



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Catch Up Recipes

<https://www.goldster.co.uk/>

©That Clean Life 2021



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

Nutrition

Amount per serving	
Calories	376
Fat	22g
Carbs	42g
Fiber	10g
Protein	11g
Calcium	149mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

No Honey: Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Vegan Lentil Keema

4 servings

25 minutes

Ingredients

2 cups Water
1 3/4 cups Canned Coconut Milk (divided)
2 Yellow Potato (small, cubed)
1 cup Dry Green Lentils
1 tbsp Coconut Oil
2 tsps Coriander
2 tsps Cumin
3 Garlic (cloves, minced)
1 Yellow Onion (medium, diced)
3 Tomato (medium, halved)
2 cups Frozen Peas
1 tbsp Lime Juice

Nutrition

Amount per serving	
Calories	565
Fat	23g
Carbs	71g
Fiber	13g
Protein	21g
Calcium	100mg

Directions

- 1 In a large pot, add the water, half the coconut milk, potatoes, and lentils. Bring to a boil, then lower to a simmer. Cook for 20 minutes uncovered, or until tender. Do not drain. Set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the coriander, cumin, and garlic, and cook for one minute. Stir in the onions for about five minutes, or until translucent. Add the tomato and cook for another five minutes.
- 3 Stir in the remaining coconut milk. Use a hand-held immersion blender to blend until smooth.
- 4 Add the peas, lime juice, potatoes, and lentils (with the liquid). Gently simmer for about five minutes or until warmed through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: Each serving equals approximately 1 3/4 cups.

More Flavor: Add garlic, chopped bell pepper, cauliflower, or green chilies. Season further with turmeric, cinnamon, cayenne, salt, or pepper to taste.

Additional Toppings: Top with cilantro. Serve with rice or naan.

No Green Lentils: Use brown lentils instead.

No Coconut Oil: Use ghee or butter instead.



Beef & Bean Minestrone

6 servings

1 hour 15 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
227 grams Extra Lean Ground Beef
1 Yellow Onion (medium, finely chopped)
2 Carrot (medium, chopped)
2 stalks Celery (finely chopped)
4 Garlic (cloves, minced)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
1/4 cup Tomato Paste
4 cups Beef Broth
3 1/2 cups Diced Tomatoes (from the can)
2 cups Mixed Beans (cooked)
1 Bay Leaf
1 Zucchini (medium, chopped)
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	237
Fat	7g
Carbs	27g
Fiber	7g
Protein	17g
Calcium	95mg

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Serving Size: One serving is roughly 1 1/2 cups.

No Ground Beef: Use ground turkey or ground chicken instead.

More Carbs: Stir in cooked pasta or noodles before serving.

Likes it Cheesey: Sprinkle with parmesan or nutritional yeast.