

Ishbel WELL



Beef Stroganoff

Yields: 4 servings | **Prep Time:** 15 minutes |
Cook Time: 5

Ingredients

3T ghee
1t cracked pepper
1T onion powder
1T garlic powder
1/2t cayenne pepper
1lb stew meat
2 1/2 cup full fat coconut milk
1 6oz pack mushrooms
1 onion
4 cloves garlic
1T dijon mustard
1.5 cups bone broth
1 cup rice / spaghetti squash / pasta

Instructions

- 1) Melt ghee in a large cast iron pot. Add beef and spices and brown meat on all sides.
- 2) Add onions and garlic and slightly brown.
- 3) Add bone broth and bring to a boil.
- 4) Lower to a simmer and cover. Cook for 45 minutes. Add coconut cream and mushrooms. Increase temperature to medium and cover.
- 5) Remove the lid. Bring to a boil and let simmer until liquid is reduced to your desired thickness.
- 6) In another pot/pan prepare rice or pasta. If making spaghetti squash, cut squash in half, remove seeds and cook at 375 degrees for 30 minutes with cut-side down in a pan of water.

Notes: *Buying meat wholesale from a local farm can cut down significantly on food costs. On average, I spend \$5.50 per pound on grassfed beef by buying it wholesale through a local farm in Portland, OR: Kookoolan Farms. Kookoolan Farms also allows customers to take beef bones for free. On average, this meal will cost you less than \$10 to make and serves 4 people. To save time on cooking, consider making this with an instant pot: place all ingredients in instant pot, except for the mushrooms. Hit "manual" and cook for 30 minutes. Manually release the pressure, add the mushrooms. Cover and let sit for 10 minutes to allow the mushrooms to steam.*

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Banana Ice Cream

Yields: 4 servings | **Prep:** 5 minutes

Ingredients

2 frozen bananas
1/2 cup coconut milk
1t vanilla extract

Optional Add On's:

1T cacao
1t cinnamon
1/2C frozen berries

Instructions

Spiced Butter Shrimp

- 1) Combine all ingredients in a food processor or vitamix.
- 2) Mix well and enjoy!

Notes: *The sky is the limit for what flavor of ice cream you choose. Frozen bananas act as a nice base for a lot of different flavors! Compare the price of this ice cream to packaged ice cream. This meal costs approximately \$2. A small container of ice cream (that would provide half as much ice cream as this recipe) is on average \$3.50-\$7 per container.*