

Ancestral Meatloaf Dinner

with cauliflower mash and greens beans

Serves: 4-6

Our meats come in a variety of options: conventionally raised, grass-finished, organic, 100% organic grass-fed, regeneratively farmed, and wild.

Animals provide the most complete protein sources (all the amino acids we need). The heme iron in meats is the most bio-available source of iron and rich in B12, not available in plant foods. Iron and B12 are the most common nutrient deficiencies worldwide according to the [CDC](https://www.cdc.gov/).



Wild game and meats raised on 100% grass are excellent sources of not only protein, iron, and B12 but other B vitamins (3, 5, 6), zinc, vitamin C, alpha-tocopherols (Vitamin E, antioxidant) and more. They are lean and low in saturated fat. Furthermore, these meats, as well as grass-fed beef have significantly higher amounts of phytochemicals (antioxidant, anti-inflammatory), omega-3 fatty acids (heart, brain health, immune support), and lower levels of inflammatory compounds. More information about the studies [here](#).

Cooking these or any meats over low to medium heat, rather than high heat (and searing), is the best way to preserve the nutrients and reduce advanced glycation end products ([AGEs](#)). High intake of [AGEs](#) is linked to inflammation, diabetes, heart disease, premature aging, and Alzheimer's.

Meatloaf Ingredients:

- 1 lb [Force of Nature](#) Grass Fed venison, bison, or beef Ancestral Blend
- 2 cups frozen spinach, thawed, and squeezed to remove water
- 2 pastured eggs
- 2 ounces shiitake mushrooms, chopped
- ¼ cup crushed gluten-free [Simple Mills Organic Seed Flour](#) crackers
- 2 cloves garlic, minced
- ½ tsp thyme
- ½ tsp rosemary, freshly ground
- ½ tsp sea salt

Meatloaf Preparation:

- Preheat oven to 375°F
- Mix all ingredients together in a bowl using hands and/or a fork until well mixed.
- Press into a 2-quart glass baking dish (or loaf pan).
- Bake for 30 minutes. Note: a loaf will take longer. Use a meat thermometer to check for doneness (should read 160°F).



While the meatloaf is cooking, prepare the cauliflower mash and green beans.

Cauliflower Mash Ingredients:

- 1 large head cauliflower, chopped into small chunks (including the light green leaves and core)
- ¼ cup bone broth or water
- ½ tsp sea salt
- ¼ tsp thyme leaves, crushed
- ¼ tsp rosemary leaves, ground
- 2 tsp ghee

Cauliflower Preparation:

- Place cauliflower and broth into large pot.
- Bring to a simmer, cover, and cook until cauliflower is soft, about 15 minutes.
- Drain remaining liquid.
- Using a handheld immersion blender, blend until desired consistency.
- Add herbs and ghee if desired.
- Cover and keep warm.

Green Beans Preparation:

- Bring a large pot of water to a boil.
- Add some salt if desired.
- Add one pound of green beans/haricot verts to the boiling water.
- Cook 5-7 minutes and check for doneness. Don't overcook.
- Drain and keep warm.

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