

Pumpkin Veggie Burgers - GAPS

12 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 cups White Navy Beans (cooked)
1 cup Pureed Pumpkin
1/2 cup Red Onion (medium, coarsley chopped)
1 Yellow Capsicum (medium, coarsley chopped)
1 Zucchini (medium, coarsley chopped)
1 Garlic (clove)
1 tsp Cumin
1/2 tsp Oregano
1/2 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
2 tbsps Tomato Paste
1 1/2 cups Almond Flour
1/2 cup Ground Flax Seed

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the white navy beans, pureed pumpkin, red onion, yellow capsicum, zucchini and garlic into the food processor, and pulse until smooth. Transfer to a large mixing bowl and add in all remaining ingredients. Mix until a thick batter has formed and transfer to the fridge to thicken for 15 minutes.
- 03 Form the mixture into patties and place on the baking sheet. Bake for 40 minutes, carefully flipping at the halfway point. Burgers should be golden brown on the bottoms.
- 04 Remove the burgers from the oven and enjoy!

NOTES

SERVING SIZE

A serving size of 12 will make approximately 12 patties.

TOO WET

If the mix is too wet, add in extra almond flour, 1 tbsp at a time until it reaches a consistency where you are able to form it into patties.

PERFECT BURGERS

Use the lid of a mason jar to shape burgers into perfect circles.

CRISP THEM UP

After removing from the oven, fry the patties in a pan with some coconut oil to make them crispy.

Roasted Carrot White Bean & Tahini Soup - GAPS

4 SERVINGS 1 HOUR



INGREDIENTS

18 Carrot (medium, peeled and roughly chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 Brown Onion (medium, diced)
3 stalks Celery (chopped)
4 Garlic (cloves, minced)
4 cups Organic Meat Stock (Chicken, Lamb, Beef)
2 cups White Navy Beans ((preferably soaked for 24 hours in water and ACV))
1 tsp Turmeric
1/4 cup Tahini
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 03 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 04 Add the roasted carrots, meat stock, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 05 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

SERVING SIZE

One serving is approximately 2 cups.

NO IMMERSION BLENDER

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

CARROT TIP

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

Slow Cooker Lentil Chili- GAPS

6 SERVINGS 5 HOURS



INGREDIENTS

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Brown Onion (medium, diced)
- 1 Red Capsicum (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Meat Stock (Chicken, Lamb, Beef)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 tsp Coriander (optional, chopped)

DIRECTIONS

- 01 Add lentils, onion, capsicum, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, meat stock, sea salt and pepper to your slow cooker. Stir well to combine.
- 02 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 03 Ladle into bowls and top with avocado and coriander (optional). Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of chili.

LIKES IT SPICY

Add one chopped jalapeno pepper.

MORE FLAVOR

Add the juice of one lime to the slow cooker just before serving.

NO BEANS

Use lentils only.

LEFTOVERS

Store leftovers in the fridge for up to five days, or freeze for longer.

Thai Cauliflower & Sweet Potato Curry

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1/2 Brown Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1/4 cup Water
- 2 tbsps Thai Red Curry Paste
- 1 1/2 cups Organic Meat Stock (Chicken, Lamb, Beef)
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1/2 cup Dry Red Lentils
- 1 head Cauliflower (small, chopped into florets)
- 1 Sweet Potato (medium-sized, peeled and cut into cubes)
- 1/4 cup Coriander (chopped, optional for garnish)

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 02 Add the curry paste and stir to combine with the onion mixture. Stir in the stock and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 03 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 04 Season with additional salt if needed and divide between bowls. Top with coriander, if using, and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 2 cups of curry.

MORE FLAVOR

Stir in lime juice and serve with extra lime wedges and coriander. For a spicier curry, add more curry paste or serve with hot sauce.

Slow Cooker Kitchari

4 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Basmati Rice (optional)
3/4 cup Dry Red Lentils ((preferably soaked for 24 hours in ACV and water))
1 tsp Cumin
1 tbsp Turmeric
1 tbsp Curry Powder
1 head Cauliflower (chopped into florets)
1 Carrot (medium, diced)
4 cups Organic Meat Stock (Chicken, Lamb, Beef)
1 tbsp Coconut Oil
1 tsp Sea Salt
1/4 tsp Black Pepper
1 cup Coriander (chopped)

DIRECTIONS

- 01 Combine all ingredients, except coriander, in your slow cooker. Turn on high for 30 minutes, then med/low to slow cook for 4-6 hours.
- 02 Divide between bowls and top with coriander. Enjoy!

NOTES

SERVING SIZE

One serving is equal to about 2 cups.

NO BASMATI RICE

Use brown rice and increase cooking time.

STOVE TOP

Increase broth to 5.5 cups and cook covered for about 25 minutes.

MORE VEGETABLES

Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.

Red Lentil Dahl - GAPS

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 cup Red Onion (finely chopped)
- 1/4 cup Water
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 1/2 tbsps Curry Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Chilli Flakes (Optional)
- 1 1/2 cups Dry Red Lentils ((preferably soaked for 24 hours in water and ACV))
- 2 1/2 cups Organic Meat Stock (Chicken, Lamb, Beef)
- 1 cup Organic Coconut Milk (from the can)
- 1/2 tsp Coriander
- 1 1/2 tbsps Lime Juice

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 02 Add the meat stock and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 03 Remove from the heat and stir in the coriander and lime juice. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of dahl.

MORE FLAVOR

Add chili powder, cayenne or a drizzle of honey.

CONSISTENCY

If the lentils are too thick, add additional meat stock until desired consistency is reached.

Roasted Capsicum & Tomato Lentil Soup - GAPS

5 SERVINGS 45 MINUTES



INGREDIENTS

- 2 Tomato (cut in half)
- 3 Red Capsicum (halved and seeds removed)
- 1 Brown Onion (coarsely chopped)
- 3 Garlic (cloves)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Dry Red Lentils ((preferably soaked for 24 hours in water and ACV))
- 3 cups Water
- 3 cups Organic Meat Stock (Chicken, Lamb, Beef)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tsp Oregano
- 1/4 cup Cashews (raw, unsalted)

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red capsicums, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 02 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in meat stock, sea salt, black pepper and oregano in with the lentils and mix well.
- 03 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red capsicum and discard (in your compost!). Place vegetables in pot with your lentils.
- 04 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 05 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

NOTES

ADD SOME GREENS

Top with chopped baby spinach.

Lentil Masala Soup - GAPS

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 tsp Coriander (finely diced)
- 4 cups Organic Meat Stock (Chicken, Lamb, Beef)
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils ((preferably soaked for 24 hours in water and ACV))
- 1 cup Organic Coconut Milk (canned, full-fat)
- 4 cups Kale Leaves (finely sliced)

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the coriander, stock and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

NOTES

GARNISH

Top soup with chopped coriander, sliced almonds and/or a dollop of yogurt.

Red Lentil Bolognese Sauce - GAPS

2 SERVINGS 40 MINUTES



INGREDIENTS

1/4 Brown Onion (finely chopped)
2 Garlic (clove, minced)
2 tbsps Water
3/4 tsp Oregano
1/4 tsp Sea Salt
1/8 tsp Chilli Flakes (Optional)
1/2 cup Dry Red Lentils ((preferably soaked with water and ACV for 24 hours))
1 tbsp Tomato Paste
1 1/2 cups Organic Meat Stock (Chicken, Lamb, Beef)
1/2 cup Tomato Sauce

DIRECTIONS

- 01 In a pot over medium heat, add the onion, garlic and water. Cook until the onion begins to soften and the water evaporates. Add the oregano, salt and chilli flakes and cook for an additional minute.
- 02 Stir in the lentils and tomato paste. Add the meat stock, tomato sauce and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
- 03 Season with additional salt if needed and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of sauce.

ADDITIONAL TOPPINGS

Top with extra chilli flakes, dried or fresh oregano or nutritional yeast.

Cozy Slow Cooker Split Pea & Kale Stew - GAPS

6 SERVINGS 8 HOURS



INGREDIENTS

- 1 Brown Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 1 tbsp Dried Thyme
- 2 cups Yellow Split Peas (dry/uncooked)
- 8 cups Organic Chicken Stock
- 4 cups Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
- 02 In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Store in the fridge up to 4 days or freeze.

Sweet Potato Black Bean Quinoa Bake

6 SERVINGS 55 MINUTES



INGREDIENTS

3 Sweet Potato (small, peeled and chopped)
2 cups Black Beans (cooked, from the can)
1 cup Quinoa (dry, uncooked)
1 Red Capsicum (chopped)
3 stalks Spring Onion (chopped)
1 tbsp Chili Powder
1 tbsp Cumin (ground)
1 tsp Garlic Powder
1/4 tsp Sea Salt
2 tbsps Organic Chicken, Lamb Or Beef Stock
1 Lime (juiced)
1 Avocado (diced)

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 In a large baking dish, add the sweet potatoes, black beans, quinoa, capsicum, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 03 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 04 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

NOTES

BAKING DISH

Use a 9x13-inch dish for six servings.

LEFTOVERS

Keeps well in the fridge for up to four days.

MORE FLAVOR

Top with chopped coriander, shredded cheese, salsa and/or sour cream.

Black Bean Chili Stuffed Sweet Potatoes

4 SERVINGS 1 HOUR



INGREDIENTS

- 4 Sweet Potato (medium size)
- 1 tbsp Organic Chicken, Lamb Or Beef Stock
- 1 Onion (chopped)
- 1 Yellow Capsicum (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Chili Powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cups Black Beans (cooked, drained, rinsed)
- 3/4 cup Tomato Sauce
- 1/3 cup Water
- 1/4 tsp Coriander (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
- 02 While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and capsicum and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.
- 03 Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with coriander. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Top with avocado, cheese, sour cream or yogurt.

Mexican Black Bean Salad - SCD Legal

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Black Beans (cooked)
1 Red Capsicum (chopped)
1/4 cup Red Onion (chopped)
1 Avocado (diced)
1/4 cup Lime Juice
1/4 tsp Chili Powder
1/4 tsp Cumin
1/8 tsp Sea Salt

DIRECTIONS

- 01 In a large mixing bowl combine the black beans, capsicum, onion and avocado.
- 02 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 03 Serve chilled and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup.

Black Bean Brownies - SCD Legal

9 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Black Beans (cooked)
3 Egg
1/4 cup Coconut Oil (melted)
1 tsp Vanilla Extract
1/4 tsp Sea Salt
3/4 cup Cocoa Powder
1/4 cup Raw Honey
1/2 tsp Baking Powder
1/4 cup Sliced Almonds

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 02 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 03 Add vanilla, salt, cocoa powder, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 04 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the sliced almonds evenly over top of the brownies.
- 05 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 06 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

NOTES

LESS INGREDIENTS

Omit almonds if desired.

LEFTOVERS

These brownies keep well in the fridge up to 4 days. Freeze for longer.