

Beef and Cauliflower with Almonds

By Nina Lynn



Ingredients:

1 lb. organic top sirloin grilling steak, cut into
1/2 in. cubes
4 cups organic cauliflower florets
2/3 cup plain organic yogurt
2 tsp. curry powder
1/4 cup honey mustard
1/2 lb. organic snow peas
3/4 cup organic beef broth
1/4 cup toasted organic slivered almonds
1 tbs. organic coconut oil

Directions: Thoroughly mix yogurt and curry with a whisk, and set aside. Heat coconut oil in large skillet over med. high heat, add beef and sauté for 3 min. or until browned. Remove from skillet and set aside. Add broth and cauliflower, cover, reduce heat and simmer for 3 min. Return meat, add snow peas, bring to boil, and cook for 2 min. Turn off the heat and add the yogurt and curry mixture, allow it to heat through and serve with slivered almonds over the top.

Free range organic beef contains more beta-carotene, vitamin E, omega 3 EFA's and CLA than conventionally farmed beef, all nutrients for fighting cancer and heart disease. Not to mention it is free of pesticides, antibiotics and growth hormones. Beef also provides the body with the essential amino acid methionine which helps with metabolic processes and tissue repair. Cauliflower contains compounds that help fight cancer and the sulphur in cauliflower increases the liver's ability to detoxify the body. Almonds are loaded with healthy fat and vitamin E, and add crunch and texture to the dish.