

Liver, Onions and Sage

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Beef Liver (sliced into strips)
1 Yellow Onion (medium, sliced)
2 tbsps Fresh Sage
3 tbsps Avocado Oil (divided)
1/2 tsp Sea Salt (divided)

NUTRITION

AMOUNT PER SERVING

Calories	367	Iron	8mg
Fat	25g	Vitamin D	55IU
Carbs	11g	Folate	333µg
Fiber	2g	Magnesium	29mg
Protein	24g	Zinc	5mg
Vitamin C	2mg		

DIRECTIONS

- 01 In a bowl, combine the salt and liver and toss until well coated. Set aside.
- 02 Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
- 03 In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be well-cooked with no pink in the center.
- 04 Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve and enjoy!

NOTES

RECIPE ID 638

NO FRESH SAGE

Use dried sage instead.

NO AVOCADO OIL

Use butter, coconut oil, olive oil or ghee instead.