

Nick Ranch

Grass Fed From Start to Finish

Healthier For You And Your Family

Nick Ranch LLC

Wholesale Grass Fed Beef

13580 Avenales Ranch Road

NICK RANCH “GRASS FED” SCRAMBLE

Ingredients-

- Nick Ranch Grass Fed Beef Sausage (Stew Cubes or Ground Beef can be substituted)
- Grass Fed Eggs, whisked
- Chopped Onions, Bell Peppers, Garlic
- Grated Jalapeno Jack Cheese (or your favorite cheese)
- Coconut Oil (or your favorite heat tolerant oil)
- Sea Salt and Fresh Ground Black Pepper

Instructions & Tips-

Start by heating the oil over medium heat in a skillet large enough to serve your crowd. When the oil is hot, add the Stew Cubes & stir occasionally while they brown. (We like to cut the Stew Cubes into smaller uniform pieces; use kitchen shears or a paring knife.) If using Sausage Links, either take out of casing prior to cooking or dice after cooking. If using Ground Beef, stir well to get smaller pieces rather than clumps. When the Beef has browned on all sides, add the chopped onions, bell peppers and garlic. Add other vegetables if you like-leftovers from the night before are always great. Stir well and add the whisked Grass Fed Eggs; season with Sea Salt & Fresh Ground Black Pepper. (Sometimes I like to add Chili Powder & Cumin to Ground Beef or Stew Cubes for a change) Continue to stir to keep the eggs from sticking. Cook to the desired doneness. Add the grated cheese and serve while hot. Keep your chopped veggies in containers in the refrigerator or freezer & you are ready to put together this Scramble at a moment's notice. This is a great recipe for serving a large crowd; plan on about 2 eggs per person if you are serving this as a main dish without biscuits or other sides. This also makes a quick breakfast for your school children, wrap a serving in a warm Organic Tortilla and you are out the door.

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EASY GRASS FED BEEF SAUSAGE & PASTA DINNER

- Nick Ranch Grass Fed Beef Sausage-(the Tomato Basil with Parmesan Cheese is great in this!)
- Olive Oil-1 or 2 teaspoons
- Onion-1/2 medium, sliced
- Sea Salt
- Fresh Ground Black Pepper
- Roasted Red Bell Peppers-1/2 cup sliced
- Garlic-1 or 2 cloves, crushed or sliced
- Basil-1/4 cup, chiffonade
- Pasta
- Parmesan Cheese

Start by bringing a pot of salted water to a boil & cook the Pasta so it will be ready to add to the Sausage mixture. Grate or shave the Parmesan Cheese for garnishing dish. Remove 1 or 2 links of Sausage from casing, crumble into a medium or large Skillet. Brown over low heat with 1 t. Olive Oil-do not overcook the Sausage. Quickly, add in the sliced Onion, Roasted Red Bell Peppers, Garlic, Sea Salt & Fresh Ground Black Pepper, stir well. Adjust heat if needed. Add Basil. The Pasta should be ready to add to the Skillet. Add a little bit of the pasta water. Check the seasonings. Garnish with Grated or Shaved Parmesan Cheese. Serve with Garlic Bread if desired.