

# NATURE'S FOOD PATCH Market & Café

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## Modern Paleo 8/13 - Emily Drews, Mindful Meals

### Beef Picadillo in Peppers

1 tablespoons olive oil  
1 small onion, finely diced  
3 cloves garlic, minced  
1 red bell pepper, finely diced  
1 whole roasted sweet potato, cubed  
5 oz chopped baby spinach  
1 pound ground beef  
½ tsp smoked paprika  
1/2 teaspoons ground cinnamon  
1 tsp ground oregano  
1 teaspoon ground cumin  
2 bay leaves  
Salt and freshly ground black pepper  
1/2 cups dry white wine  
1/2 cups diced tomato  
1/2 cup homemade chicken stock  
1/4 cup raisins  
1 Tbsp capers

Heat olive oil in a wide, shallow stockpot over medium heat. Add onions and garlic; cook, without browning, 4 minutes. Add red bell peppers; cook until onions are soft and translucent, about 10 minutes. Raise heat to high; add beef, cumin, smoked paprika, cinnamon, oregano, and bay leaves. Season with salt and pepper. Break meat up into small pieces; cook until opaque, about 7 minutes. Add wine; cook until most of the liquid has been absorbed, about 15 minutes. Reduce heat to medium low. Add chopped spinach, tomatoes and chicken stock; stir to combine. Simmer until most of liquid has been absorbed, about 20 minutes. Stir in raisins and capers; cook 2 minutes. Serve stuffed in bell peppers, roasted zucchini or baked winter squash if desired.

### All Purpose Asian Marinade and Stir Fry Sauce

1# ground pork or chicken  
1/4 tsp fish sauce  
1 tbsp toasted sesame oil  
1/4 cup tamari sauce  
3 cloves garlic minced  
1 tbsp minced fresh ginger  
1 tsp red pepper flakes  
Black pepper  
Coconut oil as needed

Mix marinade ingredients in a bowl. In a separate bowl gently mix ½ marinade with the ground meat, reserving the rest of the marinade for later. Heat about 1 tbsp of coconut oil in a large skillet over medium and brown meat. Remove meat from sauté pan and add 4 cups of prepared vegetables with ¼ cup of water to loosen cooked on marinade. Sauté over high heat stirring quickly as vegetables steam. Add in remaining marinade and reduce heat. Reduce the sauce a few minutes and toss in reserved meat. Serve with fresh basil or chopped scallions or both. White rice is optional.



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## Breakfast sausage

1 lb Ground meat  
1 tsp Fennel seed  
1 tsp Crushed Garlic  
1 tsp sweet smoked Paprika  
1/2 tsp Black Pepper  
1/2 tsp rubbed Sage  
1/2 tsp sea Salt  
1/4 tsp Cayenne Pepper  
1/4 tsp White Pepper  
2 tbsp chopped fresh parsley

Combine meat, garlic, and all spices in a mixing bowl, mixing until it reaches an even consistency.

Form meat mixture into 2-ounce patties (approximately 8 patties).

Heat a skillet to medium heat .

Cook the patties for approximately 3–4 minutes per side.

Each side should be golden, and the center of the patties should no longer be pink.

## Tacos

1 lb ground meat  
1 tsp garlic powder  
1 tsp cumin  
1 tsp salt  
1 tsp chili powder  
1 tsp paprika  
1/2 tsp dry oregano  
1/2 small onion, minced  
1/2 cup water or broth  
4 oz can tomato sauce (or marinara)

Brown meat in a large skillet. When no longer pink add dry seasoning and mix well. Add onion, water and tomato sauce and cover. Simmer on low for about 20 minutes.

## Classic Italian Meatballs

½ cup flax meal  
1/2 cup finely grated Parmesan, plus more for serving  
1/4 cup chopped fresh basil  
1/4 cup chopped fresh Italian parsley  
2 tbsp tomato paste  
3/4 tsp kosher salt  
1/2 teaspoon freshly ground black pepper  
2 large eggs, at room temperature  
2 cloves garlic, minced  
1 small onion, finely chopped  
1 pound ground beef or meat of choice  
1 pound Italian sausage links, casings removed  
Extra-virgin olive oil, for drizzling

In a large bowl, combine the flax meal, Parmesan, basil, parsley, milk, tomato paste, salt, pepper, eggs, garlic and onions. Using a wooden spoon, stir to blend. Add the ground beef and sausage meat. Using fingers, gently mix all the ingredients until thoroughly combined.

Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1 1/2-inch balls (22 to 24 meatballs). Place the meatballs on a heavy nonstick baking sheet, spacing apart. Drizzle with olive oil and bake until cooked through, 15 minutes.

Variation: Add raw meatballs to hot, fresh marinara and poach on simmer with a lid about 45-60 min.