

RECIPE BY MADISON MALIN

SOUTHWEST BEEF & VEGGIE CASSEROLE



INGREDIENTS

- 1 lb ground beef
- 1oz beef liver puree (optional)
- 2 tsp cumin
- 1 tsp paprika
- ½ tsp oregano
- ¼ tsp turmeric
- ½ tsp onion powder
- salt & pepper to taste
- 1 large carrot, diced
- 1 medium zucchini, diced
- ½ red onion, diced
- 2 cups yellow potatoes, diced
- 1 big handful of spinach
- 2 cloves garlic, minced
- fresh cilantro
- juice of ½ lime
- ½ cup bone broth
- 1 cup cottage cheese
- 1 cup shredded raw cheese
- 1 tbsp arrow powder powder
- toppings of choice: sauerkraut, avocado, or plain greek yogurt

READY IN

1 HOUR

DIRECTIONS

1. In a skillet over medium heat, add the ground beef and liver cube. Cook until brown, then mix in 1 tsp cumin, ½ tsp paprika, ½ tsp oregano, ¼ tsp turmeric, ½ tsp onion powder, salt & pepper to taste. Add a splash of water or bone broth.
2. Grease a 9x9 casserole dish and add 1 large carrot (diced), 1 medium zucchini (diced), 1/2 red onion (diced), 2 cups potatoes (diced), 1 big handful of spinach, 2 cloves garlic (minced), and 1 lb of hidden liver taco seasoned ground beef.
3. In a blender, blend the bone broth, cottage cheese, arrow root powder, 1 tsp cumin, ½ tsp paprika, salt, & pepper. Pour this otopot of your veggies & beef in the casserole dish. Top with your shredded cheese and bake at 350F for 45 mins.
4. Top with lime juice, fresh cilantro, and your toppings of choice.