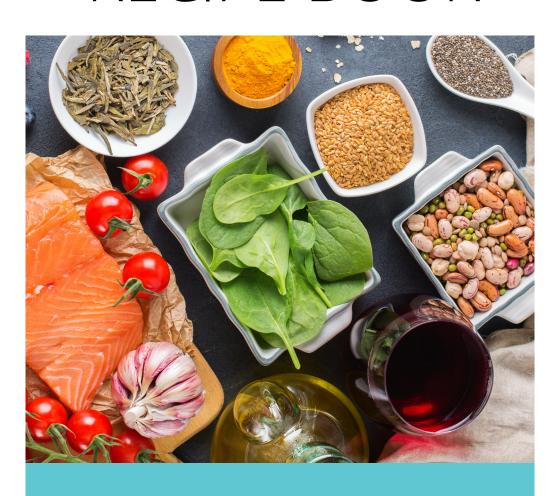


MBX STUDIO RECIPE BOOK



7 TASTY DINNER RECIPES

Basic Stir-Fry



Ingredients

Choose 1lb of protein:

chicken, shrimp, lamb, or lean beef

- 1 cup of bone broth
- 2 cups of thinly sliced mushrooms
- 1 cup bamboo shoots
- 1 cup water chestnuts
- 1 cup broccoli florets
- 1 cup asparagus, chopped
- 1 thinly sliced carrot
- 1 tsp ginger
- ½ tsp cavenne pepper

Instructions

- 1. Heat bone broth in non-stick skillet with 1 tblsp of olive oil over medium heat
- 2. Add protein of choice and cook until almost done
- 3. Add veggies and seasonings and cook until tender
- 4. And done!

Serves 2-4

Cold Fish Salad



Ingredients

 $\frac{1}{4}$ cup of bone broth

Juice of 3-4 limes

1 pound flaky white fish of choice

½ cup onion choppec

 $rac{1}{4}$ fresh jalapeño, chopped (optional)

 $^{3\!4}$ cup tomatoes chopped

¼ parsley (fresh or powder)

2 cups leafy greens

- 1. Heath broth in non-stick skillet
- 2. Place fish in skillet and pour lime juice over it cooking until the fish is medium
- 3. Add onion, jalapenos, tomatoes, and parsley and cook for 5 mins
- 4. Transfer to serving dish and refrigerate for at least 2 hours until chilled
- 5. Serve on a bed of leafy greens Serves 2-4

Warm Turkey or Chicken Salad



Ingredients

4 oz of chopped chicken or

turkey breast

⅓ cup bone broth

1 garlic clove minced

1/4 onion diced

½ cup thinly sliced mushrooms

 $\frac{1}{2}$ cup tomato diced

1 cun fresh raw spinach or kale

1 thisp flaxseed oil

1 tblsp apple cider vinega

Instructions

- 1. Mix garlic and onion in broth over medium heat in non-stick skillet until transparent
- 2. Add mushrooms, tomatoes and protein, cook protein through
- 3. Serve over raw spinach or kale with flaxseed oil and apple cider vinegar drizzled on top.

Serves 1

Grilled Lamb Chops



Ingredients

- 1 lb lamb chops
- 2 tblsp filtered water
- 1 tblsp ground cinnamon
- 1 tblsp ground coriander
- 2 tblsp olive oil

- 1. Preheat non-skillet over low heat with 1 tblsp olive oil
- 2. Brush lamb with olive oil and rub with cinnamon and coriander
- 3. Pan sear over medium heat, turning until brown on both sides for about 15 mins

Rosemary & Dill Fish Fillets



Ingredients

- 1 lb flaky white fish of choice
- ½ cup bone broth
- 2 thish rosemary flakes
- 1 tblsp shallots minced
- 1 tblsp dill (fresh or powder)
- $\frac{1}{4}$ cup lemon juice

Instructions

- 1. Preheat oven to 300 degrees
- 2. Cover baking dish in tin foil, arrange fish in center of baking dish, add the broth, rosemary, dill and shallots
- 3. Place dish in oven and roast until fish is opaque in center—about 15-20mins
- 4. Transfer to serving dish
- 5. Add lemon juice and pan drippings over fish

Serves 2-4

Tasty Meatloaf



Ingredients

4 oz of around beef or turkev

¼ cup kale

1/4 cup onion diced

1 garlic clove minced

 $\frac{1}{4}$ tsp cavenne pepper

- 1 tblsp parslev (fresh or powder)
- 1 tblsp low sodium tomato sauce

- 1. Preheat oven to 400 degrees
- 2. Place meat, kale, onion, garlic, cayenne and parsley in food processor and blend
- 3. Press into mini-meatloaf pan and glaze with tomato sauce
- 4. Bake for about 30 mins Serves 1

Braised Salmon



Ingredients

- 4 oz salmon filet with skin ½ can Muir Glen Stewed Tomato
- ½ cup Muir Glen Tomato Puree
- 5 garlic cloves minced
- ½ scallion thinly sliced
- ½ cup mushroom thinly slicec
- 1 tsp coriander
- 1 thisp fresh lemon juice
- 1 tblsp parslev (fresh or powder)
- 2 tblsp olive oil

- 1. Preheat 1 tblsp olive oil in non-stick skillet over low heat
- 2. Place salmon skin side down
- 3. Add the tomatoes, tomato puree, garlic, scallion, mushroom and coriander and clover
- 4. Simmer over medium heat for about 10-15 mins (checking center to not overcook)
- 5. When done, remove from skillet, drizzle lemon juice and parsley over Serves 1

