CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Lamb Chili

Hearty Protein & Vegetable Variety

www.consciousrewire.com

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What This Supports

Supports protein intake and vegetable diversity.

Why It Works

Lamb and mixed vegetables create a filling, mineral-rich meal.

Ingredients

Lamb Chili

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leek, sliced

carrots, sliced

celery stalks, sliced

/4 bunch asparagus, sliced

.5 cups cauliflower, chopped

zucchini, chopped

cups filtered or spring water

lb ground lamb

tsp Apple cider vinegar

/4 - 1/2 cup coconut oil

tsp each: coriander, cumin, allspice, sea salt

tbsp oregano

bay leaf

Directions

. In a large pot combine leek, celery, and carrot and cook for 3 minutes or until soft.

. Add water, asparagus, cauliflower, zucchini, lamb, vinegar, spices, and salt.

. Cover and cook for 10 minutes or until lamb is cooked through.

. Remove from heat and stir in coconut oil until fully melted.

. Serve with olive oil, ferments, green onion and basil.4

Best Use

Well suited for batch cooking.

Food Notes & Safety

Cool promptly after cooking.

Storage & Reheating

Refrigerate up to four days or freeze.