



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### PEAS & CARROTS

**Time: 40 minutes**

**Serves: 4**

#### **Ingredients:**

6 carrots – peeled and cut into 1” pieces  
1 pound ground bison  
1 onion – diced  
1 ½ teaspoons kosher salt  
¼ teaspoon fresh ground black pepper  
1 tablespoon Worcestershire sauce  
1 pinch ground cloves  
1 ½ cups beef or chicken stock  
2 tablespoons arrowroot powder  
1 cup frozen peas

#### **Preparation:**

Place a steamer basket in a suitable pot with a half-inch of water on high heat. Put the carrots in the steamer basket and cover once the water reaches a boil. Steam for twenty minutes.

While the carrots are steaming, place the bison in a deep frying pan on medium-high heat. Cook the bison, crumbling apart any clumps until it's browned.

Stir in the onion and cook, stirring occasionally for five minutes.

Add the salt, pepper, Worcestershire sauce and cloves, cooking for one more minute.

Pour in the stock and bring the heat to high. When a boil is reached, reduce heat to a simmer and stir in the arrowroot powder.

Stir in the frozen peas and simmer for three minutes.

Pass the carrots through a potato ricer or mash and plate on top of the beef mixture.

#### **Nutritional Information Per Serving:**

Calories: 248  
Fat: 6g  
Carbs: 22g  
Fibre: 6g  
Protein: 26g