

Pulled Beef

4-6 oz. per serving

2 lb. chuck roast or stew meat
1 large yellow onion, sliced
2 cloves garlic, minced
½ c. chicken or beef broth
1 Tbsp. of Minnesota Nice Spice - Big
Easy Louisi Cajun
½ tsp. black pepper

1. Set slow cooker on low.
2. Put meat in pot.
3. Add broth to pot.
4. Put onions and garlic on top of meat.
5. Add spices on top of meat and onions.
6. Cover and cook for 8-10 hours
7. Take 2 forks and shred the meat



**Nutritional
Weight & Wellness**

Bacon Brussels Sprouts

1 cup per serving

2-3 pounds of Brussels sprouts, quartered
½ pound of mushrooms (optional),
chopped
½ of a large onion, diced
1 lb. bacon, chopped
Salt and pepper, to taste
Lard, coconut oil, butter or olive oil to
roast

1. Pre-heat oven to 375. Place quartered Brussels sprouts, chopped onion and mushrooms onto a roasting pan.
2. Add 2-3 tablespoons of the fat of your choice (lard, coconut oil butter or olive oil) to the Brussels sprouts mixture.
3. Roast mixture for approximately 30 minutes. Toss one to two times during cooking process to coat the mixture evenly with the fat.
4. While the Brussels sprouts are roasting, make the bacon on the stove. Chop the cooked bacon, saving the bacon grease.
5. Remove the Brussels sprouts mixture from the oven and add the chopped bacon and bacon grease to the Brussels mixture. Toss to evenly coat.
6. Place Brussels mixture back into the oven for another 10-15 minutes, or until the Brussels are crispy and have a tan to dark brown crisp on the outer leaves.



**Nutritional
Weight & Wellness**

Mashed Sweet Potato Casserole

1/2 cup per serving

4 c. hot mashed sweet potatoes
2 Tbsp. butter
2 eggs
1/4 c. cream or coconut milk

1. Mix the mashed sweet potatoes, butter and eggs together.
2. Beat in 1/4 c. of cream or coconut milk.
3. Pour mixture into a 2-quart casserole dish.

Topping:

1/4 c. chopped pecans
1/4 c. unsweetened coconut
2 Tbsp. coconut flour
2 Tbsp. butter, melted

4. Combine all topping ingredients and place on top of the sweet potato mixture.
5. Bake at 350 degrees for 35-40 minutes.



**Nutritional
Weight & Wellness**