

Moroccan Inspired Lamb



Ingredients

3 - 4 lbs (2 inch) Lamb cubes

2 large sweet onions

Spices to Blend:

3-4 teaspoons fresh ground black pepper (35 turns = about 1 teaspoon)

3 Tablespoons ground ginger

2 Tablespoons ground turmeric

4 - 6 teaspoons cinnamon

4 tablespoons ground cumin

4 tablespoons ground Coriander Seed

4 tablespoons of Fresh garlic (this is about a Whole Head of Garlic)

6 carrots (peeled and coarsely chopped)

2 celery sticks (coarsely chopped)

2 Tablespoons Honey

1/4 - 3/4 teaspoon sea salt

8 oz Bone Broth (home-made or store bought)

1 (13.5 oz) can of full fat coconut milk

4 Tablespoons olive oil

Directions

1. Cut the lamb into 2 inch cubes
2. Combine all ground spices in a bowl together and mix to make a DRY SPICE MIX (DSM). Use half of the DSM to coat each of the lamb cubes and refrigerate overnight or for at least 4 hours in the refrigerator
3. Brown the lamb
 - a. Place 2 tablespoons of coconut oil in a pan and heat the oil
 - b. Place the meat in the pan and sear on both sides
 - c. Pour 8 - 16 ounces bone broth in a measuring cup and use some of it to deglaze the lamb drippings to add to the DSM spice mix and pour this into the DSM spice sauce
5. Make the DSM sauce
 - In a large pot, sautee the onions and spices for 10 minutes.
 - Pour the rest of the 8oz bone broth to deglaze the onion and spices in the DSM spice mix in your large pot and pour the all of the coconut milk in.
 - Add 2 Tablespoons of honey
6. Place all of the cooked beef in a crock pot with, carrots and celery.
 - Pour your DSM sauce over the lamb, carrots and celery.
 - Mix and cook on high for 4 hours or medium heat for 8 hours.

Garlic Mashed Cauliflower



Ingredients

- 2 heads of cauliflower
- 4 Tablespoons salted butter
- 2 -3 Tablespoons fresh chopped garlic (this is $\frac{1}{2}$ - $\frac{3}{4}$ of a whole head of garlic)
- 1 8 oz cup chicken bone broth
- 1 teaspoon fresh ground pepper
- $\frac{1}{4}$ - 1 teaspoon sea salt (OPTIONAL)
- 2 Tablespoons chopped dried onions

Directions

1. In a large pot fill it $\frac{1}{2}$ - $\frac{3}{4}$ full and bring water to a boil
2. Cut cauliflower into 2-3 inch florettes. Place in boiling water and let cook for 15 minutes
3. While cauliflower is cooking, make the garlic butter bone broth. In a small saucepan melt butter, add onions, black pepper, bone broth
4. Once cauliflower florettes are done, drain and place in a bowl or pot able to accomodate an immersion blender.
5. Blend the cauliflower and continuously add the garlic butter bone broth to the cauliflower until you achieve the texture you like.

Mushroom and Onion No Added Salt “Mock Gravy”



Ingredients

24 oz of mushrooms (baby portabellas) or whatever you prefer (about 20 med mushrooms)

1 large onion

1 teaspoon fresh ground pepper

1 Tablespoon coconut oil

2 Tablespoons olive oil

2 Tablespoons chopped fresh garlic

Directions

1. Preheat oven to 450 degrees
2. Slice mushrooms into $\frac{1}{4}$ - $\frac{1}{2}$ inch portions
3. Thinly slice onion
4. Place all ingredients into casserole dish and mix
5. Place dish on the bottom rack of the oven and cook for 30 - 45 minutes, stirring dish every 15 minutes. Take out after 30 minutes and serve if you prefer softer mushrooms with more liquid. Cook for 45 minutes if you prefer more firm mushrooms and less liquid.

Roasted Asparagus



Ingredients

2.25 lbs asparagus

2-3 Tablespoons olive oil

1 teaspoon fresh ground black pepper

Directions

1. Preheat oven to 420 degrees
2. Cut the tough ends of the asparagus off each spear
3. Place asparagus on a baking sheet and drizzle with 1 teaspoon olive oil
4. Roast in oven for 15 minutes
5. Remove from oven and drizzle with the remaining olive oil and add fresh ground black pepper

NOTE - Place the onion and mushroom atop the asparagus for flavor

Winter Salad with Njeri 's Threes Herb Salad Dressing



Salad Dressing Ingredients

1 cup Olive oil

½ cup Apple Cider Vinegar with “the Mother”

1 - 2 Tablespoons fresh finely chopped garlic

Any fresh or dried herbs you like (cilantro, parsley, tarragon, rosemary, sage, etc)

1 teaspoon fresh ground black pepper (about 35 twists of a pepper grinder)

1 -2 Tablespoons of Dijon or spicy brown mustard

1 -2 Tablespoons Honey

Salad Greens : Kale, Brussels Sprouts, cabbage (ALL Shredded)

Raisins or cranberries (OPTIONAL) (Make sure they are not sulfured or sugared)

Directions

Mix all dressing ingredients in a mason jar or container with a top, cover and shake vigorously. Then, pour over your salad greens; add raisins or cranberries if you like.