



Welcome to this new recipe book! For those who love beef (like I do), you hopefully will enjoy these recipes. These recipes should give you some fun and "healthful" ideas.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon

- Kiwi

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

2 tbsps Extra Virgin Olive Oil
2 lbs Stewing Beef (sliced into bite-size pieces)
1/4 cup Red Wine Vinegar
2 cups Baby Carrots
1 Sweet Onion (diced)
2 1/2 cups Mushrooms (sliced)
1 cup Beef Broth
1/2 tsp Dried Thyme
1 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Brown Rice Flour

Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

More Carbs: Serve it with roasted potatoes, rice or quinoa.

Add Greens: Stir in chopped kale or baby spinach just before serving.



Unstuffed Cabbage Rolls

4 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Vegetarian & Vegan: Use lentils instead of ground meat.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Ginger Beef Stir Fry

4 servings

30 minutes

Ingredients

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 1 lb Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Vegetables: Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

More Carbs: Serve with brown rice or quinoa.

Vegan & Vegetarian: Use cooked chickpeas or tofu instead of beef.

No Beef: Use diced chicken breast instead.

More Greens: Stir in kale or baby spinach until wilted.



Eggplant Lasagna

8 servings

40 minutes

Ingredients

2 Eggplant (large, trimmed, sliced lengthwise 1/4- to 1/2-inch thick)
2 tbsps Avocado Oil (divided)
Sea Salt & Black Pepper (divided)
1 1/2 lbs Extra Lean Ground Beef
1 1/2 cups Tomato Sauce
1 tbsp Italian Seasoning
1 1/2 cups Ricotta Cheese
1 Egg
6 ozs Mozzarella Cheese (shredded)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Brush each of the eggplant slices with oil and season with salt and pepper. Place them on the baking sheet and cook for 15 minutes or until soft.
- 3 Meanwhile, heat a large skillet over medium-high heat. Cook the ground beef for 10 minutes or until cooked through, breaking it up as it browns. Drain any excess liquid and season with salt and pepper.
- 4 Stir in the tomato sauce and Italian seasoning. Simmer for five minutes or until warmed through. Remove from heat.
- 5 In a bowl, whisk the ricotta and egg together.
- 6 In a glass baking dish, arrange the eggplant slices in an even layer. Spread the meat mixture evenly over top, followed by the ricotta mixture. Repeat the layers until all ingredients are used up.
- 7 Sprinkle the mozzarella evenly ovetop and bake for 15 to 20 minutes or until the cheese is golden brown. Let cool slightly and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days, or freeze if longer.

Serving Size: A 9- x 13-inch baking dish was used to make eight servings.

Dairy-Free: Use vegan cheese instead.

More Flavor: Add fresh basil and parmesan. Use marinara instead of tomato sauce.

No Ground Beef: Use ground bison, chicken, turkey, or lentils instead.



Slow Cooker Beef Meatballs

4 servings

5 hours

Ingredients

4 Garlic (large cloves, divided)
3 cups Canned Whole Tomatoes (drained)
2 tbsps Tomato Paste
1/2 Yellow Onion (chopped)
1/4 tsp Red Pepper Flakes
1 1/3 tbsps Italian Seasoning (divided)
1 tsp Sea Salt (divided)
1 lb Extra Lean Ground Beef
1/4 cup Almond Flour
1 Egg

Directions

- 1 Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
- 2 Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, almond flour, and egg. Mix well.
- 3 Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
- 4 Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
- 5 To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately four to five meatballs.

More Flavor: Season meatballs with other dried herbs, like basil, oregano, and/or rosemary.

Additional Toppings: Grated parmesan cheese or fresh herbs like basil and parsley.

Serve it With: Cooked noodles, cauliflower rice, quinoa, rice, or roasted vegetables.

No Canned Whole Tomatoes: Used canned diced tomatoes instead.



Philly Cheesesteak Stuffed Portobello Mushrooms

4 servings
20 minutes

Ingredients

1 1/2 lbs Portobello Mushroom Caps
1 tsp Extra Virgin Olive Oil
12 ozs Top Sirloin Steak (thinly sliced)
Sea Salt & Black Pepper
8 ozs Provolone Cheese (sliced)
8 cups Baby Spinach

Directions

- 1 Preheat the oven to 400°F (205°C). Arrange the portobello mushroom caps on a parchment-lined baking sheet and bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 2 Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the steak for about three to five minutes or until your desired doneness is reached. Season with salt and pepper.
- 3 Top each portobello mushroom cap with a slice of provolone, followed by the sliced steak, and topped with another slice of provolone. Set the oven to broil and return the stuffed mushrooms to the oven. Cook for about three minutes or until golden brown.
- 4 Serve over a bed of spinach and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two stuffed portobello mushroom caps and two cups of spinach.

Dairy-Free: Use vegan cheese instead of provolone or omit completely.

More Flavor: Add mayonnaise, horseradish, or Italian seasoning.

Additional Toppings: Add garlic, onions, or bell peppers to the steak mixture.



Philly Cheesesteak Stuffed Red Peppers

4 servings
40 minutes

Ingredients

- 4 Red Bell Pepper (medium, halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, sliced)
- 1 Green Bell Pepper (small, diced)
- 12 ozs Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste, divided)
- 8 ozs Provolone Cheese (sliced)

Directions

- 1 Preheat the oven to 325°F (165°C). Arrange the red bell pepper halves on a parchment-lined baking sheet and bake for 30 minutes.
- 2 Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the onions and green bell pepper until soft, about six minutes. Season with salt and pepper. Add the steak and cook for three minutes, or until your desired doneness is reached. Season with more salt and pepper, if needed.
- 3 Place a slice of provolone at the bottom of each red bell pepper. Top with the steak mixture and another slice of provolone. Set the oven to broil and return the stuffed peppers to the oven. Cook for about three minutes, or until golden brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals two stuffed bell pepper halves.

Dairy-Free: Use vegan cheese instead of provolone cheese or omit completely.

More Flavor: Add mayonnaise, horseradish, or Italian seasoning.

Additional Toppings: Add garlic and mushrooms to the steak mixture.



Beef & Sweet Potato Breakfast Casserole

6 servings

1 hour

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 lbs Extra Lean Ground Beef
1/4 tsp Sea Salt (divided)
2 Sweet Potato (medium, shredded)
12 fl oz Unsweetened Rice Milk
4 Egg
1/4 tsp Dried Thyme
6 ozs Mozzarella Cheese (shredded)

Directions

- 1 Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
- 2 Heat the remaining oil in a pan over medium-high heat. Add the ground beef to the pan, breaking it up as it cooks. Drain any excess liquid and season with half the salt. Transfer to the baking dish.
- 3 Sprinkle the shredded sweet potato evenly over the cooked beef.
- 4 In a bowl, whisk together the milk, eggs, thyme, and the remaining salt. Pour the mixture into the baking dish. Sprinkle the cheese over top and bake for 40 to 45 minutes, or until golden brown and cooked through.
- 5 Let it cool slightly before cutting into squares. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 9- by 13-inch baking dish was used to make six servings.

Dairy-Free: Use vegan cheese instead of mozzarella cheese.

More Flavor: Add garlic when cooking the beef.

Additional Toppings: Serve with mixed greens or roasted vegetables.

No Rice Milk: Use almond milk, oat milk, or dairy milk instead.



Steak & Bell Pepper Skewers

2 servings

50 minutes

Ingredients

- 1 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 tbsp Avocado Oil
- 1 tbsp Rice Vinegar
- 1/4 tsp Ground Ginger
- 1/8 tsp Black Pepper
- 8 ozs Top Sirloin Steak (cut into cubes)
- 2 Green Bell Pepper (medium, cut into chunks)
- 1/2 cup Red Onion (cut into chunks)
- 4 Barbecue Skewers

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the garlic, tamari, oil, rice vinegar, ginger and black pepper. Add the steak and marinate for at least 30 minutes or up to overnight.
- 2 Assemble the skewers by piercing the steak, pepper, and onion onto the barbecue skewers.
- 3 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are tender-crisp. Divide the skewers between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two 8-inch skewers.

More Flavor: Brush the skewers with some of the excess marinade before grilling.

Make it Vegan: Use tofu instead of steak.

Serve it With: Rice, cauliflower rice, salad, pita bread, or other roasted or grilled vegetables.

No Tamari: Use soy sauce or coconut aminos instead.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Zucchini & Ground Beef Skillet

6 servings

25 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (with juices)
- 2 Zucchini (medium, chopped)
- 2 tsps Cumin
- 1/2 tsp Onion Powder

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add chili powder and/or green chilis.

Additional Toppings: Add red pepper flakes.

Make it Vegan: Use extra firm tofu instead of ground beef.



Steak with Oven-Roasted Vegetables

2 servings

25 minutes

Ingredients

12 ozs Ribeye Steak, Bone-in (room temperature)
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Butter
2 Garlic (cloves, smashed)
1 tbsp Rosemary (fresh, chopped)
2 cups Brussels Sprouts (trimmed and halved)
3 cups Green Beans (washed, trimmed)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the steak very dry with a paper towel. Season liberally with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Add 2/3 of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add the butter, garlic, and rosemary, and spoon over the top of the steak until the garlic is slightly browned. Remove and let rest for at least 10 minutes before slicing.
- 4 Meanwhile, toss the brussels sprouts and green beans with the remaining oil, salt, and pepper. Place in the oven and bake until crispy, about 15 to 18 minutes. Divide the vegetables and steak onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Omit the butter.

Steak Size: This recipe was tested with a 2-inch (5 cm) steak. Adjust the cooking time as needed based on the thickness of the steak.

No Extra Virgin Olive Oil: Use avocado oil.



Pan-Fried Steak & Greens

2 servings

20 minutes

Ingredients

12 ozs Ribeye Steak, Bone-in (room temperature)
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 tsp Lemon Juice
4 cups Mixed Greens
1/3 cup Parmigiano Reggiano (shaved or grated)

Directions

- 1 Pat the steak very dry with paper towel. Season liberally with salt and black pepper.
- 2 Heat a cast-iron skillet over medium heat until hot. Add half of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Remove and let rest for at least 10 minutes before slicing.
- 3 Meanwhile, whisk together the remaining oil, lemon juice, salt, and pepper in a large bowl. Add the mixed greens and gently toss until well coated.
- 4 Divide the steak and greens onto plates. Top with parmesan and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately six ounces of steak and two cups of mixed greens.

Dairy-Free: Use vegan cheese or nutritional yeast instead of parmesan.

More Flavor: Drizzle melted butter or ghee over the top of the steak near the end of cooking.

Steak Size: This recipe was tested with a 2-inch (5 cm) thick steak. Adjust the cooking time as needed based on the thickness of your steak.



Sweet Ginger Beef & Cauliflower Rice Bowl

2 servings

20 minutes

Ingredients

3 tbsps Water
1 1/2 tbsps Tamari
1 tbsp Monk Fruit Sweetener (granulated)
1 Garlic (clove, minced)
1 1/2 tsps Ginger (minced or grated)
1 stalk Green Onion (chopped, divided)
1 tbsp Sesame Oil (divided)
8 1/16 ozs NY Striploin Steak (thinly sliced)
3 cups Cauliflower Rice

Directions

- 1 Add the tamari, water, monk fruit sweetener, garlic, ginger, and half of the green onion to a small bowl and mix well. Set aside. (The granulated monk fruit sweetener may not dissolve completely.)
- 2 Heat half of the sesame oil in a cast-iron pan over medium-high heat. Add the steak and cook for one to two minutes per side or until cooked to your liking. Remove from the pan.
- 3 Add the sauce to the same pan and cook for two to three minutes until the sauce has thickened. Add the steak back to the pan and stir to coat the steak in the sauce. Set aside.
- 4 Add the remaining oil to a non-stick pan over medium heat. Add the cauliflower rice and cook for three to five minutes or until the cauliflower is cooked to the desired doneness.
- 5 Divide the cauliflower rice between bowls and top with the steak and any excess sauce and the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately a half cup of beef and one cup of cauliflower rice.

Additional Toppings: Red pepper flakes, sesame seeds, sriracha, and/or extra tamari.

No Striploin Steak: Use top sirloin or flank steak instead.

No Tamari: Use soy sauce or coconut aminos instead.

Like it Spicy: Add red pepper flakes to the sauce.



Slow Cooker Beef Shank, Broccolini & Rice

6 servings

4 hours

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 lbs Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 cups Jasmine Rice (dry, uncooked)
- 3 bunches Broccolini (trimmed, chopped)

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, cook the rice according to the package instructions and set aside.
- 5 Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
- 6 Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Steak Fried Rice

4 servings

25 minutes

Ingredients

2/3 cup Jasmine Rice (dry, uncooked)
1 lb Top Sirloin Steak (cubed)
Sea Salt & Black Pepper (to taste)
3 Egg (large, whisked)
2 cups Frozen Vegetable Mix

Directions

- 1 Cook the rice according to the package instructions and set aside.
- 2 Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
- 3 Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
- 4 Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
- 5 Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cup.

More Flavor: Add soy sauce, tamari, coconut aminos, or sesame oil. Add sautéed garlic and onions.

Additional Toppings: Top with sliced green onions and cilantro.



Slow Cooker Beef Shank

6 servings

4 hours

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 lbs Beef Shanks (cut into 3-inch pieces)
3 Garlic (cloves, minced)
1/2 White Onion (large, sliced)
3 cups Diced Tomatoes
2 Carrot (medium, chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, along with the carrots, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Serve it with mashed potatoes, polenta, crusty bread, rice, cauliflower rice, or roasted vegetables.



Beef Shank & Mashed Potatoes

6 servings

4 hours

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (Divided)
- 2 lbs Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 6 Russet Potato (medium, peeled and chopped)
- 12 cups Arugula

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
- 5 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Beef Stroganoff with Egg Noodles

4 servings

25 minutes

Ingredients

3 cups Egg Noodles (wide, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
1 lb Beef Tenderloin (thinly sliced)
Sea Salt & Black Pepper (to taste)
1 Yellow Onion (medium, finely diced)
8 Cremini Mushrooms (sliced)
1 1/2 cups Beef Broth
2 1/4 tps Dijon Mustard
1 tbsp Arrowroot Powder
1/4 cup Plain Greek Yogurt

Directions

- 1 Cook the egg noodles according to package instructions and set aside.
- 2 Heat half the oil in a large skillet over medium-heat. Cook the beef and season with salt and pepper, for about five minutes or until cooked through. Drain any excess liquid and transfer to a plate.
- 3 Heat the remaining oil in the same skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Stir in the beef broth and dijon mustard.
- 4 In a small bowl, whisk the arrowroot powder with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.
- 5 Add the yogurt and cooked beef slices. Add more salt and pepper as needed.
- 6 Divide the egg noodles into bowls and top with the beef stroganoff. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

Dairy-Free: Use coconut cream instead of yogurt.

More Flavor: Add garlic, thyme, Worcestershire sauce, and white wine.

Additional Toppings: Garnish with fresh parsley.



Enchilada Casserole

8 servings

30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1 lb Extra Lean Ground Beef
1 cup Salsa
1 cup Enchilada Sauce
4 Whole Wheat Tortilla (large)
2 cups Frozen Corn
5 ozs Cheddar Cheese (shredded)

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a baking dish with the oil.
- 2 Heat a large pan over medium-high heat. Cook the beef, breaking it up as it cooks, until no longer pink. Drain any excess liquid then stir in the salsa and enchilada sauce. Set aside.
- 3 Line the baking dish with half the tortillas, then layer half the beef mixture, half the corn, and half the cheese ontop. Repeat the layers with the remaining ingredients. Bake for 25 minutes.
- 4 Cut into slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one square when making eight servings in a 13 x 9-inch baking dish.

Gluten-Free: Use gluten-free tortillas.

Dairy-Free: Use vegan cheese.

More Flavor: Add garlic and onions when cooking the beef.

Additional Toppings: Top with sliced green onions, greek yogurt, cilantro, or sliced avocado.



Hamburger Barley Soup

8 servings

55 minutes

Ingredients

- 1 1/4 lbs Extra Lean Ground Beef
- 1 Yellow Onion (chopped, medium size)
- 2 Garlic (cloves, minced)
- 1 tsp Thyme (dried)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (from the can, undrained)
- 4 cups Beef Broth
- 1/2 cup Pearl Barley
- 2 Carrot (large, sliced)
- 4 stalks Celery (sliced)

Directions

- 1 Heat a large pot over medium heat. Once hot, add the beef and onion and cook, stirring often until the beef is no longer pink and the onion is soft, about eight minutes.
- 2 Add the garlic, thyme, salt, and pepper and cook for one minute, until fragrant. Pour in the tomatoes (with their juices), broth and barley. Cover and bring to a boil and then reduce the heat to low and simmer for 25 to 30 minutes, until the barley is just cooked.
- 3 Add in the carrots and celery and cook for another 10 minutes, until the veggies are just fork tender. Remove from the heat. Divide into bowls and enjoy!

Notes

Leftovers: Store in the fridge for up to three days, or freeze for longer.

Serving Size: One serving is approximately two cups.

Gluten-Free: Omit the barley.

More Flavor: Add additional spices while cooking such as paprika, chili powder, and/or cayenne.

Additional Toppings: Top with chopped parsley.