

Quinoa Stew (turkey, beef, chicken, or lamb)

1 lb ground meat
6 cups bone broth
½ cup washed quinoa
¼ cup millet
1 cup washed lentil
1 large sweet potato, peeled and cubed
1 large carrot, shredded
1 medium zucchini, shredded
¼ cup kombucha
¼ cup ground flax

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until quinoa is cooked.

Cool and pack in zip lock bags in 520g portions (using scale). Affix label. Freeze flat. Yields approx. 8 cups.

Potato Stew (turkey, beef, chicken, or lamb)

1 lb ground meat
8 cups bone broth
4 medium potato, peeled and cubed
1 large sweet potato, peeled and cubed
1 large carrot, cubed
3 cups frozen peas
1 cup washed lentils
¼ cup chia seeds
½ cup ground flax
¼ teaspoon spirulina

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until potatoes are cooked.

Cool and pack in zip lock bags in 520g portions (using scale). Affix label. Freeze flat. Yields approx. 8 cups.

Barley Stew (turkey, beef, chicken, or lamb)

1 lb ground meat
6 cups bone broth
2 large carrots, cubed
1 cup (packed) shredded kale
2 cups washed pearl barley
¼ cup chia seeds
½ cup ground flax
¼ teaspoon spirulina

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until barley is cooked.

Cool and pack in zip lock bags in 520g portions (using scale). Affix label. Freeze flat. Yields approx. 8 cups.

Rice Stew (turkey, beef, chicken, or lamb)

1 lb ground meat
8 cups bone broth
1 red pepper, seeded and cubed
2 cups whole rice (jasmine, basmati)
¼ cup chia seeds
½ cup ground flax

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until rice is cooked.

Cool and pack in zip lock bags in 520g portions (using scale). Affix label. Freeze flat. Yields approx. 8 cups.

Millet Stew (turkey, beef, chicken, or lamb)

1 lb ground meat
6 cups bone broth
1 cup millet
2 large sweet potatoes, peeled and cubed
1 cup washed lentils
1 cup green beans
1 teaspoon chopped rosemary
Handful fresh parsley, chopped
½ teaspoon minced garlic
¼ cup chia seeds
2 Tbsp flax seed oil
¼ teaspoon spirulina

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until millet is cooked.

Cool and pack in zip lock bags in 520g portions (using scale). Affix label. Freeze flat. Yields approx. 8 cups.

Meat N' Veg Stew (turkey, beef, chicken, or lamb)

1 lb ground meat
8 cups bone broth
1 cup washed lentils
1 large carrot, grated
1 medium zucchini, grated
2 sweet potatoes, grated
1 cup (packed) shredded kale
2 handfuls frozen green beans
¼ cup chia seeds
½ cup ground flax
¼ teaspoon spirulina

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until rice is cooked.

Cool and pack in zip lock bags in 520g portions (using scale). Affix label. Freeze flat. Yields approx. 8 cups.

MUTTloaf

1 lb ground meat	2 handful peas
3 medium potato – grated and drained	2 large kale leaves – finely chopped
1 large carrot – grated	½ cup ground flax seed
1 cup grated zucchini	¼ cup chia seed
½ cup white beans – mashed	¼ teaspoon spirulina
1 egg	

Mix all ingredients together in large bowl or pot. Divide into muffin pans. Bake at 325° for 70 minutes (depending on oven). Use silicon large muffin mold.

Cool on rack in mold for about 1 hour. Remove from mold and let cool completely before packaging in either 2-pack or 6-pack zip lock bags. Freeze.

Meaty Gravy (turkey, beef, chicken, or lamb)

- 1 lb ground meat
- 2 cups carrot juice (from juicer)
- 2 cups bone broth
- ½ cup pumpkin puree
- ½ cup apple sauce (unsweetened)
- ½ cup carrot pulp (from juicer)

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until potato is soft. Cool. Puree in blender or with stick blender. Spoon into ice cube trays. Package in plastic tubs with affixed label. (purchase from National Grocers or Uline)

Mew Stew (cat food)

- 1 lb meat or fish
- 1 cups carrot juice (from juicer)
- 1 cups bone broth or vegetable broth
- 1 small sweet potato, peeled and cubed
- ½ cup carrot pulp (from juicer)

Brown meat in large pot. Turn burner to medium-medium/low. Add broth, and remaining ingredients. Cook for about 30 minutes, until sweet potato is soft. Cool. Puree in blender or with stick blender. Portion (90g) into small plastic containers. (purchase from National Grocers or Uline)