

Simple Pork and Spinach



Serves 4

Ingredients:

- 1 tablespoon of ghee or coconut oil
- 1 medium onion, chopped
- 1 pound ground pork
- 2 teaspoons chili powder
- $\frac{1}{4}$ teaspoon cumin
- pinch of salt
- 3 handfuls of spinach, chopped

Instructions:

1. Heat a skillet over medium heat, and add ghee or coconut oil.
2. Cook onions until almost tender. Add ground pork and continue to cook with onions.
3. When pork is almost fully cooked, add chili powder, cumin, and salt.
4. When the pork is cooked through, add spinach and turn off heat. Mix spinach until nicely wilted. Serve.

Nutrition per serving: Calories 379; Total Fat 27.2 g; Saturated Fat 11.6 g; Monounsaturated Fat 10.8 g; Polyunsaturated Fat 3.5 g; Total Carbohydrates 5.0 g; Dietary Fiber 1.5 g; Sugar Alcohols 0.1 g; Sugars 1.8 g; Protein 29.4 g; Sodium 209 mg