

What to do with all those summer veggies – STIR FRY



Do you have a CSA share (community supported agriculture)? Are you growing your own veggies and want to use as much as you can while they're fresh? I'm doing both so it's the season to get creative.

For those of us with CSAs, you probably know what it's like to get a vegetable you've never seen before. And since you've never seen it before, what do you do with it? STIR FRY. No matter what veggie it is, you can make it tasty in a stir fry. Here's one I just created. It took me 20 minutes total (besides marinating and having the rice already cooked from the day before).

To make it you'll need:

3/4 pound chicken thighs (preferred) or 1-2 large boneless/skinless chicken breasts (much less nutritious) (marinated all day in the frig with coconut aminos)

2 small or 1 large onion sliced thinly (unless you'd prefer more crunchy)

1 large carrot sliced 1/4" thick

2 small summer squash sliced 1/4" thick

2 bok choy, chopped

4-6 leaves kale, chopped

1/4 cup bacon grease (free-range only)

1 T sesame oil

1 T coconut oil
1 tsp organic garlic powder
1 tsp sea salt
2 T sunflower seeds ([soaked and dehydrated preferred](#))
Optional – 3-4 cups of cooked rice (best if it's been soaked before cooking)

Melt bacon grease in medium heat large skillet and once melted, put in the chicken breast to sear on both sides (about 3-5 minutes each side). It's a good idea to have a screen handy to keep the splatter to a minimum. While it's cooking, that's when I do the chopping, but you can have it all chopped in advance if you like.

Remove breast from pan to a plate or cutting board and throw the onions and carrots in the skillet – cover with screen. Slice up the chicken breast in about 1/2" slices and throw in with the onions and carrots. Turn the heat down to low/medium. Stir every few minutes.

Once the chicken is back in the pan, in another skillet melt the coconut oil over medium heat then add the squash. Cook about 5 minutes then add the greens and garlic powder. Cover with a lid and let simmer over low/medium heat for about 5 minutes.

You'll know the chicken/onion/carrot mixture is done (about 10 minutes) when you take a piece of the chicken out and cut it on a plate and it's nice and tender. Now, put the rice and sesame oil in the big skillet and mix together. The other skillet should be about done so mix those veggies in, too. Add salt to taste and top with sunflower seeds on individual servings.

If you wonder about the rice preparation, see my [Yummy Good for You Casserole](#).

Don't have the veggies listed? Substitute WHATEVER veggies you have.

Don't have the bacon grease? Substitute grass fed lard or ghee or butter. Remember, you NEED THE FAT! All [healthy traditional diets](#) had an abundance of fats.

Don't have the sunflower seeds? Substitute almonds, sesame seeds, cashews...anything with a crunch. Watch the preparation methods, though, for maximum nutrition.

Don't have the aminos on hand? Add a little extra salt at the end and you'll be fine.

Want it to have a little more kick? Sprinkle in a bit of organic cayenne.

Just STIR FRY!

Wishing you a summer full of **real food** for **real health** so you can be **real happy**.

Yummy Good for You Casserole

Over time I created this recipe as a teaching tool because each of the ingredients is chosen very deliberately for it's health benefits (ok, the seasoned salt is just for simplicity).



1 pound [grass-fed](#) ground beef or breakfast sausage (sausage will make it have more "wow")

1 organic medium size [onion](#) – chopped to your liking

1 – 2 cloves organic [garlic](#) (crush and let sit 10 minutes before cooking to maximize the nutrient content)

1+ tsp sea [salt](#)

2+ dashes of [turmeric](#) (helps prevent cancer)

1+ tsp seasoned salt (I use Simply Organic All-seasons salt) or any herbs and spices that you like

1 big bunch [kale](#) or $\frac{1}{2}$ small head of cabbage (or any mixture there-of and the more the better for you) – to clean kale, let soak in tepid water and 1T vinegar for 15-30 minutes then rinse each leaf

1+ T – Bacon grease (from grass fed bacon) or organic butter

2 cups organic rice (soak at room temperature 7 hours or overnight in enough water to cover it with 2 T apple cidar vinegar or whey – drain before cooking)

Start cooking the rice according to the instructions minus about 1/3 of the water requirement (since the rice is soaked). [Bone broth](#) is a flavorful healthy liquid to cook your rice in. You could add a tablespoon of coconut oil to the water to keep it from sticking and add some luscious medium chain fatty acids.

Brown meat with onions in a stainless or cast iron skillet for which you have a lid. Don't drain the fat. Add garlic. Finely chop (or use kitchen scissors) the greens and put on top of the meat mixture. Sprinkle salt, turmeric and seasoned salt on greens. Put bacon grease or butter on top. Cover and simmer while the rice continues to cook. The greens need a good $\frac{1}{2}$ hour or more.

If you have room, stir the rice together with the meat/green mixture and let simmer another 15 minutes. If you don't have room in the skillet pan, put all the ingredients in a casserole and bake covered for another 15-30 minutes at about 300.

Sample taste...you might want more salt or seasoning, or bacon grease. Be daring!

Would you like it to be even more of a superfood casserole?...add grass fed liver pieces. (I haven't been ready to do this just yet.)

Don't want to use rice? Finely chop potatoes (you can do this in the blender) and put them in the same time you add the greens. Want color? Add a finely chopped carrot when the meat is about halfway cooked. Mix and match! When you cook with bacon grease, butter and seasoneing, it always comes out tasty!

To get the full benefits of all the nutrients, consume a couple tablespoons of raw, fermented sauerkraut with the casserole.

Special thanks to Nicole and Sarah – 2 of the world's most awesome Moms.

Until next time...wishing your **real food**, for **real health** so you can be **real happy**.