

Recipe for **Secret Meatballs**



SERVES 4
PREP TIME 20min
TOTAL TIME 30min
OVEN TEMP 400 F

INGREDIENTS

2 lbs. ground meat
1 cups of kale, collards, Swiss chard, and/or spinach
1 cup of vegetables (assortment or your favorite of carrots, turnips, radishes, peppers, onions, etc.)
1 egg (add another if you want firm hold)
1 tsp of all purpose seasoning*
1 T of coconut aminos (optional)

DIRECTIONS

Preheat oven and place parchment paper, foil or slip mat on large baking sheet (for easier cleanup).
Chop up the greens and vegetables in the food processor to your desired consistency.

Put the ground meat in a bowl. Add the rest of the ingredients. Mix with your hands or spoon.
Form into balls and place on pan. Place in oven for about 30min, depending on the size of the balls.
Serve with cauliflower rice, pasta or favorite side.

*use your favorite blend or my favorite is: add 1 tsp sesame seed oil, sprinkle with sesame seeds and top with chopped green onions

Recipe for

Cheez It All Sauce



INGREDIENTS

- 1 Tbsp coconut oil or ghee
- 2 Tbsp gf flour
- 1 cup plain milk of your choice
- 1/2 cup nutritional yeast (optional, you can also use cheese sub)
- 1 tsp Dijon mustard
- 1/2 tsp turmeric
- 1/2 tsp garlic powder
- salt and pepper to taste

SERVES 4

PREP TIME 5 min

TOTAL TIME 15 min

OVEN TEMP _____

DIRECTIONS

In a medium sauce pan, melt the oil or ghee. Add flour and whisk into a paste. Stir in milk. Keep stirring to make sure nothing sticks to the pan. Bring to a gentle boil and turn off heat when sauce starts to thicken.

Add the remaining ingredients.

*serve on your favorite pasta with chicken or veggies

*use as a dip

*add vegan cheese for Mac n cheese sauce

*use as a sauce base for homemade pizza