

Easy and Healthy Quick Meal: Elisha's Favorite!

This is essentially a modified "goulash." I take everything I have in my fridge and mix it together and eat this meal over several days. At night I heat it up, but for breakfast I take a smaller amount and literally mix it up with eggs. It's protein packed and loaded with veggies! I of course recommend all Organic vegetables, as you know but please make sure your meat is Organic!

Ingredients:

Ground Meat (either turkey, chicken, beef, buffalo)

8-12 cloves of garlic, smashed and then chopped

6 quarter size slices of ginger (more if you like it spicy or run cold), chopped

Onion, chopped

Big handful of mushrooms, cut to preferred size, I like them thicker in this dish

Greens (Kale, Spinach, Collard Greens, Chard)

Turmeric root or powder

Any other veggies you want to throw in there

Tamari or Soy Sauce or Braggs

Organic Chicken Broth

Cooking Instructions:

Melt a 2 good tablespoons of coconut oil in a pan on medium-high. Add chopped garlic and ginger and onion. Allow the garlic to become slightly golden and the onions translucent, then add the meat. Let the meat cook fully then remove to the side. Add more coconut oil if necessary and then add the mushrooms and thicker veggies (zucchini, carrots, etc.). Also add as much turmeric as you would like. When it becomes a little soft add the greens, put a lid on and let the greens wilt. When the greens are wilted, add the meat to the pot and stir. You can add a little chicken broth if it seems a little dry, and you can add the tamari or others to add more salt. I have also at times added some Mirin (Japanese Rice Wine) – play around...you really can't go wrong. Enjoy!

Rice:

Cook rice as usual.

Here are some other suggestions to spruce up brown or white rice.

- 1) Substitute Chicken or Veggie broth for water, and add pepper to the rice before cooking.
- 2) When the rice is done, mix in some Ghee and Braggs to give a creamy yummy consistency to the rice.