



Adventure Ingredient: Organic Grass Fed Beef Liver

Star Power Sautéed Liver and Onions

Ingredient trending for key brain nutrients & other autoimmune issues

- 2 slices bacon
- 3 Tablespoons chopped chives
- 1 large onion, sliced
- 5 ounces sliced fresh shiitake mushrooms
- 1/4 cup all-purpose or gluten free flour
- 1 to 2 teaspoons blackened seasoning as desired
- 1-pound organic grass-fed beef or bison liver, sliced, trimmed
- 2 Tablespoons butter or ghee, divided
- 1 Tablespoon coconut or olive oil, if needed
- 1-1/2 Tablespoons melted butter or ghee as desired
- 2 cups fresh spring lettuce greens
- 2 Tablespoons white Balsamic vinegar

Garnish: Chive flowers if available

Cook Bacon: In a 10-inch skillet, fry bacon until golden brown; remove to paper towel lined plate; cool; crumble or chop into small pieces; add chives; set aside.

Cook Onions and Mushrooms: Place sliced onions into bacon drippings; sauté until softened; add mushrooms until softened and golden. Remove from skillet; set aside.

Cook Liver: In shallow dish, combine flour and blackened seasoning. Lightly coat trimmed liver with flour mixture. Melt 2 Tablespoon ghee or butter in the skillet; add liver; cook over medium heat, turning once for about 2 to 3 minutes per side depending on the thickness of liver slices. It is suggested to cook it medium rare as it becomes very dry if cooked too long. Add oil if pan becomes dry. Remove liver slices from skillet. Add melted butter or ghee to reserved bacon and chives.

To Serve: Place fresh spring greens on serving platter; sprinkle with vinegar as desired. Spoon onions and mushrooms over center of plate; arrange liver slices over onion mixture; top with reserved bacon and chives. Garnish plate with chive flowers if available. Serves: 4

Cook's Note: Liver will usually be sliced into 1/2 to 1-inch slices. If blackened seasoning is not available, season with salt, ground black pepper, and ground red pepper as desired. Also, calf's and lamb's liver would have a milder flavor than beef liver. To reduce a strong flavor, soak the liver in milk or lemon juice before cooking.

About the Recipe: Liver stores more nutrients than most other foods and is an excellent source of protein. It doesn't store toxins, but one of its primary roles is to neutralize toxins. Recently, some healthy diets like Dr. Wahls Protocol diet are suggesting that liver be included in a healthy diet. We added bacon, onions, mushrooms, and chives to flavor the liver, but these could be eliminated from the recipe.

Check Out the Nutritional Profile of Liver:

Vitamin B12 helps the formation of red blood cells, DNA, and brain function.).

Vitamin A is important for normal vision, immune function, reproduction. And helps organs like the heart and kidneys function properly

Riboflavin (B2) is important for cellular development, function, and turns food into energy.

Folate (B9) is an essential nutrient that plays a role in cell growth and the formation of DNA.

Iron is another essential nutrient that helps carry oxygen around the body.

Copper acts like a key to activate a number of enzymes, which then help regulate energy production, iron metabolism and brain function

Choline is important for brain development and liver function

For More Information See:

<https://www.healthline.com/nutrition/why-liver-is-a-superfood#section2>