



HEALTHY HOME KC

"SPAGHETTI" & MEATBALLS

INGREDIENTS:

2 TABLESPOONS GRASS FED BUTTER
1 LARGE SPAGHETTI SQUASH
1 POUND GRASS FED BEEF
1 SMALL ONION, CHOPPED
½ PARSLEY
1 TABLESPOON CHIA SEEDS
PINK HIMALAYAN SALT, PEPPER, GARLIC POWDER TO TASTE
1 JAR OF ORGANIC SPAGHETTI SAUCE OR CAN MAKE
HOMEMADE

DIRECTIONS:

CUT SQUASH IN HALF AND SCOOP OUT THE SEEDS & PULP. PLACE FACE DOWN IN A MICROWAVE SAFE DISH WITH 1/4 INCH WATER. COOK IN MICROWAVE FOR 10-12 MINUTES (TIMES MAY VARY).

WHILE THAT COOKS MIX THE BEEF WITH THE ONION, PARSLEY, CHIA AND SPICES. MAKE INTO BALLS ROUGHLY 12 BALLS. COOK IN A PAN WITH 2 TABLESPOONS OF BUTTER.

ONCE SQUASH IS DONE FLIP OVER AND LEFT COOL ENOUGH TILL YOU CAN HANDLE IT. USING A FORK SCRAP THE SQUASH INTO SPAGHETTI STRANDS AND PLACE IN A PAN. ADD SOME BUTTER TO THE SQUASH AND COVER TO KEEP WARM. FINISH COOKING THE MEATBALLS AND WARM UP THE SAUCE. SERVE AS YOU WOULD NORMAL SPAGHETTI! ENJOY!

Shopping List:

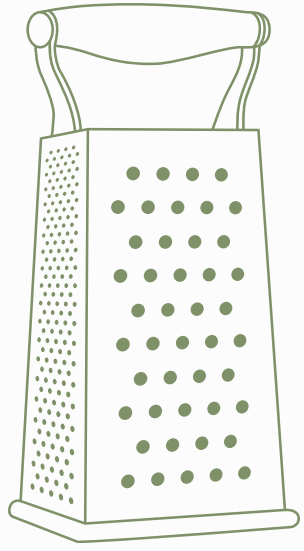
Butter
Large spaghetti squash
1 yellow Onion
1 pound grass fed beef
Parsley
Chia seeds
Organic spaghetti sauce



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CROCK POT BEEF VEGETABLE SOUP

INGREDIENTS:

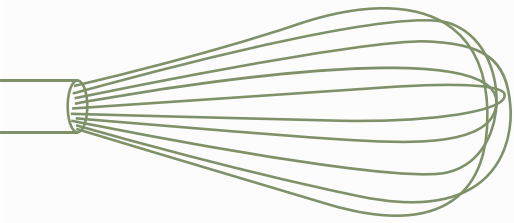
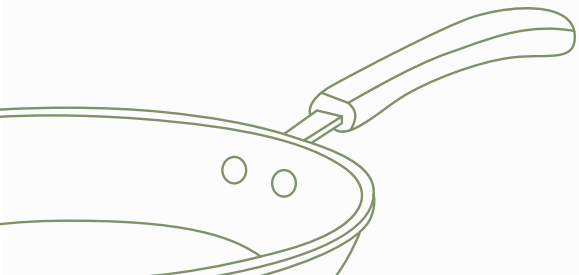
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- 2 POUNDS BONELESS ROUND STEAK, CUBED
 - 2 (14-OUNCE) CAN DICED TOMATOES ORGANIC IF POSSIBLE
 - 48 FLUID OUNCES BEEF BROTH
 - 2 MEDIUM SWEET POTATOES PEELED AND CUBED
 - 3 CUPS BABY CARROTS
 - 4 MEDIUM ONIONS DICED
 - 4 CELERY STICKS DICED
 - 2 CUPS FRESH PEAS (OPTIONAL)
 - 1 TEASPOON BASIL, 1 TEASPOON OREGANO, TEASPOON THYME

DIRECTIONS:



PLACE ALL INGREDIENTS IN CROCKPOT
COVER AND COOK ON LOW FOR 7-8 HOURS.
CAN SERVE WITH ALMOND BREAD

Shopping List:

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- 2 pounds boneless round steak
 - 2 cans 14 oz diced tomatoes
 - beef broth
 - sweet potato 2
 - baby carrots 3 cups
 - 4 medium onions
 - pack celery
 - frozen peas 2 c