



A taste of
Fat Flush[®]

30 Recipes to Slim You
Down for Good!

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 Find Fat Flush friendly broth recipes in 'The Fat Flush Cookbook' or online at fatflush.com

 If you're already following a specific Fat Flush program, please note that in general these recipes can be integrated into Smoothie Shakedown and all phases of *The Fat Flush Plan*. Refer to your plan for more details.

"Cooking the Fat Flush way is easy when you have these fast and fabulous recipes, as well as herbs and spices to rev up your metabolism, power up your health, and tickle your taste buds. Bon Appétit!"

—Ann Louise Gittleman, PhD, CNS
Fat Flush Creator





Breakfast, Smoothies & Sweets



Cran-Water

Makes 2 quarts (64 ounces)

Directions

Add 8 ounces unsweetened cranberry juice to 56 ounces filtered water, or 3 tablespoons unsweetened cranberry juice concentrate to 60 ounces filtered water.

Note: Be sure to look for 100% cranberry juice that has no sugar, corn syrup, or other juices added, including apple, pear, or grape.

Whey Delish Pancakes

Makes 1 serving of four to six (3-inch) pancakes

Ingredients

- 2 eggs
- 1 scoop (5 tablespoons) *Fat Flush Whey Protein, Vanilla*
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- Olive oil spray

Directions

1. Place all the ingredients in a blender and blend until well mixed.
2. Heat a nonstick pan, and spritz with the olive oil spray to lightly coat the pan.
3. Spoon the batter (about 3 tablespoons) into the pan, spreading it to create a pancake by gently shaking the pan.
4. Flip the pancake when the edges are lightly browned. Continue to cook for a few seconds longer.
5. Remove and repeat until all the batter has been used.



Cinnamon

Tips:

- Try a dash of cinnamon in spaghetti sauce, beef stew, or chili
- Make healthy cinnamon toast with a drizzle of flaxseed oil, then a sprinkle of cinnamon





Sunshine Frittata

Makes 2 servings

Ingredients

- Olive oil spray
- 1 orange or red bell pepper, seeded and chopped
- 6 artichoke hearts, chopped
- 4 large eggs
- 1 tablespoon water
- 4 slices turkey bacon, cooked and crumbled
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Cayenne

Directions

1. Spritz a medium-size ovenproof skillet with olive oil; heat over medium heat.
2. Sauté the bell pepper and artichokes for 2 minutes.
3. While the veggies are cooking, in a medium-size bowl, whisk together the eggs, water, turkey bacon crumbles, herbs, and cayenne to taste.
4. Preheat the broiler.
5. Pour the eggs into the skillet with the vegetables; cook on the stovetop for about 6 minutes or until top of frittata is set.
6. Place the skillet under the broiler for about 1 minute, or just until the frittata starts to turn golden brown.



Variation: You can omit the crumbled bacon and substitute ¼ cup shredded cheddar cheese before broiling.



Raspberry Harmony Smoothie

Makes 1 serving

Ingredients

- 8 ounces cran-water (pg. 2)
- 1 scoop *Fat Flush Body Protein*
- 1/2 frozen peach
- 1/2 cup frozen raspberries
- 1 tablespoon flaxseed oil
- 1 tablespoon flax or chia seeds
- Ice cubes (optional)

Directions

Combine ingredients in a blender until smooth, then add flax or chia seeds. Don't skip the ever important flaxseed oil!



Spaghetti Squash Pudding

Makes 2 servings

Ingredients

- Olive oil spray
- 4 large eggs
- 1 scoop (5 tablespoons) *Fat Flush Whey Protein, Vanilla or Chocolate*
- 2 packets Stevia
- 3 cups cooked spaghetti squash, drained well
- 1 cup fresh or frozen raspberries

Directions

- Preheat oven to 350° F.
- Lightly coat a glass 9-inch pie pan (or an 11 x 7-inch dish) with a few spritzes of olive oil.
- Mix the eggs on low speed in a blender.
- Add the whey and Stevia; blend well on low speed.
- Add the spaghetti squash; blend on high speed until pureed.
- Sprinkle the raspberries into the pan.
- Pour the spaghetti squash mixture into the pan.
- Bake for 25 to 30 minutes, or until set. Chill.



Note: Cherries or apples make delicious substitutions for the raspberries. If you prefer, omit the fruit so you can enjoy it later in the day. Add a bit of lemon zest to brighten the flavor!



Amazing Fat Flush Waffles

Makes 1 serving (3 waffles)

Ingredients

- Olive oil spray
- 1 scoop *Fat Flush Whey Protein, Vanilla*
- 2 eggs
- Dash Stevia
- Dash cinnamon

Directions

- Coat waffle iron with a 3-second spray of olive oil.
- In a medium bowl, mix together all ingredients in a blender.
- Heat waffle iron according to manufacturer's recommendations. Pour batter into hot waffle iron and cook until just done. (These waffles tend to be dry so undercook them just a bit.)
- Remove waffle with a spatula; keep warm. Repeat with remaining batter.

Note: Make a fruit topping by coarsely pureeing 1 cup berries (or fruit of your choice) mixed with a dash of Stevia in a blender or food processor.





Dressings, Seasonings & Sauces



Fat Flush Mayo

Makes approximately 2 cups (Sixteen 2-tablespoon servings, each serving = 1 tablespoon oil)

Ingredients

- 2 garlic cloves
- ½ teaspoon dried mustard (1 tablespoon dijon mustard may be substituted if desired)
- 2 egg yolks (omega-enriched preferred)
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons apple cider vinegar
- Cayenne, to taste
- 1 cup flaxseed oil or olive oil

Directions

1. Combine the garlic, egg yolks, lemon juice, vinegar, and cayenne in a food processor or blender.
2. With the machine running, slowly drizzle in the oil until the mixture thickens into mayo.

Note: Contains flaxseed oil—do not use in recipes that need to be heated. Delicious with fish, chicken, and vegetables.

Fat Flush Season-All

Makes approximately ½ cup

Ingredients

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 teaspoons ground coriander
- ¼ cup dried parsley
- 1 teaspoon lemon zest, minced
- ¼ teaspoon cayenne
- ¼ cup ground cumin

Directions

1. Combine all the ingredients.
2. Place in a covered container or shaker bottle.



Note: Store the seasoning at room temperature away from the stove.



Dressings, Seasonings & Sauces



Roasted Red Pepper Sauce

Makes about 1 cup (Four ¼-cup servings, each serving = 1 tablespoon flaxseed oil)

Ingredients

- 2 red bell peppers, seeded, quartered, and roasted
- 2 cloves garlic, minced
- ¼ cup flaxseed oil
- 2 teaspoons fresh parsley, chopped
- 2 teaspoons lemon or lime juice, chopped
- ½ teaspoon dry mustard

Directions

1. Blend all ingredients until smooth.
2. Store the sauce in a covered container in the refrigerator.

To roast a pepper: Place cut side down on a pan. Roast at 450°F until the pepper is blackened (about 10 minutes). Remove from the oven. When cool enough to handle, remove the blackened skin and discard.



Note: Keep in mind this sauce cannot be heated as it contains flaxseed oil, which is fragile. However, you can serve it as a dip or spooned over hot foods such as eggs, veggies, chicken, beef, or seafood.



E-2 Fat Flush Vinaigrette

Makes about ½ cup (Four 2-tablespoon servings, each serving = 1 tablespoon oil)

Ingredients

- ¼ cup flaxseed oil or lemon-flavored fish oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon or lime juice, freshly squeezed
- 1 clove garlic, crushed
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh cilantro, chopped
- Pinch of dry mustard
- Cayenne

Directions

1. Place all ingredients in a glass container with a lid; shake well.
2. Store the vinaigrette in the refrigerator.



Dressings, Seasonings & Sauces



Herbal Dijon Vinaigrette

Makes about 1 cup (Eight 2-tablespoon servings, each serving = 1 tablespoon oil)

Ingredients

- ½ cup apple cider vinegar
- ½ cup flaxseed oil or lemon-flavored fish oil
- 2 cloves garlic, crushed
- 1 teaspoon dijon mustard, or to taste
- 1 teaspoon fresh parsley, minced
- 1 teaspoon fresh dill, minced
- 1 teaspoon green onions, minced

Directions

1. Place all ingredients in a glass container with a lid; shake well.
2. Store the vinaigrette in the refrigerator.

Silky Herbed Dressing

Makes about 2 cups (Sixteen 2-tablespoon servings)

Ingredients

- ½ cup chopped fresh dill
- ½ cup chopped fresh cilantro
- ½ cup chopped fresh parsley
- 2 cups Fat Flush Mayo (recipe on pg. 6)

Directions

Gently mix the chopped fresh herbs into the mayonnaise.



Garlic

Fat Flush Factors:

- Energizer
- Detoxifier

Tips:

- One clove of garlic pushed through a garlic press is ten times stronger than one clove minced fine with a sharp knife.
- Chewing caraway seeds, fennel seeds, or fresh parsley after eating garlic helps freshen your breath.





Snacks, Sides & Salads



Firecracker Slaw

Makes 6 to 8 servings

Ingredients

- 1 pound red and green cabbage, thinly sliced
- 2 medium carrots, thinly sliced
- 1 red bell pepper, finely chopped
- 1 green bell pepper, finely chopped
- 4 celery stalks, finely chopped
- 2 tablespoons lime juice, freshly squeezed
- 2 tablespoons apple cider vinegar
- 4 teaspoons flaxseed oil
- Cayenne to taste
- ½ teaspoon celery seed

Directions

1. Combine all ingredients in a large bowl with a lid.
2. Cover and shake.
3. Refrigerate for 4 to 6 hours to allow the flavors to develop, shaking periodically.

Did you know that Cayenne is a natural energizer, speeds up metabolism and helps clean fat out of the arteries?

5-Star Power Dip

Makes 4 servings

Ingredients

- 1 (14-ounce) can artichoke hearts, rinsed and drained
- 4 cups organic spinach, coarsely chopped
- 1 garlic clove, minced
- 1 tablespoon lemon juice, freshly squeezed
- 2 tablespoons fresh dill, chopped
- ½ cup fresh parsley, chopped
- ½ cup fresh cilantro, chopped
- 1 (8-ounce) can water chestnuts, rinsed, drained, and chopped
- ¼ cup Fat Flush Mayo (recipe on pg. 6)
- Cayenne, to taste.

Directions

1. Combine all ingredients in a medium bowl.
2. Chill thoroughly.
3. Serve with fresh-cut vegetables.





Snacks, Sides & Salads



Marvelous Marinated Veggies

Makes 8 servings

Marinade Ingredients

- ¼ cup flaxseed oil
- ½ cup apple cider vinegar

Directions

Combine the oil and vinegar in a small bowl.

Vegetables Ingredients

- 1 cup fresh parsley, chopped
- 1 cup cilantro, shredded
- 1 cup each broccoli and cauliflower florets
- 4 carrots, sliced
- 4 celery stalks, chopped
- 2 cups cabbage, shredded
- ¼ cup black olives, sliced

Directions

1. Place the herbs and vegetables in a shallow nonmetal container with a tight lid.
2. Pour the marinade over the vegetables.
3. Cover; shake well.
4. Refrigerate the salad several hours or overnight, shaking the container occasionally to evenly distribute the marinade.

Tip: When shopping for apple cider vinegar, look for brands like *Bragg's* that are certified organic, unfiltered, and unpasteurized.

Perfect Picnic Pickles

Makes 4 servings

Ingredients

- 8 cucumbers, cut into spears or chips
- 1 cup apple cider vinegar
- 1 garlic clove, minced
- 2 teaspoons fresh dill
- Dash of turmeric

Directions

1. In a medium bowl, stir cucumbers, vinegar, garlic, dill, and turmeric.
2. Cover, refrigerate for at least 6 hours and enjoy.





Snacks, Sides & Salads



Mashed Cauliflower

Makes 2 servings

Ingredients

- 1 medium head cauliflower, cut into florets
- 1 cup purified water
- 2 garlic cloves, minced
- 1 teaspoon fresh chives, chopped
- ½ teaspoon onion powder
- ½ teaspoon fresh parsley, chopped
- 1 tablespoon no-salt-added **chicken** or **beef broth**

Directions

1. In a medium pot, place cauliflower in water and bring to a quick boil.
2. Lower heat to simmer and cover. Cook for an additional 12 minutes or until soft.
3. Drain, transfer cauliflower to a bowl, and mash.
4. Blend in garlic, chives, onion powder, parsley, and broth with the mashed cauliflower.
5. Serve hot.



Braised Fragrant Chard

Makes about four 1-cup servings

Ingredients

- ¾ cup no-salt-added **vegetable broth**
- 1 onion, chopped
- 3 cloves garlic, smashed
- 1 bunch green chard, chopped coarsely
- Salt (optional)

Directions

1. In a large sauté pan over medium-high heat, heat ¼ cup of the broth.
2. Sauté the onions and garlic until softened, about 2 minutes.
3. Stir in the chard. Stir in the remaining ½ cup of broth; cover.
4. Reduce heat to low; simmer until the chard is crisp-tender, about 5 minutes.
5. Sprinkle with salt (optional).



Snacks, Sides & Salads

Fabulously Flaxy Crackers

Makes 16 servings (2 crackers each)

Ingredients

- Olive oil spray
- 1 cup milled flaxseeds
- 1 teaspoon Stevia
- 2 teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ cup Cran-Water (recipe on pg. 2)

Directions

Preheat oven to 275°F

1. Lightly coat a cookie sheet with olive oil spray.
2. Mix the dry ingredients in medium bowl.
3. Add the Cran-Water and let stand for 5 minutes.
4. Stir the mixture vigorously with a fork for about 5 minutes or until seeds stick together. Let rest for 15 minutes.
5. Spoon the flaxseed mixture onto the prepared cookie sheet. Cover with wax paper. Use a glass or a rolling pin to roll the mixture flat.
6. When mixture is evenly distributed, remove and discard wax paper. Score the mixture slightly with a pizza cutter or fork into 16 crackers.
7. Bake for 1 to 1 ½ hours, or until the crackers lift off the cookie sheet and crack apart easily.
8. Store crackers in an airtight container.



Artichoke & Hearts of Palm Salad

Makes 4 servings (Each serving = 1 tablespoon flaxseed oil)

Ingredients

- 1 (14-ounce) can artichoke hearts, rinsed and drained
- 1 (14-ounce) can hearts of palm, rinsed and drained
- 1 clove garlic, minced
- ¼ cup flaxseed oil
- 2 tablespoons lemon juice, freshly squeezed
- 1 tablespoon apple cider vinegar
- 1 cup fresh parsley, minced
- Cayenne

Directions

1. In a medium-size bowl; toss all ingredients together.
2. Refrigerate for 1 hour prior to serving to allow flavors to blend.

Farmer's Market Salad

Makes 1 serving

Ingredients

4 ounces cooked lean protein (choice of fish, shellfish, beef, chicken, turkey or lamb)
2 cups mixed salad greens (such as arugula, dandelion greens, organic spinach, watercress, escarole)
¼ cup fresh parsley, chopped, plus additional for garnish
¼ cup fresh cilantro, chopped, plus additional for garnish
2 tablespoons fresh dill, chopped
¼ cup cauliflower florets
¼ cup broccoli florets
¼ cup daikon radish, shredded
3 canned artichoke hearts, quartered
¼ cup steamed asparagus, sliced
1 cup grape tomatoes
1 stalk celery, chopped
1 small carrot, sliced
2 tablespoons Silky Herbed Dressing (recipe on pg. 8)

Directions

1. Toss all the salad ingredients in medium bowl.
2. Gently mix in the Silky Herbed Dressing.
3. Garnish with the additional chopped parsley and cilantro.



Chicken with Dill

Makes 2 servings

Ingredients

2 (5-ounce) chicken breasts, boned, skinned, and halved
3 garlic cloves, minced
½ teaspoon dried dill
¼ cup fresh lemon juice
½ cup low-sodium chicken broth

Directions

- Preheat oven to 350°F.
1. Rub chicken with garlic.
 2. Place in baking dish and sprinkle with dill and lemon juice.
 3. Pour chicken broth over chicken.
 4. Bake for 45 minutes or until chicken is cooked through.



Fiery Shrimp Skewers

Makes 4 servings

Ingredients

- Juice of 2 limes
- 2 cloves garlic, chopped
- ½ teaspoon ground cumin
- Cayenne to taste
- Olive oil spray
- 1 ¼ pounds medium shrimp, peeled
- Bamboo skewers, soaked in water

Directions

1. Combine all ingredients except shrimp in a large baking dish.
2. Add shrimp, toss to coat. Marinate in refrigerator for at least 15 minutes.
3. Put shrimp on skewers, place skewers on grill (using a low flame or coals) and cook for about 3 minutes on each side or until shrimp are pink and lightly charred on both sides, being careful not to overcook.

Fiery Shrimp Salad

Makes 4 servings

Ingredients

- 1¼ pounds medium shrimp, prepared using Fiery Shrimp Skewers recipe (above)
- 8 cups mixed greens or spinach, thoroughly rinsed
- 1 cup grape tomatoes, sliced
- 1 cup fresh mushrooms, sliced
- 1/2 red onion, thinly sliced

Directions

Toss all ingredients in a large bowl and serve with Herbal Dijon Vinaigrette (recipe on pg. 8).





Garlicky Chicken Casserole

Makes 4 servings

Ingredients

- 4 (5-ounce) boneless, skinless chicken breasts
- 2 cups no-salt-added chicken broth
- 1 medium red onion, diced
- 2 ½ red bell peppers, chopped
- 2 zucchini, sliced
- 8 garlic cloves, minced
- 12 black olives, sliced or chopped
- Juice of 1 lemon
- 2 (8-ounce) cans no-salt-added tomato sauce
- Handful of fresh cilantro, chopped

Directions

Preheat oven to 350°F.

1. In a medium pot, simmer chicken breasts and broth.
2. Poach chicken until tender.
3. When cooked, shred chicken into bite-sized pieces.
4. Place chicken, onion, red bell pepper, zucchini, garlic, olives and lemon juice in a medium casserole dish and mix well.
5. Cover and bake in oven for 45 minutes.
6. Stir tomato sauce into casserole and return to oven for 20 minutes uncovered.
7. Mix in cilantro and serve.



Tip: Save time by using leftover chicken breasts. Substitute tofu for chicken as a meatless option.



Lemon

Fat Flush Factors:

- Cholesterol zapper
- Detoxifier
- Diuretic
- Thermogenic

Tips:

- Lemons supply four times more vitamin C than oranges.
- Unlike oranges, lemons continue to ripen even after they are picked.
- Squirt lemon juice on cut fruits or white vegetables to help them keep their color.



South of the Border Lettuce Wraps

Makes 4 servings

Ingredients

- Olive oil spray
- 1 onion, chopped
- 1 orange or red bell pepper, seeded and chopped
- 1 ¼ pounds lean ground beef or turkey
- 3 cloves garlic, chopped
- 2 teaspoons Fat Flush Season-All (recipe on pg. 6)
- 8 large leaves of lettuce, rinsed
- ¼ cup salsa
- Fresh cilantro

Directions

1. Coat a large skillet with a few spritzes of olive oil; heat over medium high heat.
2. Sauté the onions and peppers until softened. Add the ground beef and garlic and continue sautéing until the beef is cooked through; drain.
3. Stir in the Fat Flush Season-All; simmer for 5 minutes.
4. Spoon the beef mixture into the lettuce leaves; top each with 1 tablespoon of salsa, green onions, and cilantro.

Variation: Make these lettuce wraps into tacos using Fat Flush Tortillas by French Meadow Bakery.

Cayenne

Fat Flush Factors:

- Thermogenic
- Energizer

Tips:

- Add flavor and heat to any combination of steamed or mixed veggies.
- Give your herbal coffee a traditional Mexican flair by adding a tiny pinch.
- Keep in a tightly sealed glass jar, away from direct sunlight.
- Cayenne's flavor intensifies when it's frozen so you may want to go easy when making a dish destined for the freezer.





Beef & Veggie Shepherd's Pie

Makes 4 servings

Ingredients

- 1 pound lean ground beef
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 red pepper, chopped
- 1 cup mushrooms, sliced
- 1 teaspoon cayenne
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 small carrots, grated
- 12 black olives, chopped
- Handful of fresh cilantro
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 (14½-ounce) can no-salt-added diced tomatoes
- 2 cups mashed cauliflower (recipe on pg. 11)

Directions

Preheat oven to 350°F.

1. In a large, nonstick skillet, brown ground beef, onion, and garlic.
2. When beef is nearly done, add red pepper, mushrooms, cayenne, onion powder, and garlic powder.
3. When beef is no longer pink, transfer to a large casserole dish.
4. Add carrots, olives, cilantro, tomato sauce, and diced tomatoes to casserole dish and mix well.
5. Spread mashed cauliflower over the top.
6. Bake in oven for 30 minutes.
7. Place under broiler for 3 minutes or until browned on top.

Cauliflower

Fat Flush Factors:

- Detoxifier

Tips:

- Though it's related to broccoli, cauliflower is shielded from the sun by its heavy green leaves and lacks green chlorophyll and remains milky white.
- Cauliflower contains both glucosinolates and thiocyanates, compounds that increase the liver's ability to neutralize potential toxins.
- When shopping for cauliflower, size does not affect taste or quality, so go with the one that suits your needs.





Cuban Ropa Vieja

(Stove or Slow Cooker)

Makes eight 2-cup servings

Ingredients

- Olive oil spray
- 2 ½ pounds flank steak, cut crosswise into three pieces
- 2 large onions, sliced thinly
- 2 bell peppers (any color), sliced thinly and seeded
- 3 cloves garlic, minced
- 2 tablespoons apple cider vinegar
- 2 cups **beef broth**
- 1 (14-ounce) can diced tomatoes
- 2 bay leaves
- 2 tablespoons ground cumin
- 1 to 2 jalapeños, chopped
- 2 tablespoons tomato paste

Directions

Prepare on the Stove

1. Lightly coat a large pot with a few spritzes of olive oil; and add flank steak.
2. Brown the meat on all sides over high heat, approximately 5 minutes. Transfer the meat to a plate.
3. Spritz the pot again; reduce heat to medium-high. Add the onions, peppers, and garlic, stirring until they begin to brown.
4. Add the vinegar; stir, scraping up any brown bits from bottom of the pan.
5. Add the broth and diced tomatoes.
6. Bring to a boil over high heat.
7. Add the bay leaves, cumin, jalapeños, and tomato paste, stirring until all the ingredients are blended.
8. Return the steak to the pot. Bring the mixture back up to a boil, cover; lower the heat and simmer until the meat is very tender, approximately 2 ½ hours.
9. When the meat is tender, shred gently with a fork.
10. Remove and discard the bay leaves before serving.

Prepare in a Slow Cooker

1. Lightly coat a large pot with a few spritzes of olive oil; and add flank steak.
2. Brown the meat on all sides over high heat, approximately 5 minutes.
3. Transfer the meat to the slow cooker. Add the remaining ingredients.
4. Cook on low for about 6 hours, or until very tender.
5. When the meat is tender, shred gently with a fork.
6. Remove and discard the bay leaves before serving.



Crab Cakes in a Flash

Makes 4 servings

Ingredients

- Olive oil spray
- 1 pound crabmeat, picked over, rinsed, and drained
- ½ medium onion, chopped
- 2 tablespoons bell pepper, seeded and chopped
- 2 tablespoons celery, chopped
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped
- 1 clove garlic, minced
- Pinch of cayenne
- 1 tablespoon lemon or lime juice, freshly squeezed
- 1 large egg, beaten

Directions

- Preheat the oven to 350°F.
1. Lightly coat a baking sheet with a few spritzes of olive oil.
 2. In a large bowl, break up the crabmeat with a fork. Mix in the remaining ingredients.
 3. Shape the mixture into eight patties and place on the baking sheet.
 4. Bake the crab cakes for about 15 minutes, or until nicely browned and cooked through.



Parsley

Fat Flush Factors:

- Diuretic

Tips:

- Cooking parsley for a long time takes away from its flavor and nutrient value, so add it toward the end of cooking.
- Toss a handful into your salad or sprinkle minced leaves over cooked food.
- Mix some freshly minced parsley and garlic into flaxseed oil for a savory, yet simple, topping for steamed veggies.





Effortless Beef Chili

(Slow Cooker)

Makes about four 2-cup servings

Ingredients

- 2 onions, sliced
- 1 ¼ pounds frozen lean ground meat
- 1 cup mushrooms, sliced
- 1 (6-ounce) can tomato paste
- 1 (28-ounce) can diced tomatoes
- 2 to 3 garlic cloves, minced
- 2 teaspoon ground cumin
- Cayenne
- 1 bay leaf

Directions

1. Place the onions in the bottom of the slow cooker.
2. Place the frozen ground meat over the onions.
3. Lay the mushrooms on top of the ground meat.
4. In a small bowl, mix together the remaining ingredients; pour over the mushrooms.
5. Cover; cook on low for 6 to 8 hours (or on high for 4 to 5 hours).
6. About 45 minutes prior to serving, use a wooden spoon to break apart the meat into small chunks.
7. Remove and discard the bay leaf before serving.

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these recipes, get the
complete program at

Fatflush.com