

SLOW COOKER CHICKEN SOUP

INGREDIENTS:

2 CUPS CHOPPED YELLOW ONION
3 CUPS CHOPPED CARROT
2 CUPS CHOPPED CELERY
1 TSP PINK SALT
32-OZ CHICKEN STOCK
1 BAY LEAF
2 POUNDS CHICKEN BREASTS OR THIGHS

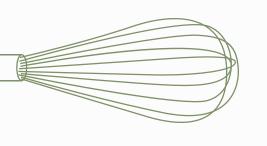
3/4 CUP FULL-FAT COCONUT MILK (FROM A CAN)

DIRECTIONS:

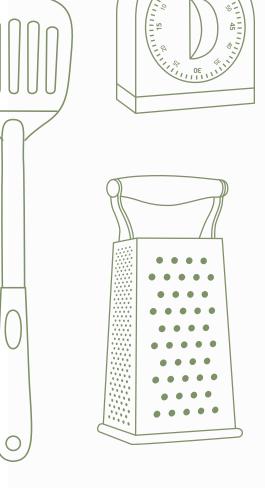
ADD ALL INGREDIENTS TO SLOW COOKER COVER AND COOK ON HIGH FOR 4-6 HOURS OR LOW FOR 6-8 HOURS,

SHRED CHICKEN IN POT THEN ADD COCONUT MILK AND STIR

MAKES 4-6 SERVINGS.



Shopping List:
yellow onion 2
chopped carrots or baby carrots
celery hearts 1 bag
chicken broth/stock
2 pounds boneless chicken
coconut milk full fat- can



BEEF ZUCCHINI SKILLET

INGREDIENTS:

1 LB GRASS FED BEEF THAWED

1/2 MEDIUM ONION CHOPPED)

1 TEASPOON JARRED MINCED GARLIC

1 CUP CHUNKY SALSA

1 TEASPOON GROUND TURMERIC

2 CUPS MEDIUM FRESH ZUCCHINI SLICED INTO HALF CIRCLES

(3-4)

FRESH CILANTRO CHOPPED

PINK SALT & PEPPER TO TASTE

DIRECTIONS:

ADD THE BEEF, SALT, PEPPER, ONION, AND GARLIC TO A LARGE SKILLET ON MEDIUM HIGH HEAT.

STIR UNTIL THE MEAT IS BROWNED.

STIR IN THE SALSA AND TURMERIC, REDUCE HEAT TO LOW.

COVER AND SIMMER FOR 10 MINUTES.

STIR IN THE SLICED ZUCCHINI.

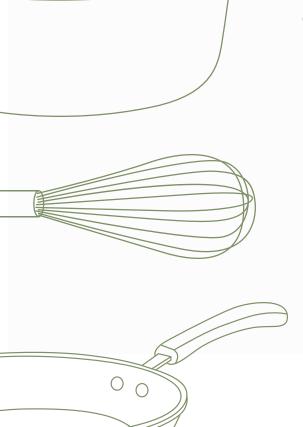
COVER AND SIMMER UNTIL THE ZUCCHINI IS JUST SOFTENED

BUT NOT MUSHY.

SPRINKLE WITH CHOPPED CILANTRO

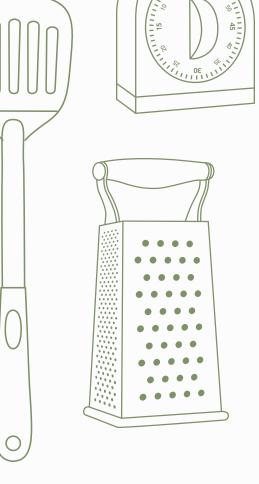
PAIR WITH GREENS

ENJOY!



Shopping List:

1 lbs grass fed beef
salsa
3-4 zucchini
cilantro
minced garlic



HEALTHY HOME KC DINOSAUR EYES (PICKLE ROLLS)

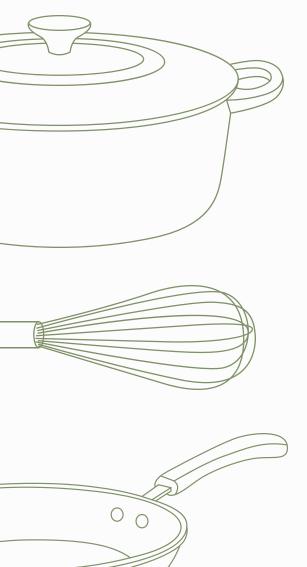
INGREDIENTS:

SQUARE SLICED HAM DILL PICKLE SPEARS WHIPPED CREAM CHEESE

DIRECTIONS:

PLACE HAM FLAT ON CUTTING BOARD. USE SPATULA TO COVER HAM WITH CREAM CHEESE. PLACE PICKLE SPEAR ON ONE END OF HAM AND ROLL UP.

USE KNIFE TO CUT ROLL INTO SMALL ROLLS





KID APPROVED BROWNIES

INGREDIENTS:

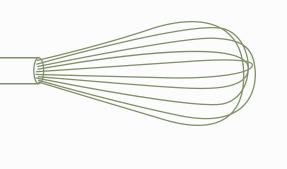
1 CUP MASHED SWEET POTATO
1/2 CUP MELTED ALMOND BUTTER
2 TBSP PURE MAPLE SYRUP OR HONEY
1/4 C COCAO
1/4 C WALNUTS
COULD SPRINKLE PUMPKIN SPICE TO BE FESTIVE;)

DIRECTIONS:

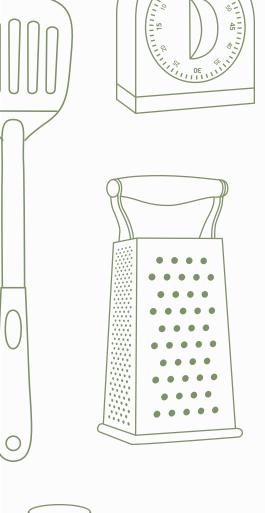
PREHEAT OVEN 350 COOK POTATO IN MICRO. ROUGHLY 8 MIN THEN PEEL OFF SKIN. SMASH IN MIXING BOWL.

MELT ALMOND BUTTER IN MICROWAVE MIX TOGETHER ALL INGREDIENTS

BAKE 350 DEGREES IN 6X9 DISH 20-25 MIN



Shopping list:
1 large sweet potato
almond butter
pure maple syrup
cocao
walnuts



TACO CASSEROLE

INGREDIENTS:

2 PACKETS TACO SEASONING (GF)
3 LBS GRASS FED BEEF
2 CUPS PEPPER JACK CHEESE (SHREDDED)
2 CUPS COLBY & MONTEREY JACK CHEESE
(SHREDDED)
2 CUPS FROZEN PEPPER STRIPS THAWED & CHOPPED

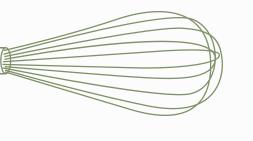
INSTRUCTIONS:

PREHEAT OVEN TO 350.

BROWN GROUND BEEF IN A LARGE SKILLET AND DRAIN (SET ASIDE).

SAUTE PEPPERS IN 1–2 TABLESPOONS OF
COCONUT/AVOCADO OIL.
MIX GROUND BEEF AND PEPPERS TOGETHER AND
POUR INTO THE BOTTOM OF A 9 X 13 PAN.
TOP MEAT MIXTURE WITH CHEESE AND BAKE FOR 10
MINS AND BROIL FOR 5 MINUTES UNTIL GOLDEN
BROWN.

SERVE OVER BED OF LETTUCE.
WILL HAVE LEFTOVERS!!



Shopping List:
Taco seasoning
3 pounds grass fed beef
2 cup pepper jack cheese
4 cups colby & monterey
2 cups frozen peppers
Lettuce of choice