

BISON & MANY VEGGIES BREAKFAST SKILLET

SERVES 5 TO 6

PREP TIME:
15 MINUTES

COOK TIME:
10 MINUTES

- 2 tablespoons (30 ml) extra virgin olive oil
- 1 lb (450 g) ground bison
- 10 oz (280 g) red cabbage, shredded
- 2 medium carrots, grated
- 1 small leek, shredded
- 3-inch (7.5 cm) piece daikon, grated
- 12 oz (340 g) rutabaga, grated
- 4 tablespoons (60 ml) coconut aminos
- Pinch sea salt
- Pinch black pepper
- 1 cup (60 g) roughly chopped fresh flat-leaf parsley

I start most days with a breakfast skillet. It's a well-balanced macronutrient meal, and it's a great way to boost your rainbow veggie intake. This recipe has a good combination of sulfur-rich cruciferous vegetables, roots and leafy greens. Use this recipe as your template: Include anything that you have on hand or that needs using up. The cooking time depends on your preference. If your digestion is particularly compromised, cook the vegetables well. If you prefer them less cooked, adjust the timing accordingly.

Put a large sauté pan or skillet over medium heat and add the olive oil. Add the bison and cook for 4 minutes, or until browned.

Add the cabbage, carrots, leek, daikon, and rutabaga. Sauté for 5 to 8 minutes until tender, regulating the temperature if necessary. Stir in the coconut aminos, and add salt and pepper to taste.

Remove from the heat and stir in the parsley. Serve immediately.

- Black pepper
- ATP COMPLIANT Omit black pepper.
- FREEZER-FRIENDLY Yes
- LOW FODMAP Caution with coconut aminos.
- COCONUT-FREE Omit coconut aminos.

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HERBY

MUSHROOM SOUP

SERVES 4

PREP TIME: 20 MINUTES

COOK TIME: 35 MINUTES

- 1 tablespoon (14 g) ghee
- 1 lb (170 g) shallots, chopped
- 2 medium stalks celery, chopped
- 2 tablespoons (30 ml) olive oil
- 1 large elbow garlic, minced
- 1 lb (450 g) brown mushrooms, chopped
- 10 (100 g) white button mushrooms, chopped
- 1 (100 g) shallot
- 1/2 cup (120 ml) sherry
- 1/2 cup (120 ml) chicken broth
- 1/2 cup (120 ml) fresh thyme
- 1/2 cup (120 ml) sea salt
- 1/2 cup (120 ml) black pepper (optional)
- 1/2 cup (120 ml) red wine
- 1/2 cup (120 ml) chives

This is a creamy, nutritious soup with mushrooms—and a tasty treat for you and your family. You can choose to include black pepper and/or spicy kick to the soup. Ghee will enrich the nutrients. Dr. Sarah Ballantyne has written a book on mushrooms, even elevating them to their own essential category.

Heat the ghee in a large pan and add the mushrooms. Cook for 5 to 6 minutes, or until softened. Add the shallots and the oil with the garlic, mushrooms, and pepper (if using).

Raise the heat to medium and continue stirring frequently until the mushrooms are tender.

Pour in the sherry vinegar. Scrape the seared mushrooms into the mushroom soup. Pour in the broth and bring to a simmer for 10 minutes.

Remove the pan from the heat and add the chicken broth for 1 to 2 minutes until wilted. Discard the shallots to a blender and blitz until smooth, in batches or use an immersion blender if needed.

To serve, ladle into bowls, add a swirl of cream and a good pinch of chives.