



10-minute “Save you from the Drive-Thru”
Grass-Fed Beef Gallimaufry



Ingredient List:

- 4 Cloves Garlic, minced or whole roasted cloves
- ½ Large Yellow Onion, diced
- 1 Pound Organic, Grass-Fed Beef
- 1 Large Sweet Potato or Yam, roasted and roughly diced
- 2 Handfuls Dried Shiitake Mushrooms, reconstituted in warm water
- 4 Handfuls Fresh Spinach, rinsed
- 1 Chipotle Pepper in Adobo (or ¼ Cup Paleo Nick’s Salsa Chipotle)
- Olive Oil
- Kosher Salt
- Freshly Ground Black Pepper

Preparation Instructions:

1. Heat a cast iron skillet over medium-high heat until approximately 350°F.
2. Add olive oil, garlic and yellow onion and cook for 1 minute.
3. Season beef with Kosher salt and pepper on top side, place, seasoned side down, in the pan and season the top side once again.
4. Allow beef to caramelize for 2-3 minutes. Then, using a wooden spoon, begin breaking it into chunks.
5. Add sweet potatoes and cook for 2 minutes, then mushrooms and cook for 2 minutes.
6. Add spinach and stir well until wilted, then add chipotle pepper, break up with spoon and stir well to incorporate.
7. Season with Kosher salt and pepper and Voila!
8. Be sure to share with your friends and stay away from the drive thru!

“Keep It Paleo!”

