

Flavors of Summer Skillet

A funny story about how this recipe came about.

I was trying to figure out a cover for my upcoming cookbook. And was not really that excited about my previous pictures. I needed a statement back cover to compliment the front cover. I knew what I wanted by just couldn't get the right shot. So, I just started chopping all the vegetables I had in the fridge. Sweet. I got a shot—or so I thought. Well, if there is a picture on a cover, there better be a recipe in the book. Aaaaaand another recipe was born.

I will toot my horn on this one!

Some days the only thing you know is an end result and no way to get there and then, BOOM, the road appears when you least expect it. I love that about the creative process and this recipe!

Flavors of Summer Skillet



I fried ground beef up for the picture. Added vegetables and sauce. Covering and letting everything steam, stirring enough to not get the hamburger burnt. The ground beef turned out super seasoned and vegetables turned out perfectly steamed. The flavors just popped!

- 1 whole yellow pepper (diced into $\frac{1}{2}$ or greater pieces)

- 1 whole large sweet potato (diced into $\frac{1}{2}$ cubes)
- 1 pound asparagus (cut into 2-3 inch pieces)
- 1 whole medium zucchini (cut off ends, cut lengthwise and then into $\frac{3}{4}$ inch sections)
- 1 tablespoon green onion (chopped white and green portion)
- 1 tablespoon garlic (minced or crushed)
- 2 tablespoons extra virgin olive oil
- 3 tablespoons coconut aminos
- 1 teaspoon balsamic vinegar
- 1 teaspoon onion powder or granules
- 1 pound ground meat (preferably beef or turkey)

1. In a large skillet over medium high heat cook ground meat. About 5-10 minutes.
2. While hamburger is cooking combine in a small mixing bowl green onion, garlic, extra virgin olive oil, coconut aminos, balsamic vinegar, and onion powder/granules to make the sauce. Whisk well and set aside.



3. Once ground meat is done, reduced to medium heat.
4. Add in vegetables and pour sauce over top. The skillet will be heaping full. Toss gently and cover. Stir frequently, until vegetables are tender. About 12-20 minutes. The steam will cook the vegetables.
5. The sauce will be absorbed into the meat and vegetables. Once vegetables are to desired tenderness. Take off of heat. Salt and pepper as desired before serving.

Pseudo-Szechuan Skillet

Pseudo-Szechuan Skillet



Jalapeno heat + chipotle powder+ honey= don't plan on leftovers

- 1/2 pound pork belly (thin sliced)
- 1/2 pound turkey (ground)
- 3 tablespoons garlic (crushed or minced, separated)
- 1/4 pound asparagus ($\frac{1}{2}$ inch diameter or less, cut into approximately 2 inches or less)
- 1/2 yellow or orange pepper (diced)
- 2 whole jalapeno (diced)
- 1/4 cup chicken bone broth
- 1 teaspoon chipotle powder
- t teaspoon honey

1. In a large skillet over medium heat cook ground turkey until done. Add 2 tablespoons garlic. Mix well and set aside in small bowl.

2. Over medium heat in same large skillet cook pork belly till browned and crispy.
 3. Add turkey, asparagus, pepper, and jalapenos and continue to cook till desired softness
 4. Mix in bone broth, chipotle powder and honey. Toss well and serve. Salt as needed
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White Sweet Potato with Parsley and Garlic



link for meatball recipe: [Ultimate burgers](#)

White Sweet Potato Skillet with Parsley and Garlic



- 1/4 pound asparagus (cut into 1 inch sections)
- 1 whole white sweet potato (diced)
- 1 whole yellow or orange bell pepper (diced)
- 1 recipe Ultimate Burger recipe (made into meatballs)
- 3 tablespoons butter/ghee (separated)
- 1 cup chicken broth
- 1/4 cup fresh parsley (chopped)
- 1.5 tablespoon garlic (minced)
- salt and pepper (as desired)

1. Start with a large skillet over medium heat, with the frozen or thawed meatballs in it. If frozen, cover with lid until about half thawed.



2. Meanwhile, prepare vegetables.
3. When the meatballs are thawed add 2 tablespoons butter/ghee. Once butter/ghee is melted add vegetables and saute until vegetables are done.



4. Once vegetables are tender add in chicken broth, garlic, and fresh parsley. Once parsley is wilted. Most of the broth will be absorbed.

Salt and pepper as desired

***Keep skillet covered to keep the condensation in to help thaw meatballs and to help keep meatballs tender.

Egg muffins made easy

Print recipe here:

[The seriously the easiest egg muffins ever](#)

1. Grease standard size muffin tin
2. Pour $\frac{1}{4}$ to $\frac{1}{2}$ full of egg white product or one whole eggs per well
3. Place large spoonful of salsa of choice into well
4. Place chopped turkey into well
5. Give light stir and cook 20-25 minutes at 350
6. Take out while still warm....seriously, that easy

You can also add in any and all combos, I am also guilty of adding veggies and meats from previous meals to the egg white, it is fun to experiment for new fun tastes and they never get boring:

Chopped and precooked broccoli

Chopped and precooked cauliflower

Chopped and broiled asparagus

Chopped and precooked sweet potato, onion and/or pepper of any color

Chopped spinach or kale

Nitrate-nitrite free ham or turkey chopped or placed in the bottom of the muffin tin to act as a muffin wrapper, also prosciutto

Precooked sausage

Black beans

Salsa of all kinds

Any fresh or dried herb. Remember that you use less of the dried than the fresh version

Chopped mushrooms

Red pepper flakes

Literally any of your favorite dried or fresh herb seasoning mix