

INSTANT POT ALPACA/BEEF STEW

INGREDIENTS

- 3 pounds alpaca or beef stew meat
- sea salt
- 1 tablespoon avocado oil, or fat of choice (but not vegetable oil!)
- 2 medium onions thinly sliced
- 1 pound cremini mushrooms cleaned, stemmed, and quartered
- 2 tablespoons tomato paste
- 6 garlic cloves peeled and smashed
- 2 tablespoons coconut aminos if you tolerate fermented soy
- 1 teaspoon fish sauce
- 2 fresh thyme sprigs or 1 teaspoon dried thyme
- 1 dried bay leaf
- freshly ground black pepper
- ¼ cup Italian parsley roughly chopped

INSTRUCTIONS

- In a large bowl, toss the cubed beef with 1½ teaspoons of Diamond Crystal kosher salt. (Psst! You can use Magic Mushroom Powder in place of salt and it will taste umami-riffic!)
- Press the “Sauté” button on your Instant Pot and when the metal insert is hot, add your preferred cooking fat. Once the fat’s melted, add the onions and mushrooms and a ½ teaspoon kosher salt. Sauté until the onions are softened, about 5 minutes. (If you’re using a stovetop pressure cooker, melt the fat over medium heat and sauté the onions and mushrooms.)
- Stir in the tomato paste and garlic, and cook for 30 seconds or until fragrant.

- Toss in the salted beef, coconut aminos, fish sauce, thyme, and bay leaf. Give everything a good stir to combine all the ingredients. (You don't need to add any extra liquid to the Instant Pot because the onions and beef will release sufficient liquid. However, if you're using an older stovetop pressure cooker, you may need to add ½ cup of broth or water.)
- Press the “Keep Warm/Cancel” button on the Instant Pot and cover and lock the lid. Next, program the Instant Pot to cook for 35 minutes under high pressure. Once the pot is programmed, walk away. (If you're using a stovetop pressure cooker, you won't have all those buttons to press. Just cook on high heat until high pressure is reached. Then, reduce the heat to low to maintain high pressure for about 30 minutes.)
- When the stew is finished cooking, the Instant Pot will switch automatically to a “Keep Warm” mode. If you're using a stovetop pressure cooker instead, remove the pot from the heat. In either case, let the pressure release naturally (about 15 minutes). If the pressure hasn't released completely after 15 minutes and you're impatient, you can manually release the pressure by turning the valve at the top to venting.
- Fish out the thyme and bay leaf, and check that the meat is fork tender. If not, cook for another 10 minutes under high pressure. Season to taste with salt and freshly ground black pepper.
- If you're eating the stew right away, you can skim the fat off the top of the stew. Ladle out the stew, and adorn with some chopped Italian parsley.
- I love to make this stew ahead of time and store it in the fridge or freezer to reheat later. The stew will keep in the fridge for up to 4 days and in the freezer for up to 4 months.

NOTE: This recipe originally came from the website Nom Nom Paleo, and has been adjusted slightly.

VITAMIX GAZPACHO

INGREDIENTS

- 2 lbs heirloom tomatoes
- 2 cloves garlic
- 6 inch cucumber
- 4 cups chopped sweet baby bell peppers
- 1/2 cup chopped white onion
- 1/4 apple cider vinegar
- 1 T balsamic vinegar
- 3/4 cup olive oil
- 1 t cumin
- 1/2 t cayenne
- 2 T dried basil
- salt and pepper to taste

INSTRUCTIONS

Place all ingredients in the vitamix and blend well.

RECIPE CREDIT: Ishbel Cavaleri

KALE, APPLE & ALMOND SALAD w/ Lemon, Dijon, Maple Dressing

INGREDIENTS

- 6 cups firmly packed kale
- 1 apple
- 1/2 cup chopped almonds
- 1/4 cup olive oil

SALAD DRESSING

- 1/4 cup olive oil
- 5 T apple cider vinegar
- 3 T fresh lemon juice
- 1 T maple syrup
- 1 T dijon mustard

INSTRUCTIONS

- Separate kale from stalk by sliding hand down stalk.
- Tear kale into pieces.
- Massage kale with 1/4 cup olive oil.
- Add apples, almonds & salad dressing.

RECIPE CREDIT: Ishbel Cavaleri

AVOCADO & CACAO PUDDING

INGREDIENTS

- 2 ripe medium avocados , peeled and chopped
- 1/3 cup cocoa powder
- 1/4 cup Monk fruit / 6 pitted dates
- 1/2 cup water
- 1 1/2 teaspoon vanilla extract

INSTRUCTIONS

Blend all ingredients, until smooth, in a blender, food processor or using a hand held mixer. Serve immediately, or chill first.

RECIPE CREDIT: Ishbel Cavaleri