



Mitochondrial Health - Organ Meat Recipe Ideas

NEW ROOTS HERBAL



Lemon Basil Pan-Fried Chicken Hearts

4 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
454 grams Chicken Heart
1/4 tsp Sea Salt
1/4 cup Lemon Juice
1/4 cup Basil Leaves (chopped)

DIRECTIONS

- 01 Heat the olive oil in a pan or skillet. Add the chicken hearts and season with sea salt. Cook for 5 minutes, or until browned and cooked through.
- 02 Stir in the lemon juice and basil leaves for one minute to allow the flavors to combine. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 15 chicken hearts.

MORE FLAVOR

Add red pepper flakes.

Beef & Chicken Sliders with Greens

4 SERVINGS 30 MINUTES



INGREDIENTS

113 grams Chicken Liver
1/2 cup Red Onion
1 tbsp Dried Parsley
1 tsp Sea Salt
1 tsp Garlic Powder
1 tsp Onion Powder
454 grams Extra Lean Ground Beef
1/4 cup Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar
6 cups Mixed Greens

DIRECTIONS

- 01 Add the chicken liver, red onion, parsley, salt, garlic powder and onion powder to a food processor and blend until mostly smooth.
- 02 Place the beef in a large mixing bowl and add the liver mixture. Mix until very well combined.
- 03 Heat a large pan over medium heat. One patty at a time, shape the mixture into thin, miniature burger patties, roughly 3-inches wide. This is easier using damp hands. Place in the hot pan. Repeat with remaining meat and in batches if needed. Cook for about 5 minutes per side, or until patties are cooked through.
- 04 In a mason jar, combine the oil and vinegar to make a dressing. Shake to combine. Divide the mixed greens evenly between plates and top with the vinegar mixture. Add the patties to the bed of greens. Enjoy!

NOTES

LEFTOVERS

Refrigerate the burgers in an airtight container for up to three days. For best results, store the dressing and greens separately.

SERVING SIZE

One serving equals two slider burger patties and 1 1/2 cup of greens.

MORE FLAVOR

Add your favorite burger spices to the mixture.

ADDITIONAL TOPPINGS

Serve with your favorite burger toppings.

NO CHICKEN LIVER

Use beef liver instead.

Cajun Cauliflower Rice with Chicken Livers

2 SERVINGS 20 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Beef
113 grams Chicken Liver (finely chopped)
1/2 Yellow Onion (diced)
1 stalk Celery (chopped)
2 Garlic (large cloves, minced)
1 tsp Cajun Seasoning
1/2 tsp Sea Salt
2 cups Cauliflower Rice

DIRECTIONS

- 01 Heat a large pan or dutch oven over medium-high heat. Once warm, add the beef and chicken liver to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 02 Add the onion, celery, garlic, cajun seasoning and salt. Stir occasionally and cook for 5 to 7 minutes until the onions and celery are soft.
- 03 Add the cauliflower rice and stir to combine everything. Cook until the cauliflower meets your desired texture. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add cayenne pepper or red chili flakes to taste.

ADDITIONAL TOPPINGS

Top with sliced green onions, cilantro and/or parsley or fresh lime juice.

CHICKEN LIVERS

Freeze your chicken livers for about an hour to make for easier chopping.

MORE VEGGIES

Add mushrooms and/or bell peppers.

NO CAULIFLOWER RICE

Use cooked rice instead.

Creamy Mushrooms & Chicken Liver

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Avocado Oil
4 cups Shiitake Mushrooms (sliced)
227 grams Chicken Liver
3/4 tsp Sea Salt
3/4 tsp Dried Thyme
1/4 cup Canned Coconut Milk (full fat)
3/4 cup Water

DIRECTIONS

- 01 In a large pan, heat the oil over medium-high heat. Add mushrooms and cook for about 3 to 5 minutes. Add chicken liver and stir occasionally for 1 to 2 more minutes.
- 02 Season with salt and thyme. Add coconut milk and water, and let it simmer for about 10 more minutes or until cooked through.
- 03 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add red pepper flakes, fresh herbs and/or lemon juice.

MAKE IT VEGAN

Use tofu, tempeh or a variety of mushrooms instead of chicken liver.

Turmeric Beef & Chicken Liver Cauliflower Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Beef
113 grams Chicken Liver (finely chopped)
1/2 Yellow Onion (finely chopped)
1 stalk Celery (finely chopped)
2 Garlic (clove, minced)
1 1/2 tsp Ginger (fresh, finely grated)
1 tsp Turmeric
3/4 tsp Sea Salt
2 cups Cauliflower Rice
1 tbsp Coconut Aminos (optional)

DIRECTIONS

- 01 Heat a large pan over medium-high heat. Add the beef and chicken liver to the pan, breaking the beef up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan, if necessary.
- 02 Add the onion and celery to the meat and cook for about 5 minutes or until the onions have started to soften. Add the garlic, ginger, turmeric and salt. Stir to combine and cook for another 2 to 3 minutes.
- 03 Add the cauliflower rice and stir to combine everything. Cook until the cauliflower meets your desired texture then stir in the coconut aminos if using and season with additional salt if needed.
- 04 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add hot sauce or red chili flakes to taste.

ADDITIONAL TOPPINGS

Top with fresh cilantro or parsley.

CHICKEN LIVERS

Freeze your chicken livers for about an hour to make for easier chopping.

NO CAULIFLOWER RICE

Use cooked rice instead.

Beef & Liver Meatballs

4 SERVINGS 45 MINUTES



INGREDIENTS

113 grams Chicken Liver
3 slices Bacon
1 tsp Garlic Powder
1 tsp Onion Powder
1/2 tsp Sea Salt
454 grams Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 Add the chicken liver, bacon, garlic powder, onion powder and salt to a food processor and blend until mostly smooth.
- 03 Place the beef in a large mixing bowl. Add the liver mixture and chopped onion and mix until very well combined.
- 04 Form the meat mixture into tightly-packed balls, about 1-inch in diameter. Use damp hands to make rolling easier. Place in a high-sided baking dish.
- 05 Bake for 25 to 30 minutes or until the meatballs are cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 5 meatballs.

MORE FLAVOR

Add fresh garlic, red pepper flakes, dried herbs.

SERVE IT WITH

Warm tomato sauce. Use in pasta dishes or with rice or cauliflower rice.

NO CHICKEN LIVER

Use beef liver instead.

Liver, Onions & Sage

2 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup All Purpose Gluten-Free Flour
1/2 tsp Sea Salt (divided)
225 grams Beef Liver (sliced into strips)
3 tbsps Avocado Oil (divided)
1 Yellow Onion (medium, sliced)
2 tbsps Fresh Sage

DIRECTIONS

- 01 In a bowl, combine the flour and half of the salt. Add liver and toss until well coated. Set aside.
- 02 Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
- 03 In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be slightly pink in the center.
- 04 Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve immediately and enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

NO FRESH SAGE

Use dried sage instead.

NO AVOCADO OIL

Use butter, coconut oil, olive oil or ghee instead.

MORE CARBS

Serve it with quinoa, couscous, rice, toast or potatoes.

Cucumbers with Beef Liver Pate

8 SERVINGS 15 MINUTES



INGREDIENTS

6 slices Bacon
1 Yellow Onion (small, minced)
4 Garlic (cloves, minced)
454 grams Beef Liver
2 tbsps Dried Thyme
1/2 cup Coconut Oil (melted)
1/2 tsp Sea Salt
1 Cucumber (sliced)

DIRECTIONS

- 01 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 02 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 03 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 04 Spread onto cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

Each serving equals approximately 1/4 cup of beef pate.

MORE FLAVOR

Use fresh instead of dried herbs.

NO CUCUMBERS

Use carrot sticks or plantain chips instead.

Beef Heart Meatballs

4 SERVINGS 25 MINUTES



INGREDIENTS

454 grams Beef Heart (fat trimmed, ground)
454 grams Extra Lean Ground Beef
1 tsp Sea Salt
1/2 cup Baby Spinach (finely chopped)
1/4 cup Parsley (finely chopped)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Add all ingredients into a large bowl and mix until well combined.
- 03 Roll into balls roughly the size of golf balls. Place in a glass baking dish, or an oven-safe dish with high sides. Bake for 20 minutes or until fully cooked. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 5 to 6 meatballs.

MORE FLAVOR

Add garlic and pepper to the meat mixture.

ADDITIONAL TOPPINGS

Spoon warm tomato sauce over top of the meatballs.

SERVE IT WITH

Cauliflower rice, spaghetti squash, noodles with tomato sauce or over top of a bed of greens.

BEEF HEART

Ask your butcher to grind the beef heart. If that's not available, you can grind it in your food processor. Cut into smaller pieces and freeze for roughly 20 minutes to make for easier grinding.