

## LAMB & BROWN RICE



### PREP INSTRUCTIONS

1. Wash all vegetables thoroughly.
2. All prepped vegetables should be finely chopped or diced.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen make sure there are no added ingredients such as salt or sugar.



### COOKING INSTRUCTIONS: INSTANT POT

1. Add lamb, lamb liver, carrots, cauliflower and spinach to the Instant Pot. Use the "Sautee" setting at 5 min with the lid removed to begin browning the protein and stirring to break up larger chunks of meat. After 5 min turn off Instant Pot.
2. Add brown rice and blueberries to the pot along with 1 ½ cups of water. To avoid a "Burn Error", be sure to mix well and scrape the bottom of the pot after the addition of water. Use pressure cook setting on high for 15 min. Once timer sounds allow rice to simmer for 5 minutes before releasing pressure.
3. Check to ensure ingredients are cooked thoroughly (soft to the touch).
4. Once all ingredients are cooked, allow food to cool.
5. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oil until fully incorporated.
6. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.



### COOKING INSTRUCTIONS: SLOW COOKER

1. Add lamb, lamb liver, carrots, cauliflower and spinach to the cooker along with ½ cup of water.
2. Place setting to high heat for approximately 2 hours, occasionally stirring to break up the lamb.
3. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
4. Add brown rice and blueberries along with another 1 ½ cups of water, on high heat for 1 to 1 ½ hours. Checking periodically to ensure rice does not stick.
5. Check to ensure ingredients are cooked thoroughly (soft to the touch).
6. Once all ingredients are cooked, allow food to cool.
7. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oil until fully incorporated.
8. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.