

Pasture Raised Meats—the Nutritional Difference!

By Kimberly Hartke

With all the emphasis on adding more Omega 3 Oils to our diet, here is a way to do so, without supplements or eating more fish! Pasture raised beef—a little known commodity in this age of factory farming—has twelve times more Omega 3 than grain- fed beef. Nutritionally superior, because the cows are fed on the range, which is their natural environment. Green grass, sunshine, exercise aplenty (none of which are available to a factory-farmed cow (raised in a barn on concrete floors, under florescent lights). Fed grain and hormones plus antibiotics, these cows produce an inferior product—therefore not as healthy for you to consume. Grass fed beef also has twice the beta-carotene, four times the vitamin E, five times the Vitamin A, six times the CLA (a cancer-fighter), and is three times lower in Omega 6 Oil.

Mount Vernon Farm, a local producer of grass fed meats, lamb, pork, beef does a monthly drop at the National Realty office in Reston, VA. To inquire about joining their meat buying club, contact Kimberly@nationalrealty.biz.

Coconut-Turmeric Chuck Roast

We now buy pasture-raised beef and Oh! what a difference--it is so tender and melts in your mouth after slow cooking all day! Not to mention very nutrient dense, so you will be more satisfied by eating less!

Serves 4-6

Prep Time 30 minutes

Total Time 8 hours, 30 minutes

Ingredients:

3 lb. beef chuck roast
32 fl. oz. organic vegetable broth
1 cup coconut milk
1 can (14 oz.) chopped tomatoes
1 chopped yellow onion
4 cloves garlic, diced
1 tbsp. minced ginger
2 tbsp. turmeric
1 tsp. pepper
1 tsp. herbes de provence
1 chopped red bell pepper
1/3 cup chopped cilantro
1 cup cubed butternut squash
1/4 cup red wine

Directions: Put Beef and Vegetable Broth in Slow cooker, cook on low heat all day. Make sure liquid totally covers meat, if not, add water to do so. During the last hour, add remaining ingredients. Serve.