



ROAST BEEF & GRAVY



2 LBS. TOP ROUND ROAST
1/2 SLICED ONION*
1/4 CUP FLOUR*
2 CUPS WATER

DIRECTIONS: PLACE ROAST IN CROCK POT AND TOP WITH SLICED ONION. WHISK TOGETHER FLOUR AND WATER. POUR OVER ROAST. COOK ON LOW 8 HOURS OR HIGH 6 HOURS.

*ORGANIC



BARBECUE BURGERS



1 LB. LEAN GROUND BEEF
1/4 CUP BBQ SAUCE*
1/4 CUP BREAD CRUMBS*
1/4 CUP DICED ONION*
4 SLICES LOW-FAT CHEESE*

DIRECTIONS: IN BOWL, MIX TOGETHER GROUND BEEF, BBQ SAUCE, BREAD CRUMBS, AND ONION. FORM PATTIES AND COOK ON GRILL OR CAST IRON SKILLET ABOUT 10 MINUTES OR UNTIL NO LONGER PINK. TOP WITH CHEESE.

*ORGANIC



BBQ CHICKEN PIZZA



1 LB. GRILLED CHICKEN*
1/4 CUP BBQ SAUCE*
1 PIZZA CRUST*
1 CUP LOW-FAT MOZZARELLA*
1/2 CUP DICED RED ONION*
1/4 CUP DICED CILANTRO*

DIRECTIONS: GRILL CHICKEN AND DICE. LAYER PIZZA CRUST WITH BBQ SAUCE, CHICKEN, AND SHREDDED MOZZARELLA. BAKE AT 350 FOR 15-20 MINUTES. TOP WITH RED ONION AND CILANTRO.

*ORGANIC



LEMON & GARLIC COD



1 LB. WILDCAUGHT COD
1/4 CUP JUICE OF LEMON*
1 TBSP. MINCED GARLIC*
1 TBSP. OLIVE OIL*
1/2 CUP DICED RED ONION*

DIRECTIONS: IN BAKING PAN, MIX LEMON JUICE, GARLIC, OLIVE OIL, AND RED ONION. ADD COD AND COAT WITH MARINADE AND BLACK PEPPER TO TASTE. COVER WITH FOIL AND BAKE AT 400 FOR 20 MINUTES (OR GRILL IN FOIL).

*ORGANIC