

# Taco Frittata



## Ingredients

- Ground beef (we do our home-grown grass fed) (you can also use pork sausage or ground turkey)1 small sweet potato
- Taco seasoning
- Zucchini
- Baby spinach
- 10 eggs

## Directions

- Preheat oven to 400
- In a cast iron skillet add chopped sweet potato, ground meat and taco seasoning. Cook 5-8 minutes
- Meanwhile, finely chop the baby spinach and zucchini. Add them to the meat and sweet potato mixture and cook an additional 5 minutes
- Add 10 beat eggs
- Bake for 15-20 min or until set --- Top with sour cream, avocado, cheese...

## Mini Philly cheese steak Meatloaves



### Ingredients

- 1-1/2 Tablespoons extra virgin olive oil
  - 1-1/2 Tablespoons butter
  - 1 small yellow onion, chopped
  - 1 small green bell pepper, chopped
  - 2 cloves garlic, minced
  - salt and pepper
  - 1lb lean ground beef
  - 1 egg, whisked
  - 1 Tablespoon gluten-free Worcestershire sauce (I use Lea & Perrins)
  - 1/2 cup crushed Rice Chex or panko breadcrumbs (recipe will not be GF if using panko)
- 3oz provolone cheese, cut into 1/4" cubes

### *Directions*

1. Heat extra virgin olive oil and butter in a large skillet over medium-high heat then add the onions, season with salt, and sauté until onions begin to turn golden brown, 3-4 minutes. Add the peppers, season with salt and pepper, then continue sautéing until vegetables are crisp-tender, 3-4 minutes, turning heat down if vegetables begin to burn. Add garlic then sauté for 30 more seconds. Transfer vegetables to a plate then let cool slightly.
2. Preheat oven to 425 degrees then line a baking sheet with foil and spray with nonstick spray. In a large bowl combine ground beef, egg, Worcestershire sauce, Rice Chex or panko breadcrumbs, cheese cubes, onions and peppers, and lots of salt and pepper then mix until combined. Divide into 4 equal-sized portions then form into loaves and place on prepared baking sheet. Bake for 20-22 minutes or until no longer pink in the center then serve.

## Brussels Sprout Tacos (from my favorite food blog – pinchofyum)



### Brussels Sprouts

- 16 ounces **brussels sprouts**, shredded
- 1 tablespoon **taco seasoning**
- **salt and olive oil**

### Corn

- 8 ounces **frozen corn**
- 1 **jalapeño**, minced
- **lime juice, salt, and olive oil**

### Cilantro Chimichurri

- 1 packed cup each **cilantro** and **parsley**

- 1/4 cup each **water** and **olive oil**
- 1/4 cup **cashews** or **sunflower seeds**
- 1 clove **garlic**
- 1/2 teaspoon **salt**
- juice of 2 **limes**

### Directions

- **Chimichurri:** Hit up the food processor or blender and pulse it all together until smooth. Like we do.
- **Brussels Sprouts:** Saute the brussels sprouts and taco seasoning with a little olive oil and salt until softened and yummy.
- **Corn:** Saute the corn and jalapeño with some salt, olive oil, and lime juice. Let the corn sit in the hot pan, undisturbed, for a few minutes to get that roasty, charred thing going on.
- **Tacos:** Assemble and devour!

## Whole 30 Chicken Pot Pie



*Paleo, Whole30, Dairy-Free, GF*  
**CHICKEN POT PIE  
CASSEROLE**

### Ingredients

#### For the Casserole

- 1.5 pounds cooked chicken breasts, diced or shredded
- 1 cup yellow onion, diced
- 1 (14.5 oz) can sliced carrots, drained
- 1 (14.5 oz) can diced potatoes, drained
- 1 (14.5 oz) can cut green beans, drained

#### For the Gravy

- 1 can coconut milk
- 1 cup [chicken broth](#)
- 1/2 cup almond milk
- 2 tbsp [ghee](#)
- 1/2 tbsp [nutritional yeast](#)
- 3 tsp poultry seasoning
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- 1.5 tbsp [arrowroot flour](#) dissolved in 2 tbsp water

#### For the Topping:

- 1 cup [almond flour](#)
- 1/2 cup [coconut flour](#)
- 1/2 cup [ghee](#)
- 3 tbsp water
- 1/2 tsp poultry seasoning

### Instructions

1. Grease a 3 or 4 quart casserole dish and preheat the oven to 350 degrees F.
2. Add the chicken and vegetables into the dish.
3. Preheat a deep skillet over medium-high heat and add all of the sauce ingredients except for the arrowroot dissolved in water. Bring it to a simmer, stirring frequently.
4. Mix the arrowroot into 1 tbsp of water in a small dish and dissolve. Once the sauce has reduced a bit after simmering about 10 minutes, pour the arrowroot water into the sauce and begin stirring to incorporate it into the sauce. It will begin thickening.
5. Once the sauce has thickened, pour it into the casserole dish over the chicken and vegetables. Use a spoon to combine the sauce in with the other ingredients, gently as to not smash the vegetables.
6. Next, in a large bowl, add all of the topping ingredients. Use your hands to mix it all together. Continue mixing until the ghee is completely incorporated and the topping becomes a dough like consistency.
7. Using your hands, pick up quarter size dollops of the topping and flatten a bit before placing each dollop over the top of the casserole. Slightly press each dollop into the top of the casserole but don't smash down. Repeat this process until the topping is gone and the casserole is covered.
8. Place in the oven and bake for 30-40 minutes, checking after 30 minutes. Remove the casserole from the oven once the topping is golden brown, don't allow it to burn.

# Steak Tip Hash



## Ingredients

### *For the marinade:*

- 2 pounds steak tips (I cut mine into smaller pieces to be the same size as my sweet potatoes)
- 1/2 cup olive oil
- 1/3 cup coconut aminos
- 2 garlic cloves, minced
- 2 teaspoons dried parsley
- 2 teaspoons dried oregano

- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper flakes

### *For the veggie hash:*

- 3 cups diced white sweet potatoes
- 3 tablespoons melted ghee
- salt, to taste
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 sweet onion, minced
- 2 garlic cloves, minced
- green onions, for garnish

## Instructions

1. Place steak tips in a shallow bowl then whisk together the rest of the ingredients for the marinade. Pour marinade over steak tips, cover and place in the fridge to marinate for 8 or more hours.
2. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper, toss sweet potatoes in melted ghee and sprinkle with salt and place evenly throughout the baking sheet. Bake for 25-30 minutes, tossing them half way through to help brown on all sides.
3. While the sweet potatoes bake, place a large cast iron skillet over medium heat. Add 1-2 tablespoons of ghee to the pan and once it is very hot, use tongs to place steak tips in the pan, making sure not to crowd the pan. This will let the beef brown and cook evenly, without steaming it. Cook steak on both sides for 2-3 minutes, depending on the size and thickness of the steak tips. Once cooked to your liking, place on a plate and set aside. Repeat until all beef is cooked through.
4. Once beef is done, add another 1-2 tablespoon of ghee to the pan (if needed) then add the bell peppers and onions. Toss and cook for about 10 minutes, until the onions are translucent and peppers are slightly browned. Then add garlic and cook for 2 more minutes. Lastly, add the sweet potatoes and the beef to the cast iron skillet with the veggies and cook for another 2 minutes to warm everything through and combined.
5. Garnish with green onions and serve it up!