



Listen, we know that offal is not often your "go to." For some folks its about smell. Others - texture. So we tried to address both with creative ways to use offal (OK mostly liver here).

Here's the deal: liver is probably one of the most nutrient rich food sources on the planet, particularly if you are talking Vitamin A or D, minerals - zinc, CoQ10 and on and on.

You don't know until you try, so give it a go!



Beef & Chicken Sliders with Greens

4 servings

30 minutes

Ingredients

4 ozs Chicken Liver
 1/2 cup Red Onion
 1 tbsp Dried Parsley
 1 tsp Sea Salt
 1 tsp Garlic Powder
 1 tsp Onion Powder
 1 lb Extra Lean Ground Beef
 1/4 cup Extra Virgin Olive Oil
 2 tbsps Apple Cider Vinegar
 6 cups Mixed Greens

Nutrition

Amount per serving	
Calories	378
Fat	26g
Saturated	7g
Polyunsaturated	2g
Monounsaturated	15g
Carbs	5g
Fiber	1g
Protein	29g
Vitamin A	3154IU
Vitamin C	13mg
Calcium	59mg
Vitamin D	3IU
Riboflavin	0.7mg
Niacin	9mg
Vitamin B6	0.7mg
Folate	178µg
Vitamin B12	7.2µg
Magnesium	33mg
Zinc	6mg

Directions

- 1 Add the chicken liver, red onion, parsley, salt, garlic powder and onion powder to a food processor and blend until mostly smooth.
- 2 Place the beef in a large mixing bowl and add the liver mixture. Mix until very well combined.
- 3 Heat a large pan over medium heat. One patty at a time, shape the mixture into thin, miniature burger patties, roughly 3-inches wide. This is easier using damp hands. Place in the hot pan. Repeat with remaining meat and in batches if needed. Cook for about 5 minutes per side, or until patties are cooked through.
- 4 In a mason jar, combine the oil and vinegar to make a dressing. Shake to combine. Divide the mixed greens evenly between plates and top with the vinegar mixture. Add the patties to the bed of greens. Enjoy!

Notes

Leftovers: Refrigerate the burgers in an airtight container for up to three days. For best results, store the dressing and greens separately.

Serving Size: One serving equals two slider burger patties and 1 1/2 cup of greens.

More Flavor: Add your favorite burger spices to the mixture.

Additional Toppings: Serve with your favorite burger toppings.

No Chicken Liver: Use beef liver instead.



Cucumbers with Beef Liver Pate

8 servings

15 minutes

Ingredients

- 6 slices Bacon
- 1 Yellow Onion (small, minced)
- 4 Garlic (cloves, minced)
- 1 1/16 lbs Beef Liver
- 2 tbsps Dried Thyme
- 1/2 cup Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	296
Fat	23g
Saturated	15g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	6g
Fiber	1g
Protein	15g
Vitamin A	9666IU
Vitamin C	3mg
Calcium	32mg
Vitamin D	31IU
Riboflavin	1.6mg
Niacin	8mg
Vitamin B6	0.7mg
Folate	169µg
Vitamin B12	33.8µg
Magnesium	20mg
Zinc	3mg

Directions

- 1 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 2 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 3 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 4 Spread onto cucumber slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: Each serving equals approximately 1/4 cup of beef pate.

More Flavor: Use fresh instead of dried herbs.

No Cucumbers: Use carrot sticks or plantain chips instead.



Beef Heart Meatballs

4 servings

25 minutes

Ingredients

- 1 lb Beef Heart (fat trimmed, ground)
- 1 lb Extra Lean Ground Beef
- 1 tsp Sea Salt
- 1/2 cup Baby Spinach (finely chopped)
- 1/4 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	329
Fat	16g
Saturated	6g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	1g
Fiber	0g
Protein	43g
Vitamin A	688IU
Vitamin C	8mg
Calcium	30mg
Vitamin D	3IU
Riboflavin	1.2mg
Niacin	14mg
Vitamin B6	0.7mg
Folate	23µg
Vitamin B12	12.2µg
Magnesium	51mg
Zinc	7mg

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Add all ingredients into a large bowl and mix until well combined.
- 3 Roll into balls roughly the size of golf balls. Place in a glass baking dish, or an oven-safe dish with high sides. Bake for 20 minutes or until fully cooked. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 5 to 6 meatballs.

More Flavor: Add garlic and pepper to the meat mixture.

Additional Toppings: Spoon warm tomato sauce over top of the meatballs.

Serve it With: Cauliflower rice, spaghetti squash, noodles with tomato sauce or over top of a bed of greens.

Beef Heart: Ask your butcher to grind the beef heart. If that's not available, you can grind it in your food processor. Cut into smaller pieces and freeze for roughly 20 minutes to make for easier grinding.



Braised Oxtail & Sweet Potato Soup

4 servings
4 hours 30 minutes

Ingredients

- 3 tbsps Avocado Oil
- 1 1/4 lbs Oxtail
- 1 tsp Sea Salt (divided)
- 3 Garlic (cloves, divided)
- 1 Carrot (chopped)
- 1 Yellow Onion (medium, roughly chopped)
- 1 stalk Celery (chopped)
- 1/2 tsp Dried Thyme
- 3 cups Water
- 1 1/2 tsps Apple Cider Vinegar
- 2 stalks Green Onion (chopped)
- 1 Sweet Potato (peeled, cut into small cubes)
- 2 cups Kale Leaves (chopped)
- 1 1/4 pints Bone Broth

Nutrition

Amount per serving	
Calories	440
Fat	27g
Saturated	7g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	15g
Fiber	4g
Protein	32g
Vitamin A	8420IU
Vitamin C	17mg
Calcium	108mg

Directions

- 1 Heat 2/3 of the oil in a Dutch oven, or similar pot, over medium-high heat. Pat the oxtails dry with a paper towel and season with half of the salt. Brown the oxtails on all sides then transfer to a plate.
- 2 Roughly chop 2/3 of the garlic and add it to the pot along with the carrot, onion and celery. Cook the vegetables for 2 to 3 minutes then add the remaining salt and thyme and stir to combine. Add the water and the apple cider vinegar to the pot and scrape any browned bits off the bottom of the pot.
- 3 Add the browned oxtail to the pot and bring the liquid to a boil. Cover with the lid and reduce the heat to low. Continue to adjust the heat if needed to maintain a consistent simmer. Cook for 3 to 3 1/2 hours until the oxtails are tender and the meat easily peels away from the bone. Add more water to the braising liquid if needed throughout the cooking process. Remove the oxtail from the pot and set aside to cool slightly.
- 4 Strain the cooking liquid through a fine-mesh sieve into a bowl or jar. Skim any fat from the strained braising liquid and set aside. Discard the solids.
- 5 To the same pot, heat the remaining oil over medium heat. Add the green onion and cook for 3 minutes. Mince the remaining garlic and add to the pot with the green onions. Cook for a minute more before adding the sweet potatoes and kale. Stir to combine and cook until the kale has wilted down. Add the broth and strained braising liquid to the pot and bring to a boil then reduce to a simmer.
- 6 Meanwhile, pull the oxtail meat from the bone. Roughly chop any large pieces of meat then transfer to the pot.
- 7 Continue to cook the soup for about 20 minutes or until the sweet potatoes are very tender. Season with additional salt if needed. Divide between bowls and

Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	19µg
Vitamin B12	0µg
Magnesium	20mg
Zinc	0mg

enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup of soup.

Meal Prep: The oxtails can be braised ahead of time or use leftover meat and braising liquid from another meal.

More Flavor: Add black pepper or a bay leaf.

Braising Liquid: Use beef or chicken broth for more flavor.

Consistency: If the soup is too thick, thin with additional broth until desired consistency is reached.



Ground Beef, Liver & Spinach

3 servings
25 minutes

Ingredients

- 4 ozs Chicken Liver
- 1/2 cup Red Onion (roughly chopped)
- 3 Garlic (cloves, roughly chopped)
- 8 ozs Extra Lean Ground Beef
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 3 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	200
Fat	10g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	5g
Fiber	1g
Protein	23g
Vitamin A	6997IU
Vitamin C	18mg
Calcium	53mg
Vitamin D	2IU
Riboflavin	0.8mg
Niacin	8mg
Vitamin B6	0.7mg
Folate	289µg
Vitamin B12	7.9µg
Magnesium	49mg
Zinc	5mg

Directions

- 1 Add the chicken liver, onion and garlic to a food processor and blend until mostly smooth.
- 2 Place the beef in a large mixing bowl and add the liver mixture, Italian seasoning and salt and mix until well combined.
- 3 Heat a large pan over medium heat.
- 4 Add the beef mixture to the pan and cook for 10 to 12 minutes, breaking it up with a wooden spoon as it cooks.
- 5 Add the spinach to the pan and continue to cook until the spinach has wilted. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cumin, coriander, paprika, black pepper or other herbs to the meat mixture.

Serve it With: Quinoa, brown rice, cauliflower rice or zucchini noodles.

No Chicken Liver: Use beef liver instead.

No Red Onion: Use green or yellow onion instead.

No Spinach: Use another leafy green like kale, collard greens or Swiss chard instead.



Beef & Liver Meatballs

4 servings

45 minutes

Ingredients

- 4 ozs Chicken Liver
- 3 slices Bacon
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Sea Salt
- 1 lb Extra Lean Ground Beef
- 1/4 Yellow Onion (finely chopped)

Nutrition

Amount per serving	
Calories	323
Fat	21g
Saturated	8g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	2g
Fiber	0g
Protein	31g
Vitamin A	3153IU
Vitamin C	5mg
Calcium	23mg
Vitamin D	7IU
Riboflavin	0.7mg
Niacin	9mg
Vitamin B6	0.7mg
Folate	174µg
Vitamin B12	7.3µg
Magnesium	32mg
Zinc	6mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Add the chicken liver, bacon, garlic powder, onion powder and salt to a food processor and blend until mostly smooth.
- 3 Place the beef in a large mixing bowl. Add the liver mixture and chopped onion and mix until very well combined.
- 4 Form the meat mixture into tightly-packed balls, about 1-inch in diameter. Use damp hands to make rolling easier. Place in a high-sided baking dish.
- 5 Bake for 25 to 30 minutes or until the meatballs are cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 5 meatballs.

More Flavor: Add fresh garlic, red pepper flakes, dried herbs.

Serve it With: Warm tomato sauce. Use in pasta dishes or with rice or cauliflower rice.

No Chicken Liver: Use beef liver instead.