



Paleo Kitchen Diet Recipes Cookbook: 30 More Unofficial Paleo Kitchen Delicious Paleo Recipes Collection Book for Your Kitchen

Laura Loren

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Loved Paleo Kitchen, hungry for more?

Here's 30 more tantalizing recipes for your kitchen!

[SAMPLE RECIPE]

GRILLED FLANK STEAK WITH PINEAPPLE SALSA

Make dinner extra special by serving flank steak with saucy pineapple salsa.

Ingredients:

1 lb beef flank steak
1 teaspoon chipotle powder
1 Tablespoon olive oil
1 large diced red bell pepper
4 slices fresh pineapple (can use canned in juice)
½ diced red onion
¼ cup chopped cilantro
Juice of 1 lime

Directions:

1. Warm the grill. If using broiler, turn on high.
2. Using a small dish, mix oil and chipotle powder together.
3. Brush mixture on steak.
4. Grill steak for 5 minutes on one side flip and grill other side for 3 minutes.
5. Remove and place on a plate, cover and cool it down for 10 minutes.
6. Grill the pineapple rings, 2-3 minutes per side (or broil for 45 seconds to 1 minute per side).
7. Cut pineapple into chunks and place in a bowl.
8. Mix together with red bell pepper, red onion, and cilantro and lime juice.
9. Thinly slice the steak.
10. Serve with pineapple salsa.

[...and more sample recipes can be found in the sample!]

Note: this book is not affiliated nor endorsed by Juli Bauer and George Bryan's awesome book, Paleo

Kitchen.

It's a supplementary recipe book created by a fan.

This recipe collection book will just give you the essentials without fluff – more good 'ole recipes!

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Ken Martin:

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