



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
¼ tsp cayenne 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

¼ cup of bone broth
Juice of 3-4 limes
1 pound flaky white fish of choice
½ cup onion chopped
¼ fresh jalapeño, chopped (optional)
¾ cup tomatoes chopped
¼ parsley (fresh or powder)
2 cups leafy greens

Instructions

1. Heat 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
¼ cup bone broth
1 garlic clove minced
¼ onion diced
½ cup thinly sliced mushrooms
½ cup tomato diced
1 cup fresh raw spinach or kale
1 tbsp flaxseed oil
1 tbsp apple cider vinegar

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

Instructions

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 tblsp rosemary flakes
1 tblsp shallots minced
1 tblsp dill (fresh or powder)
¼ 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 ground beef or turkey
¼ cup kale
¼ cup onion diced
1 garlic clove minced
¼ tsp cayenne pepper
1 tblsp parsley (fresh or powder)
1 tblsp low sodium tomato sauce

Instructions

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 Tomatoes (rinsed)
¼ cup Muir Glen Tomato Puree
5 garlic cloves minced
½ scallion thinly sliced
½ cup mushroom thinly sliced
1 tsp coriander
1 tbsp fresh lemon juice
1 tbsp parsley (fresh or powder)
2 tbsp olive oil

Instructions

1. Preheat 1 tbsp 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

