

MEAT

BEEF

Stir Fried Beef with Vegetables

12 oz boneless sirloin steak, trimmed of all visible fat, thinly sliced into small, bite-sized strips

2 T canola/olive oil mixture

1 clove garlic, pressed

¼ cup burgundy wine

1 yellow onion, cut thinly into wedges

1 red pepper, seeded and cut into slender strips

2 celery stalks, chopped

4 oz of sliced mushrooms

4 oz thinly sliced carrots

3 T lemon juice

Sauté the beef in half of the oil with garlic and half of the red wine until the beef is browned. Remove from skillet. Heat the residual oil in the skillet. Sauté the onion, celery, red pepper, and carrots until the onion is tender – about 4 minutes. Add the remainder of the red wine. Add the mushrooms and lemon juice. Stir-fry mixture for approximately 3 more minutes. Combine the vegetables with the meat. Serves 2.

Omega Meatballs

1 lb lean ground beef

1 omega 3-enriched egg, beaten

1 T flaxseed oil

¼ tsp powdered garlic

1 medium carrot, grated

¼ tsp powdered onion

1 small scallion, finely diced

Mix all ingredients and make into small balls. Place the meatballs in a Pyrex pan greased with flaxseed oil. Bake covered at 350 degrees for 30-40 minutes or until done. Serves 2-3.

Beef and Spinach Scramble

2 T olive oil	1 tsp basil
1 lb very lean ground beef	1 c fresh spinach, washed & steamed
3 scallions, chopped	2 cloves garlic, minced
4 omega 3-enriched eggs, scrambled	1 tsp black pepper

In a large, heavy skillet, heat olive oil. Add beef, scallions, garlic, pepper and basil. Cook on low heat until meat is thoroughly browned. Turn heat up to medium and add spinach, stirring for 5 minutes. Add eggs and continue stirring for about 1 minute or until eggs are cooked. Serves 4.

Auroch Beef Cabbage Rolls

1 head cabbage	1 tsp oregano
1 ½ lb very lean ground beef	1 clove garlic, minced
1 medium red onion, chopped	2 omega 3-enriched eggs
6-8 medium-sized tomatoes, peeled and pureed	¼ tsp black pepper

Wash cabbage and remove core. Steam for 5 minutes or until leaves are loose and slightly limp. Pull off leaves and set aside. Mix together all remaining ingredients, reserving 1/3 c tomato puree for later. Fill each cabbage leaf with meat mixture and roll. Place in 9x13" glass baking dish. Cover rolls with remaining tomato puree and cover with foil. Bake at 350 degrees for one hour. Serves 4-6.

Paleo Correct Meat Loaf

2 lb extra lean ground beef	½ c fresh parsley, chopped
2 red onions, finely chopped	2 tsp cumin
4 garlic cloves, minced	1 tsp pepper
½ red pepper, chopped	3 omega 3-enriched eggs, beaten
½ c fresh cilantro, chopped	2 T flaxseed oil

Mix all ingredients in a large mixing bowl. Spread mixture evenly in an 8½x11" baking dish. Bake at 400 degrees for 45 minutes or until well cooked. Serves 8.

Lascaux Round Steak with Herbs

2 lb round steak, trimmed of all visible fat	¼ tsp black pepper
1 T flaxseed oil	1 tsp oregano
½ c red wine	½ tsp thyme
1 red onion, sliced	1 tsp basil

Rub steak thoroughly with flaxseed oil and place on large piece of foil. Bring edges of foil up to hold liquid ingredients. Pour wine over round steak and lay onions on top of meat. Sprinkle with remaining seasonings. Wrap foil around steak so that meat is tightly sealed. For Grilling: Place wrapped meat on top of grill. Cook on low heat for 20-30 minutes and turn 2 or 3 times until meat is done. For Baking: Place meat, wrapped in foil, in a shallow baking dish. Bake at 400 degrees for 20-30 minutes or until meat is done. Serves 4.

Burgundy Walnut Beef Roast

1 beef roast (2-3 lbs)	1 red onion, diced
6 large tomatoes, diced	2 T freshly squeezed lemon juice
¼ tsp black pepper	3 T walnut oil
2 garlic cloves, minced	1 T dry mustard
1 c burgundy wine	

Place meat in covered deep roasting pan. Mix all other ingredients and pour over meat. Cover and bake at 350 degrees for 1-2½ hours, and baste 2-3 times while baking. Serves 6.

Las Margaritas Stir-Fried Ground Beef and Peppers

1 T olive or canola oil	½ c white wine
1 red onion, chopped	2 cloves garlic, minced
½ c red bell pepper, sliced into match head strips	1 lb very lean ground beef
½ c green bell peppers, sliced into match head strips	¼ c yellow bell peppers, diced
1 tsp black pepper	1 tsp cayenne pepper
1 tsp cumin	6 medium tomatoes, diced
¼ c water	

In heavy skillet, heat oil and sauté onion and garlic until browned. Add ground beef, black and cayenne peppers and cumin. Cook on low heat, stirring constantly, until meat is thoroughly browned. Add water, wine and red, green and yellow peppers, and cover. Simmer on low heat until peppers are tender. Add tomatoes and simmer for 5 minutes. Remove from heat and serve immediately. Serves 4.

Stuffed Zucchini

1 T olive or canola oil	6 medium tomatoes, diced
1 red onion, chopped	2 cloves garlic, minced
½ c sliced black olives soaked in tap water for 30 minutes	
1 very large or 2 large zucchini squashes cut in half lengthwise	
1 lb very lean ground beef	1 tsp black pepper
1 tsp cayenne pepper	1 tsp cumin
1 T flaxseed oil	

In a heavy skillet, heat oil and sauté onion and garlic until browned. Add ground beef, black and cayenne peppers and cumin. Cook on low heat, stirring constantly, until meat is thoroughly browned. Spoon meat, onions and garlic into a bowl and mix with tomatoes and olives. Scrape seeds from zucchini halves to form a cavity and then rub with flaxseed oil. Fill cavity with meat mixture and bake in a covered dish coated with flaxseed oil and a little water at 350 degrees for 20-30 minutes or until the zucchini is tender. Serves 4.

CHICKEN

Kenny's Barbecued Spicy Chicken

2 T fresh lemon juice	2 scallions, finely chopped
1 T fresh orange juice	1 tsp finely chopped fresh tarragon
1 tsp finely chopped fresh thyme	freshly ground black pepper to taste
1 tsp finely chopped fresh sage	1 tsp fennel seeds, toasted & crushed
4 boneless, skinless chicken breast halves	

In a large bowl, combine all ingredients except chicken. Mix well to produce marinade. Place the chicken in the bowl, coat thoroughly, and marinate for 1-2 hours. For Grilling: Fire up the BBQ and grill the chicken on medium heat, turning constantly while basting with the marinade until the breasts are cooked. For Broiling: Cook under the broiler, turning constantly while basting with the marinade until done. Serves 4.

Altamira Stuffed Chicken

½ red onion, chopped	½ c walnuts
½ T olive oil	¼ c celery
½ T flaxseed oil	1 apple, cored, peeled, and diced
3-4 chopped chicken livers	1 whole, skinned large chicken
½ c pinot noir red wine	¼ c raisins

Sauté onion in oils until tender. Mix in chopped chicken livers and brown. Pour in wine, add raisins, walnuts, celery, and apple and simmer for 5 minutes. Stuff chicken with mixture and bake in a covered dish at 400 degrees for 1 hour or until done. Serves 3-4.

Altadena Baked Chicken

1 large chicken, skinned and halved	1 tsp paprika
½ tsp freshly ground black pepper	4 T lime juice
2 T walnut oil	1 tsp dried tarragon

Place chicken halves in 9x13" baking dish. Combine remaining ingredients to make marinade and brush over chicken. Bake at 375 degrees for 45-50 minutes. Turn chicken occasionally while cooking and brush with marinade. Serves 4.

Gingery Chicken and Veggies

¼ c olive oil/canola oil mixture
½ red onion, sliced

2 cloves garlic, minced
1 tsp powdered ginger

2 c cooked chicken breast meat, skinless and diced
½ c celery, chopped

1 c chicken broth (no salt)
1 c carrots, sliced thin

½ bell pepper, sliced

Heat oil mixture in heavy skillet and sauté garlic and onion. Add remaining ingredients and simmer until vegetables are tender. Serves 4.

Baked Chicken Breasts Tarragon

4 skinless, boneless chicken breasts
1 tsp tarragon

¼ c flaxseed oil
½ red onion, chopped

¼ c dry mustard
1 T parsley flakes

Preheat oven to 400 degrees. Wash chicken breasts thoroughly and place in 9x13" glass baking dish greased with flaxseed oil. Combine remaining ingredients and brush over chicken, covering completely. Cover with foil and bake for 50 minutes or until chicken is tender. Serves 3-4.

Chicken Cacciatore

2 whole skinned chickens, cut up & trimmed of visible fat

4 celery stalks, cut in ½ inch pieces
½ c water

1 tsp pepper
8 tomatoes, diced

1 tsp oregano
1 tsp basil

1 red onion, sliced
1 tsp parsley

1 c sliced mushrooms

Place chicken pieces in large baking dish. Sprinkle with pepper and oregano. Lay onions, mushrooms and celery on top of chicken pieces. Pour in ½ c water to cover bottom of dish. Spread tomatoes over chicken and top with sprinkles of basil and parsley. Bake at 325 degrees for 2 hours or until chicken is done. Serves 6.

VEAL

Sunnyside Veal

¼ olive oil/walnut oil mixture
1 lb veal stew meat cut into ½ inch cubes
1 tsp black pepper
1 red onion, sliced
2 cloves garlic, minced
½ c burgundy wine

Heat oil in heavy saucepan and sauté veal pieces until brown. Add onion, garlic and pepper. Pour in wine. Cover and simmer for 30 minutes or until meat is tender. Serve smothered in onions and garlic. Serves 4.

Slow-Cooked Veal with Salsa

2 lb veal sliced ½ inch thick
2 c tomato salsa (recipe below)

Place veal slices in crock pot, cover with salsa and cook on low heat for 5 hours. Remove from pot and pour remaining salsa over meat before serving. Serves 4.

Salsa

6 large tomatoes, diced
1 yellow onion, minced
3 cloves garlic, minced
1 tsp black pepper
½ c lime juice
1 tsp cayenne pepper
½ c fresh cilantro, finely chopped

Combine all ingredients and mix well. Makes 2 cups.

Sicilian Skillet Veal Chops

8 veal chops
2 T olive oil
2 T flaxseed oil
2 lb skinned, boiled & mashed tomatoes
1 T chopped parsley
2 garlic cloves, minced
1 T oregano
pepper to taste

In your largest skillet, brown chops in oils. Season with pepper. Sprinkle with oregano and parsley. Add garlic and tomatoes. Cover and simmer until tender, about thirty to forty minutes. Serves 8.

PORK

Pork Chops Stuffed with Chicken Livers

6 double rib lean pork chops, trimmed of all visible fat

6 chicken livers, chopped

½ lb mushrooms, chopped

2 T olive oil

1 T parsley, finely chopped

1 T flaxseed oil

pepper to taste

Trim fat from chops and slit them to make pockets. Sauté the livers and mushrooms in 2 T of the oil mixture. Season the chops with pepper and add parsley. Stuff pork chops with liver mixture and skewer to close pockets. Heat the remaining oil in a heavy skillet, add chops, and sear them over high heat on both sides. Place in large casserole dish and bake at 350 degrees for 25 minutes or until tender. Serves 6.

Broiled Tenderloin of Pork with Spicy Rub

1 lb very lean pork tenderloin, trimmed of all visible fat and cut butterflied down the middle

1 minced garlic clove

1 T red wine

1 T paprika

1 T dry mustard

1 T ground coriander

1T canola oil

1 T flaxseed oil

Mix garlic and dry spices in a mortar and pestle. Add in the oils and wine to make a paste. Rub the paste on the butterflied pork one hour before broiling. Broil pork 2-3 inches from heat source for about 6 minutes per side or until it is cooked to desired condition. Serves 4.

Isola Baked Pork Chops

4 tomatoes, quartered	¼ tsp thyme
1½ c eggplant, peeled and diced	¼ tsp basil
2 c zucchini, sliced	¼ tsp chopped parsley
½ lb mushrooms, halved	½ tsp black pepper
1 clove garlic, minced	1 T flaxseed oil
1 bay leaf	4 lean pork chops

Combine all ingredients except oil and pork chops. Grease a 9x13" baking dish with oil. Then layer the vegetable and spice mixture on bottom and place pork chops on top. Cover and bake at 350 degrees for 1 hour or until meat is tender. Serve the vegetables as a separate dish. Serves 4.

Barbecued Santa Fe Pork Chops with Salsa

6 1½-inch-thick boneless pork center loin chops, trimmed of all visible fat	
1 T chili powder	1 T ground cumin
Anaheim Cilantro Salsa (see condiments section)	1 T ground black pepper

Wash pork chops thoroughly and set on large platter. Mix together seasonings and spread evenly on both sides of chops. For Grilling: place chops on a BBQ over medium heat. Lower grill hood and grill for 7-8 minutes. Turn chops and grill for 7 minutes more. For Broiling: broil chops on medium heat and turn a few times until done. Serve with cilantro salsa on the side. Serves 6.