

Ground Beef, Liver and 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	Iron	6mg
Fat	10g	Vitamin D	2IU
Carbs	5g	Folate	289µg
Fiber	1g	Magnesium	49mg
Protein	23g	Zinc	5mg
Vitamin C	18mg		

DIRECTIONS

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

NOTES

RECIPE ID 640

SERVING SIZE

One serving is approximately 1 cup.

MORE FLAVOR

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

NO CHICKEN LIVER

Use beef liver instead.

NO RED ONION

Use green or yellow onion instead.