 Tbsp Tamari (wheat free) soy sauce
- 2 cloves crushed garlic
- 2 Tbsp arrowroot powder
- Pepper to taste

Heat the oil in a large skillet or wok. Add the ginger and the onions (or leeks), sauté 2 minutes. Add the meat, turning often, until browned on all sides. Next, add the remaining vegetables except the garlic. Sauté for 5 minutes, then add the kelp noodles and soy sauce. After several more minutes, add the arrowroot to thicken the sauce, and the crushed garlic. Toss well until the sauce has thickened, then serve. Top with fresh ground pepper.

## SOUP & SALAD & EGG RECIPES

### **Cauliflower Celery Soup**

#### **Ingredients:**

- 1 large head of cauliflower
- 2-3 celery stalks
- 1 carrot
- 2 cloves garlic
- 1-2 onions
- 1-2 t ground cumin
- 1/2 t pepper
- Parsley springs
- 1/4 t sage

Chop head of cauliflower (save a handful of tiny flowerets for a raw garnish) and put in soup pot. Chop and add: celery, carrots, garlic, and onions. Add spices. Barely cover with water, bring to boil and simmer until veggies are tender. Blend the contents of the pot and adjust seasonings to taste. Add a little hot water if the soup is too thick. Serve garnished with raw flowerets.

### **Nat G's Curried Apple and Celery Soup**

The nutty flavour of celery root (sometimes called celeriac) combines with apples to make this fine soup mildly perfumed with curry. Choose a juicy apple such as Gravenstein, Spartan or McIntosh for this recipe.

#### **Ingredients:**

- 3 tbsp coconut oil
- 1 cup finely chopped leeks (white part only) or onions
- 4 cups diced celery root
- 2 cups peeled, cored chopped apples (about 2)
- 2 tsp curry powder
- 4 cups chicken stock
- 2 sprigs fresh parsley
- 1 bay leaf (optional)
- 1 sprig dried thyme or 1/4 tsp crushed dried
- 1 tsp sea salt
- 1/4 tsp freshly ground pepper
- 1 tbsp lemon juice
- 1 cup coconut milk
- 1/4 tsp crushed dried mint

In large heavy saucepan, melt butter over low heat; add leeks and celery root and "sweat" (cook until moist), partially covered, for 10 minutes, stirring periodically.

Mix in apples and curry powder and cook for 5 minutes. Add stock, parsley, bay leaf, thyme, salt and pepper; bring to boil, reduce heat and simmer very gently, covered, until celery root and apples are tender, about 30 to 40 minutes.

Puree soup in food mill, blender or food processor and pour into clean saucepan. Add lemon juice, cream/milk and mint and heat through. Taste, adding more mint, lemon juice or salt if desired. Pour hot soup into warmed soup bowls. Float a lemon slice and a sprinkle of mint in each bowl and serve.

### **Suzanne's Slow Cooker Cabbage Roll Soup**

#### **Ingredients:**

- Chicken or Beef broth (eyeball the amount to how much beef/cabbage you have)
- 1 lg can of crushed or whole tomato
- 1 med onion, sliced
- 1 lb ground beef
- shredded cabbage

Add all ingredients to a crockpot and let cook on low for 8-10 hours.

### **Indian Style Slaw**

Here is an easy, cheap veggie idea. If you use a bag of ready made broccoli slaw, you can really save time. Tomatoes are optional. Though this is a stand-alone veggie dish, you could add some leftover meat to this for a complete meal.

#### **Ingredients:**

- 1 bag broccoli slaw
- 1 cup fresh diced tomatoes (optional)
- 1 Tbsp olive oil
- 1 tsp mustard seeds
- 1 tsp cumin
- 1/4 tsp turmeric
- 2 Tbsp lemon juice

Heat 1 Tbsp of olive oil over medium heat in a skillet, add 1 tsp of mustard seeds. Cover and cook until the seeds stop popping. Next, add the whole bag of slaw, the tomatoes (if using), plus 1 tsp cumin and 1/4 tsp of turmeric. Saute for 3-5 minutes, tossing occasionally, until the slaw is soft. Add 2 Tbsp of lemon juice. Stir and serve.

### **Chicken Apple Salad**

#### **Ingredients:**

- 6 oz chicken
- 6 cups shredded cabbage
- 1/2 Grannysmith apple
- 1/2 tsp allspice
- 1/8 tsp cloves
- olive oil
- sea salt and pepper to taste

Dice the chicken. Heat 1 tsp of olive oil in a skillet over medium heat. Add the chicken, allspice, and cloves. Saute, tossing often, until the chicken is cooked thru.

Shred the cabbage into a large salad bowl. Slice half of an apple into very thin slices and set them aside. Once the chicken is done, add it to the cabbage, then top with the apple. Add salt and pepper to taste, then drizzle with olive oil. Use an appropriate quantity of olive oil to meet your individual needs.

### **Sunshine's Perfect Hard Boiled Eggs**

The secret to making the perfect hard boiled eggs is as follows:

- Fill your pot with water.
- Drop the eggs into the water (make sure the eggs are just covered by the water).
- Add some vinegar (optional, this will help the eggs not crack)
- Stick pot on a hot element – HI.
- Boil for exactly 12 minutes (the yolk will be medium soft – add a minute if you like your yolk hard).
- Remove from stovetop and run cold water into the pot for a minute.
- Let stand for one more minute. Drain all water (if you don't drain the water right away, they will become harder to peel). Peel & enjoy!!

### **Guacamole Deviled Eggs**

#### **Ingredients:**

- 2 hard boiled eggs
- 1/2 avocado
- 1 teaspoon hot sauce (or more to taste)
- 1/2 teaspoon lime juice
- salt & pepper to taste

Peel and halve the eggs and spoon their yolks into a small bowl.

Mash the yolks with the avocado, hot sauce and lime juice; add salt and pepper to taste.

Refill egg white halves with yolk mixture, and enjoy!

### **Chris' Egg Muffins**

#### **Ingredients:**

- 6 eggs
- 1/4 – 1/2 cup cooked meat, cut or crumbled into small pieces
- 1/2 cup diced vegetables
- 1/4 tsp salt
- 1/8 tsp ground pepper
- 1/8 cup water
- Optional Ingredient Idea: Make a Mexican Omelet Muffin by adding 1/4 cup shredded cheese, onions, and lightly drained salsa to the eggs

Preheat oven to 350 degrees. Generously grease 6 muffin tins with butter or coconut oil or for easier removal line with paper baking cups. The baking cups also help the muffins hold their shape.

In a bowl, beat the eggs. Add meat, vegetables, salt, ground pepper, and any other ingredients and stir to combine.

Spoon or scoop into the muffin cups

Bake for 18-20 minutes until a knife inserted into the center of a muffin comes out almost clean. The muffins will continue to cook for a minute or two after removed from the oven. Remove the omelets from the muffin cups and serve, or cool completely and store for another day

### **Quick Paleo Pancakes**

#### **Ingredients:**

- 2 eggs
- 1/2 C unsweetened applesauce
- 1/2 C nut butter (not peanut butter! - cashew/macadamia/almond nut butter works well)
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- coconut oil

Mix all of the ingredients except the coconut oil in a bowl. Stir well, until you have a uniform batter. Next, use a bit of coconut oil to grease a non stick skillet. Spread some of the batter into the skillet to form a pancake, then cook over low/medium heat. Flip after 1 to 2 minutes, being careful not to burn them!

Once you've cooked all of your pancakes, you can serve them with a variety of toppings. A few that I like: chopped apples and cinnamon; heated blueberries; real maple syrup; and unsweetened applesauce.

### **Easy Pancakes**

#### **Ingredients:**

- 3 eggs
- 2 Tbs coconut milk
- 1 Tbs honey (I leave it out)
- 2 Tbs melted butter
- 1 Tbs grapeseed oil (or another Tbs of butter, but I like them better with the oil)
- 1/4 tsp salt
- 1/2 tsp baking soda
- 3 Tbs coconut flour

I put the batter in the fridge for the butter to solidify (fluffier pancakes) and then cook them however you normally cook pancakes. I use medium heat and a slightly buttered non-stick pan (the only time I use Teflon anymore). They store great and hold toppings well.

### **Daniel's Zucchini Omelet**

#### **Ingredients:**

- 1 onion
- 1/3 red bell pepper, finely chopped
- 4 mushrooms, thinly sliced
- 3 tsp olive oil
- 1 medium or 2 small zucchini's, grated
- 6 eggs
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1 tsp Montréal steak spice (or your favourite herb spice)
- 2 TBS slivered almonds

In a stovetop pan (deep sides and has lid), sauté the onion, peppers and mushrooms in 1 tsp of the olive oil for 5-6 mins. Set aside.

Heat the remaining 2 tsp of olive oil over medium heat in the stovetop pan, add the zucchini and brown it. Once it has lightly browned layer the bottom of the pan with the zucchini and then add the onion mixture. Layer on top of zucchini.

Whisk eggs together in a small bowl, add all the spices. Pour the eggs into the pan. Add the almond slivers. Cover the pan with a lid and reduce heat to low. The omelet will puff slightly when done.

### **Cereal Concoction** (Doesn't really fit in any category) ☺

#### **Ingredients:**

- 1/3 - 1/2 C unsweetened Coconut
- Handful of slivered almonds
- 1 C Frozen raspberries and/or blueberries (I put in both...at just under 1/2C each)
- Sprinkle of raisins

Mix the coconut, almonds and berries in a bowl. Put in microwave for 60sec. Stir. Put in for another 30 sec. Mix a scoop of protein powder with some water... prob 1/4 C. Add protein powder and raisins to berry mixture. Stir. Eat and Enjoy.

## **A LITTLE INDULGENCE**

### **Carrot Cake Muffins**

#### **Ingredients:**

- 5 egg whites
- 1/2 tsp cream of tartar
- 2 cups shredded carrots
- 1 cup shredded green cabbage
- 1/2 cup unsweetened applesauce
- 1/2 cup coconut oil
- 1/2 cup ground almonds
- 1 cup coconut shreds
- 1/2 cup tapioca flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 cup chopped pecans
- 1 Tbsp real maple syrup
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/2 tsp cloves

Beat the egg whites and cream of tartar in a mixing bowl. You'll need to use an electric mixer, and expect this to take 8-10 minutes. Once they are white and very fluffy, (see meringue recipe) you can finally rest. In a separate bowl, combine the almond meal, tapioca, coconut shreds, baking soda, and baking powder. Mix well. Add this flour mixture into the egg whites, mixing as you go. Add all of the remaining ingredients and mix thoroughly.

Grease a mini muffin baking sheet with a bit of coconut oil. Add a dollop of the batter to each muffin, then bake at 350 degrees for 20 minutes, or until done. Larger muffins will require a longer baking time.

### **Angela's Chocolate Almond Butter Cups**

#### **Ingredients:**

- 1.5 bars of coconut cream (import aisle of superstore)
- 3 tbsp ground flax seed
- 3 tbsp unsweetened cocoa powder
- 2 tbsp pure vanilla
- 1 cup coconut oil
- 2 cups unsweetened coconut flakes
- almond butter

Melt the coconut cream on low heat until melted. Stir in the cocoa powder. Once blended, add the ground flax seed and stir. Add the coconut oil and let it completely melt while stirring. Keep stirring until it's all melted in and then add coconut flakes (and if you want you can add a couple scoops of protein powder too)

Once everything is blended, add vanilla

Put mixture into muffin liners in muffin pan then add some almond butter on top.

Put in the freezer till hard! (optional to add a bit of honey on top before eating)

### **Daniel's Cake Brownies**

#### **Ingredients:**

- 6 TBS coconut oil (or olive oil)
- 1/2 C raw honey
- 2 eggs
- 1/2 C carob powder (or raw cocoa)
- 1/2 C pecan or almond nut meal
- 1/4 C arrowroot flour
- Optional: coconut and walnuts

Mix all and pour into a greased 8x8x2 inch pan (or mini muffin tin). Bake at 350 for about 20 minutes or until a toothpick comes out clean.

### **Carrot Cake**

#### **Ingredients:**

- 3 cups [blanched almond flour](#)
- 2 teaspoons [celtic sea salt](#)
- 1 teaspoon baking soda
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 5 eggs
- 1/2 cup [honey](#)
- 1/4 cup [grapeseed oil](#)
- 3 cups carrots, grated
- 1 cup raisins
- 1 cup walnuts

In a large bowl, combine almond flour, salt, baking soda, cinnamon and nutmeg. In a separate bowl, mix together eggs, honey and oil. Stir carrots, raisins and walnuts into wet ingredients. Stir wet ingredients into dry. Place batter into 2 well greased, round 9 Inch cake pans. Bake at 325° for 35 minutes.

### **Turbo's Protein Bars**

(measurements are estimated, I don't really measure)

#### **Ingredients:**

- 3/4 cup almond meal
- 3/4 cup unsweetened shredded coconut
- 2 scoops or protein powder
- lots of cocoa (I use about 1/2 cup, but that makes it really chocolaty)
- 2/3 cup almond butter or other nut butter (cashew macadamia nut is awesome)
- 2 tablespoons of butter or coconut oil
- 1 teaspoon of honey (my mom uses fruit puree instead)

I don't really know the proportions, but just keep adding stuff until you get a good consistency then flatten onto a pan and freeze and cut up into pieces and refreeze.

### **Primal Bars**

#### **Ingredients:**

- 1/2 c slivered almonds
- 1/2 c pecans
- 1/4 c almond or sesame seed meal
- 1/4 c unsweetened shredded coconut
- 1/4 c almond butter
- 1/4 c coconut oil
- 1 t pure vanilla extract
- 1/2 t of raw honey
- 1/4 t sea salt
- 1/2 c dried cranberries or blueberries

On a cookie sheet, toast nuts and shredded coconut until golden brown. Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground.

In a mixing bowl, melt coconut oil and almond butter. Stir until smooth.

Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture and almond meal until mixed thoroughly. Fold in blueberries/cranberries.

Press mixture into an 8x4 inch loaf pan. Refrigerate for 20 minutes or until firm. Cut "loaf" widthwise. Makes 6 good-sized bars.

### **Almond Butter Fudge Bars**

#### **Ingredients:**

- 4 scoops Protein Powder
- 2/3 cup ground Flax seeds
- 4 Tbsp unsalted Natural Almond Butter
- 1/4 cup water
- If you are using natural or vanilla Protein powder, add a TBS or so of Cocoa Powder (baking kind)

You could even add some unsweetened coconut to this for texture. Spread on baking sheet, refrigerate for 20 mins then cut into pieces.

### **Nut Butter Bread**

#### **Ingredients:**

- 1 cup nut butter (or seed butter)
- 1/4 cup honey
- 3 eggs
- 1/2 tsp baking soda
- Pinch of salt
- 1 T vinegar or lemon juice

Combine all ingredients except for the vinegar and mix well (this usually requires an electric mixer for me). Add the vinegar or lemon juice and mix well, then pour into a greased loaf pan.

Bake about 40 minutes in a 350 degree oven. It is done when a knife or toothpick comes out clean.

For sweet bread, increase the honey to 1/3 or 1/2 cup and add cinnamon and whatever other spices you like, such

as nutmeg or ground cloves. Adding more honey will extend the baking time so keep an eye on this. To make it savory, reduce or omit the honey, and add a little more salt as well as crushed garlic, onion powder

### **Focaccia Bread** (Does contain dairy)

#### **Ingredients:**

##### **BREAD**

- 2 C almond flour
- 7 oz dry curd cottage cheese
- 1 tsp baking soda
- ¼ tsp sea salt
- ½ tsp black pepper
- ½ C grated parmesan or cheddar cheese
- 3 eggs
- 3 TBS melted butter
- 2 scallion sprigs, finely sliced

##### **TOPPING**

- ½ tsp sea salt
- 1 TBS grated parmesan or cheddar cheese
- 1 ½ tsp dried rosemary

Preheat oven to 375. Grease 9x13 baking dish with coconut oil.

To make bread, mix together the bread ingredients in a food processor until well blended. Remove from processor and spread out in the baking dish.

To make the topping, combine the topping ingredients and mix well. Sprinkle the topping on the bread.

Place in oven and bake until edges are brown, about 30-40 mins. Allow to cool and cut into squares.

### **Carrot Walnut Bread**

#### **Ingredients:**

- 1 cup plain raw walnuts (or pecans)
- 1 lb carrots, diced
- ½ to ¾ stick organic fresh butter
- 3 eggs

Preheat oven to 350 F. In food processor, pulverize the walnuts to a crumbly flour. Transfer to a separate bowl. Pulverize the carrots in the food processor until more like a puree than shredded carrots.

In a small bowl, microwave the butter until melted (but do not overheat). Whisk the eggs in with the butter until well mixed. Gradually add the carrots and walnut flour.

Pour into a lightly greased pie plate (or other casserole dish if preferred) and bake for 35-40

### **Marvelous Pecan Muffins**

#### **Ingredients:**

- 3 eggs
- 6 Tbs melted coconut oil (this is triple the original recipe, not so dry anymore)
- 3 Tbs maple syrup
- 3 Tbs coconut milk
- ¼ tsp salt
- ½ tsp vanilla
- ½ tsp almond extract (I used half this, I found the extract "fake" taste too strong)
- ¼ tsp baking soda
- ⅓ cup coconut flour (bulk barn)
- ⅓ cup almond flour
- ¼-½ cup of chopped pecans (toasted would probably be better)

Fill mini-muffin tin (24 muffins) bake at 375 for ~15 min Yum!

### **Carrot Muffins**

#### **Ingredients:**

- 3 eggs
- ¼ cup grapeseed oil

- 1/4 cup honey (I use half this)
- 1 cup grated carrot
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1/4 cup coconut flour
- 1/4 cup chopped walnuts, but you could use raisins or pecans etc.

Bake in mini-muffin tin at 350 for ~10 minutes. Yum.

### **Coconut Milk Ice Cream**

#### **Ingredients:**

- 1 can coconut milk
- 2 cups fresh fruit
- 1 tsp vanilla (optional)

This is an easy recipe that can be used to satisfy your hankering for a cool and refreshing dessert. We especially love using fresh strawberries, blueberries and peaches.

Simply place all ingredients in blender and puree. Pour into dessert cups (coffee cups work equally well) and put in the freezer for about 1 hour or until it has chilled to an ice cream-like consistency. Enjoy!

Note: Since the sugar content is quite low in comparison to standard ice cream, the mixture will freeze to rock-solid consistency if left in freezer too long. This does not affect flavor, but does slow the rate of consumption.

### **Primal Fruit & Nut Crumble**

#### **Ingredients:**

- 500g fruit (I used raspberries, boysenberries, black cherries, and rhubarb)
- 200g nuts (I used pecans and walnuts)
- 100g coconut oil or butter
- 1T cinnamon
- 1T nutmeg

Melt 40g coconut oil/butter in saucepan, add fruit, and saute until warmed through and softened.

Heat oven to 180 degrees C. Spread nuts on a lined tray, and toast in oven until browned - around 8 minutes, but watch carefully to catch any burning.

Remove toasted nuts from oven, and chop or process until crumbed.

Melt remaining 60g coconut oil/butter, allow to cool slightly, then combine butter, nuts and spices. Stir well to coat nuts evenly.

Pour prepared fruit into serving dish or bowls, and top with nut mixture. Serve with whipped cream dusted with cinnamon. Serves 4-6 people

### **Stewed Apple**

(serves one)

#### **Ingredients:**

- 1 Apple (firm and tart)
- 1 tsp coconut oil
- 1/4 tsp ground cinnamon
- 1/8 tsp almond extract
- 1 tsp lemon juice

Core the apple and slice it into very thin wedges (~20-24 wedges for a large apple). Heat the oil over medium flame in a skillet for which you have a tight-fitting lid. Add the apple and cook for a few minutes, tossing the apples occasionally. Add the cinnamon, almond extract, and lemon juice. Stir to combine. Cover the skillet and cook until the apples are soft but still intact, and have rendered their juices. Remove the lid and allow the juices to reduce to a thick syrup. Serve hot.

### **Peach & Pecan Scramble**

This is a very unusual combination, but it is surprisingly delicious. It's almost like dessert at breakfast, and way better for you than stopping by the donut shop!

I've written this recipe as a one person snack or light breakfast; increase the quantities if you like.

**Ingredients:**

- 1/2 peach, diced
- 2 Tbsp chopped pecans
- 1 tsp olive oil
- 2 eggs
- 1 Tbsp unsweetened applesauce
- 1/8 tsp cinnamon

Heat the olive oil in a small skillet over medium heat. Dice half of a ripe peach, and chop the pecans. Add the peaches and pecans to the skillet, stir fry for 2-3 minutes, or until the peaches soften a bit. Meanwhile, crack the eggs into a bowl, add the applesauce and cinnamon, and beat well. Add to the skillet, mixing often. When the eggs have set, serve and enjoy.

**Baked Walnut-Cinnamon Apples**

**Ingredients:**

- 4 apples
- 1 c raisins
- 1/4 t cinnamon
- 1/2 t vanilla
- 1/2 c water
- 1/4 c walnuts

Heat oven to 375 F. Core and piece apples with a fork in several places around the center, to prevent them from bursting. Mix raisins, nuts, cinnamon, and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass-baking dish and pour water into pan. Cover with foil and bake about 30 minutes or until tender.

**Apple Crisp**

**Ingredients:**

- 2 c chopped apples
- 1 c ground almonds
- 1 c ground pecans
- 1/2 c butter
- 1 tsp cinnamon
- 1 tsp nutmeg
- Few drops of vanilla

Mix together all of the ingredients except the apples. Use half of this to cover a square baking dish, and then add the chopped apples, followed by the rest of the nut mix. Bake at 350 for about 30 minutes. It smells delicious when it's cooking! The top looked a little dry when I took it out so I drizzled about 1/4 cup of melted coconut oil over top to moisten it and increase the fat to carb ratio

## SAUCES, DIPS, CONDIMENTS ETC.

**Primal Balsamic Vinaigrette**

**Ingredients:**

- 3/4 cup olive oil
- 3 TBS balsamic vinaigrette
- 2 tsp dijon mustard
- 1 small garlic glove finely chopped or minced
- 1 TBS shallots finely chopped or minced
- 1 TBS red onion finely chopped or minced

Combine all ingredients in a bowl, mix thoroughly. Store in sealed container in the refrigerator. Shake well before use and Enjoy!

### **Easy Pizza Sauce**

#### **Ingredients:**

- 1 can tomato paste
- 1/4 cup chicken or beef broth
- 1-2 cloves garlic
- 1 tsp oregano
- salt to taste

Whisk tomato paste with chicken broth in a small saucepan until a sauce forms. Add more stock if needed, but it works best with less. You don't want it too watery. Add the oregano, garlic, and salt to taste. Spread on sunflower seed pizza crust. Add Asst pizza toppings, bake for an additional 10 mins at 350.

### **Guacamole**

#### **Ingredients:**

- 4 ripe avocados, peeled and seeded
- 1 teaspoon ground cumin
- 1 tomato, seeded and diced
- 4 tablespoons fresh lime juice
- 2 cloves garlic, finely chopped
- salt and pepper to taste

(I also add some chopped red peppers)

Squish avocados with a fork until smooth. Add all other ingredients and mix well.

### **Primal Ketchup**

#### **Ingredients:**

- 6 ounces tomato paste
- 2/3 cup apple cider vinegar
- 1/3 cup water
- 2 tbsp of your preferred sugar substitute (optional)
- 2 tbsp onions
- 2 cloves garlic
- 1 tsp salt
- 1/8 tsp ground allspice
- 1/8 tsp ground cloves
- 1/8 tsp pepper

Combine ingredients in food processor and blend until the onion disappears. Spoon mixture into an airtight container and store in the refrigerator.

### **Kelly's Slow Cooker Bolognese Sauce**

(I put over cabbage or cauliflower)

#### **Ingredients:**

- 2 med. Onions
- 2 med. Carrots
- 2 stalks celery
- 1/4 cup oil
- 3 lb ground meat (I use beef or bison)
- 1 lb chopped tomatoes
- 1 cup red wine (or some balsamic for flavour and omit wine)
- 2 tsp oregano
- 2 1/2 TBS tomato paste
- 1/2 cup coconut milk

Sauté the onions, carrots, celery and garlic in the oil in a large frying pan until the onions are transparent. Put into crock pot.

Brown the meat in the same frying pan stirring to break up meat. Put into crock pot with the tomatoes, red wine, oregano, tomato paste, salt and pepper to taste. Stir well.

Cover and cook on the low setting for eight hours. Skim any fat. Add milk, stir well and cook on the high setting until the sauce is reduced and thick.

**Dry Rub #1** (can mix with almond flour for a good coating mix)

**Ingredients:**

(Scale down measurements for smaller mix needed)

- 1 cup salt
- 1 cup paprika
- 1 cup ground black pepper
- 1 cup cumin
- 1 cup Ancho chile powder

Mix all together in a bowl or Ziploc bag. Add chicken pieces in bag and shake for even coating.

**Dry Rub #2**

**Ingredients:**

- 1 tsp salt
- 1/2 tsp crushed oregano
- 1/4 tsp pepper
- 1 tsp paprika
- 1 tsp chili powder
- 1/2 tsp garlic powder

Mix all together in a bowl or Ziploc bag. Add chicken pieces in bag and shake for even coating.

**Dry Rub #3**

**Ingredients:**

- 1/2 tsp salt
- 1/4 tsp turmeric
- 1/8 tsp pepper
- 1/8 tsp ground cumin
- 1&1/2 tsp coriander
- 1/4 tsp chili powder
- 1/4 tsp ground ginger

Mix all together in a bowl or Ziploc bag. Add chicken pieces in bag and shake for even coating.

**Meat Marinades**

Check out this site: <http://www.marksdailyapple.com/how-to-marinade-meat/>

**Other Great Recipe Sites:**

[www.scdrecipe.com/recipes](http://www.scdrecipe.com/recipes)

[www.paleofood.com](http://www.paleofood.com)

[www.elanaspantry.com](http://www.elanaspantry.com)