



WILD PASTURES

The 'CLASSICS'

COOKBOOK

20 CHEF - INSPIRED
POPULAR + EASY TO MAKE
FARM TO TABLE RECIPES

GRASS-FINISHED | PASTURE-RAISED | WILD-CAUGHT



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DEAR WILD PASTURES FAMILY MEMBER,

WELCOME TO THE WILD PASTURES FAMILY!

**WE'RE SO EXCITED TO HAVE YOU JOIN US ON THIS JOURNEY
TOWARD BETTER HEALTH, BETTER MEAT, BETTER FARMING
PRACTICES, AND A BETTER PLANET.**

Today, many people lack access to truly pasture-raised meats, often leaving them to support factory farms that perpetuate animal cruelty and environmental harm. At Wild Pastures, we're on a mission to change that. Together, we're creating a future where you can feel confident that the food on your table is ethical, sustainable, and deeply nourishing.

To help you get started, we've put together a free collection of 20 professionally chef-inspired 'CLASSICS' recipes—delicious, mouthwatering dishes that are sure to please everyone at the table.

**AS A MEMBER OF THE WILD PASTURES FAMILY,
YOU'LL ENJOY FOUR INCREDIBLE BENEFITS:**

- 1 You and your family EAT the best of the best for less.**
Our American family farmers never use antibiotics, hormones, or steroids, and our cows graze on lush, green pastures their entire lives. This means you get nutrient-packed, clean, and delicious animal products—all at the most affordable prices in the market.



- 2 You support ENVIRONMENTAL restoration.**
Many people believe that all animal agriculture harms the planet, but the truth is, it doesn't have to. Through rotational grazing practices used by our family farmers, we're sequestering carbon, building topsoil, and improving environmental health. Every time you choose Wild Pastures, the Earth thanks you!
- 3 You stand up for the HUMANE treatment of animals.**
Factory farms force animals to live in cramped, unsanitary conditions which is both cruel and harmful to their well-being. Our family farmers are committed to a different approach—providing animals the freedom to roam on open pastures, stay healthy and happy, and enjoy a natural diet of grass and bugs.
- 4 You help us TRANSFORM a broken system.**
The current meat industry is flawed—from inaccessible wholesome products to imported meats, poor treatment of animals, excessive antibiotic use, and underpaid farmers. With your support, we're building a new system—one that values people, animals, and the planet.

From the bottom of our hearts, thank you for joining us. Your choice to vote with your dollar is driving real change. By demanding the best for your family, restoring environmental integrity, and standing against animal cruelty, you are making a difference.

We're here to support you every step of the way. If you ever have questions or need anything, don't hesitate to reach out to us at support@wildpastures.com and we're always happy to help!

With gratitude,
The Wild Pastures Family



JOIN OUR GROWING WILD PASTURES FACEBOOK COMMUNITY!

**IF YOU HAVEN'T YET, DON'T FORGET TO JOIN
OUR RAPIDLY GROWING FACEBOOK COMMUNITY!**

There you can find even more recipes from Wild Pastures members. You can stay up to date with anything new and exciting coming down the road and post your own delicious recipes for others to enjoy! It's a truly great community, so don't miss out on this amazing free resource!

Scan the QR code and join our Wild Pastures Facebook Community now!



**JUST SCAN THE QR CODE
WITH YOUR PHONE CAMERA!
[OR CLICK HERE TO JOIN OUR WILD
PASTURES COMMUNITY NOW!](#)**



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MARINATED STEAK FAJITAS



PREP

10

MINUTES

COOK

11

MINUTES

TOTAL

2:21

HOURS MINS

SERVES

4

INGREDIENTS:

For Marinade

- 1 pound Wild Pastures Fajita Meat, thawed
- 2 Tablespoons coconut aminos
- 1 Tablespoon lime juice
- 1 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper

For Fajitas

- 1 Tablespoon tallow or avocado oil for cooking
- 2 cups bell peppers, thinly sliced
- 1 cup yellow onion, thinly sliced
- Salt and pepper to taste
- 1 Tablespoon chopped cilantro for serving

EQUIPMENT:

- Skillet

DIRECTIONS:

- 1** Add fajita meat to a shallow glass dish. Add coconut aminos, lime juice, cumin, oregano, garlic powder, and cayenne pepper. Stir well to coat steak. Cover and refrigerate for 1-2 hours.
- 2** Heat tallow or avocado oil over medium-high heat in a 12-inch skillet for 2 minutes. Add sliced peppers and onions. Cook for 4 minutes, stirring occasionally. Move vegetables to one side of skillet.
- 3** Drain excess marinade from steak and add steak to hot skillet in a single layer. Cook for 3 minutes without stirring. Stir steak and vegetables and cook for 1-2 minutes longer. Season with salt and pepper to taste.
- 4** Enjoy fajitas hot, topped with fresh cilantro. Serve with guacamole and pico de gallo if desired.



SLOPPY JOES



PREP

5

MINUTES

COOK

18

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Grass Fed Ground Beef, thawed
- 1/2 cup finely chopped green bell peppers
- 1/3 cup finely chopped yellow onion
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup tomato sauce
- 1 Tablespoon tomato paste
- 1/3 cup beef stock
- 2 Tablespoons coconut aminos
- 1 Tablespoon coconut sugar
- 2 teaspoons yellow mustard
- 4 hamburger buns for serving (omit for paleo)

EQUIPMENT:

- Skillet

DIRECTIONS:

- 1** Heat ground beef in a large skillet over medium heat. Use a spatula to break up beef into small pieces. Cook for 3 minutes. Stir in bell pepper and onion. Cook for 5 minutes longer, stirring frequently.
- 2** Stir in garlic powder, smoked paprika, salt and pepper. Add tomato sauce, tomato paste, beef stock, coconut aminos, coconut sugar and mustard. Stir and reduce heat to low. Simmer for 5 minutes, stirring frequently.
- 3** Serve hot on hamburger buns, over cauliflower rice or on baked sweet potatoes.



APPLE CIDER BRAISED POT ROAST

PREP
15
MINUTES
TOTAL
2:44
HOURS MINS
SERVES
6



INGREDIENTS:

- 32 ounce Wild Pastures Chuck Roast
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 Tablespoons ghee or butter
- 2 cloves garlic, minced
- 2 cups apple cider
- 1 cup beef stock
- 2 Tablespoons coconut aminos
- 1 sprig rosemary
- 4 cups quartered baby potatoes
- 2 cups coarsely chopped carrots
- 1 cup coarsely chopped onion
- 1 Tablespoon arrowroot powder

EQUIPMENT:

- Dutch oven

DIRECTIONS:

- 1** Preheat oven to 350°F. Blot chuck roast with paper towel to remove excess moisture and season with salt and pepper on both sides.
- 2** Heat ghee in a Dutch oven for 2 minutes. Sear beef on both sides for 3-4 minutes. Add garlic to pot and sauté for 1 minute.
- 3** Add apple cider, beef stock, coconut aminos, and rosemary to pot. Cover and transfer to oven on middle rack. Cook for 2 hours.



- 4** Add potatoes, carrots and onions to pot. Cover and cook for 30 minutes longer, until vegetables are fork tender.
- 5** Remove beef from pot and shred into large chunks with a fork. Transfer vegetables to a bowl. Discard rosemary stem.
- 6** Heat braising liquid over low heat and whisk in arrowroot powder. Simmer until thickened, 2-3 minutes. Pour gravy over beef and vegetables and serve hot.



CLASSIC BEEF CHILI



PREP

10

MINUTES

TOTAL

32

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Ground Beef, thawed
- 1/2 cup chopped green bell pepper
- 1/2 cup sliced celery
- 1/2 cup white onion, chopped
- 1/2 cup peeled/chopped carrot
- 1 Tablespoon minced jalapeño
- 2 cloves garlic, minced
- 1 Tablespoon cumin
- 1 Tablespoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 2 Tablespoons coconut aminos
- 1 cup beef stock
- 1 (15 ounce) can fire roasted diced tomatoes
- 1 Tablespoon tomato paste

For Topping

- Chopped green onions
- Chopped cilantro

EQUIPMENT:

- Dutch oven

DIRECTIONS:

- 1** Heat ground beef in a deep skillet or Dutch oven over medium heat. Cook for 5 minutes, crumbling beef into small pieces.
- 2** Stir in bell pepper, celery, carrot, onion, and jalapeño. Cook for 5 minutes longer, stirring occasionally.
- 3** Add garlic, cumin, chili powder, smoked paprika, oregano and salt. Stir well. Cook 2 minutes longer.
- 4** Stir in tomatoes, tomato paste, beef stock and coconut aminos. Bring to a simmer and lower heat to low. Simmer for 10 minutes.
- 5** Serve hot topped with green onion and cilantro.



ORANGE CHICKEN AND CASHEW STIR FRY

PREP
15
MINUTES
TOTAL
2:44
HOURS MINS
SERVES
6



INGREDIENTS:

For Chicken

- 1 pound Wild Pastures Boneless Skinless Chicken Breast, thawed
- 4 Tablespoons ghee or avocado oil, divided
- 1/4 cup arrowroot powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup raw unsalted cashews

For Serving

- 2 Tablespoons chopped green onions
- Cooked cauliflower rice or white rice

For Sauce

- 1/2 cup fresh orange juice
- 1 Tablespoon orange zest
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger
- 2 Tablespoons coconut aminos (or low sodium soy sauce)
- 1 Tablespoon rice vinegar
- 1 Tablespoon coconut sugar (or brown sugar)
- 1 teaspoon arrowroot powder
- 1/2 teaspoon red pepper flakes (optional)

EQUIPMENT:

- Large skillet

DIRECTIONS:

- 1** Stir together ingredients for sauce in a bowl or measuring cup and set aside.
- 2** Cube chicken breasts and blot with paper towel to remove excess moisture.



- 3** Begin heating 2 Tablespoons of ghee over medium-high heat in a large skillet. While ghee heats, transfer chicken to a bowl and add arrowroot powder, salt and pepper. Stir well to coat chicken.
- 4** Add half of the chicken to the hot skillet and brown for 3 minutes. Turn chicken and brown for 3 minutes longer. Transfer to a plate and repeat with remaining ghee and chicken.
- 5** Stir sauce and pour into skillet. Simmer for 2-3 minutes, until thickened. Add cooked chicken and cashews to skillet. Stir to coat and cook 1 minute longer.
- 6** Garnish with green onions and serve hot over rice.



THAI BASIL GROUND BEEF



PREP

10

MINUTES

TOTAL

24

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Ground Beef, thawed
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced white onion
- 1/2 cup fresh Thai basil leaves or sweet basil
- Cooked rice for serving (omit for paleo or sub cauliflower rice)

For Sauce

- 1/3 cup coconut aminos
- 1/4 cup beef stock
- 2 Tablespoon fresh lime juice
- 1 teaspoon coconut sugar
- 1 teaspoon peeled/grated ginger
- 1 teaspoon minced garlic
- 1/2 teaspoon ground coriander
- 1/2 teaspoon red pepper flakes
- 2 teaspoons arrowroot powder

EQUIPMENT:

- Large skillet

DIRECTIONS:

- 1** Heat ground beef in a large skillet over medium heat. Break up ground beef with a spatula and cook for 3 minutes.
- 2** Add peppers and onions. Continue to cook for 7-8 minutes longer, stirring regularly.
- 3** In the meantime, whisk together ingredients for sauce in a small bowl or mug.
- 4** Pour sauce over beef and vegetables and reduce heat to low. Stir in basil and simmer for 2-3 minutes longer. Serve hot with rice.



GARLIC BUTTER CHICKEN BITES

PREP

10

MINUTES

TOTAL

29

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Chicken Breast, thawed
- 1/2 + 1/4 teaspoon salt, divided
- 1/4 teaspoon black pepper
- 4 tablespoons unsalted butter, divided
- 1 Tablespoon minced garlic
- 1/2 teaspoon dried thyme
- 1/3 cup chicken stock
- 1 Tablespoon chopped fresh parsley

EQUIPMENT:

- Large skillet

DIRECTIONS:

- 1** Blot chicken breast with paper towel to remove moisture. Slice into bite size cubes. Season chicken with 1/2 teaspoon of salt, pepper, and thyme.
- 2** Heat 1 Tablespoon of butter over medium heat in a large skillet. Once pan is very hot, add chicken breast, working in 2 batches to avoid overcrowding. Brown chicken for 8 minutes, stirring regularly.
- 3** Transfer cooked chicken to a plate and repeat with remaining chicken and 1 Tablespoon of butter. Transfer to plate.
- 4** Add remaining 2 Tablespoons of butter and garlic to the skillet. Cook for 1 minute. Add chicken stock and remaining 1/4 teaspoon of salt. Return chicken to skillet and stir to coat. Cook for 1-2 minutes longer.
- 5** Serve hot topped with chopped parsley.



PHILLY CHEESESTEAK



PREP

10

MINUTES

TOTAL

14

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Shaved Steak, thawed
- 1 Tablespoon tallow or avocado oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup sliced yellow onion
- 1 cup sliced green bell pepper
- 2 Tablespoons coconut aminos or 1 teaspoon Worcestershire sauce
- 1/2 cup grated raw provolone or white cheddar cheese
- 4 hoagie buns (omit for paleo)

EQUIPMENT:

- Skillet
- Medium baking sheet

DIRECTIONS:

- 1** Blot steak with paper towel to remove excess liquid and slice thinly using a sharp knife. Preheat oven to 400°F.
- 2** Heat oil over medium heat in a large skillet for 2 minutes. Add steak and cook for 2 minutes. Add bell pepper and onion. Season with oregano, garlic powder, salt and pepper. Cook 5 minutes longer, stirring regularly. Add coconut aminos and continue to cook 1 minute longer.
- 3** Using tongs, divide steak mixture between 4 hoagie buns and sprinkle each with 2 Tablespoons of cheese. Place on a baking sheet. Transfer to oven and bake for 3-4 minutes until cheese is melted and buns are lightly toasted. Enjoy hot.



HERBED PORK CHOPS WITH CARMELIZED ONION GRAVY

PREP
10
MINUTES
TOTAL
43
MINUTES
SERVES
2



INGREDIENTS:

For Pork Chops

- 2 Tablespoons salted butter
- 2 Wild Pastures Pork Chops, thawed
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Tablespoon chopped parsley for garnishing

EQUIPMENT:

- 2 skillets

For Onion Gravy

- 2 Tablespoons salted butter
- 2 medium onions, thinly sliced
- 1 teaspoon minced garlic
- 1 cup beef stock
- 1 Tablespoon coconut aminos
- 1 teaspoon Dijon mustard
- 1 Tablespoon arrowroot flour
- Salt and pepper to taste

DIRECTIONS:

- 1** Heat 2 Tablespoons of butter over medium heat in a large skillet. Add onions and sauté for 15-20 minutes, stirring regularly, until onions are brown and tender. Add garlic and cook 1 minute longer.
- 2** In a separate large skillet melt 2 Tablespoons butter over medium heat for 2 minutes. Blot pork chops with paper towel to remove excess moisture. Season pork chops with Italian seasoning, salt, and pepper on both sides. Add pork chops to hot skillet and brown for 4 minutes.



- 3** In the meantime, whisk together beef stock, coconut aminos, Dijon mustard and arrowroot powder in a small bowl or measuring cup.
- 4** Flip pork chops and brown for 3 minutes longer. Add caramelized onions to skillet with pork chops. Pour in sauce and reduce heat to low. Simmer for 2-3 minutes longer until gravy is thickened. Season with extra salt and pepper if desired. Garnish with parsley and serve hot.
- 5** Enjoy over mashed potatoes, rice, or cauliflower rice.



BREAKFAST SAUSAGE FRITTATA



PREP

10

MINUTES

TOTAL

51

MINUTES

SERVES

6



INGREDIENTS:

- 1 pound Wild Pastures Pork Breakfast Sausage, thawed
- 10 large pasture raised eggs
- 1/3 cup chopped yellow onion
- 1/2 cup grated raw cheddar cheese
- 1/3 cup chopped red bell pepper
- 1/2 teaspoon salt
- 2 teaspoons minced garlic
- 10-inch cast iron skillet
- 2 cups baby spinach

EQUIPMENT:

DIRECTIONS:

- 1** Preheat oven to 350°F. Whisk together eggs until smooth. Stir in cheese and salt. Set aside.
- 2** Add sausage to a 10-inch cast iron skillet over medium heat. Use a spatula to crumble and brown sausage for 5-6 minutes. Drain off any excess fat from skillet leaving a small amount for cooking vegetables.
- 3** Add onion, bell pepper and garlic. Cook 3 minutes longer. Stir in spinach and cook 2 minutes longer until spinach wilts.
- 4** Turn heat off and pour in egg mixture. Transfer skillet to oven on center rack and cook for 30 minutes until eggs are just set. Cool frittata for 5 minutes before slicing into triangles.



HONEY MUSTARD ROASTED WHOLE CHICKEN



PREP

10

MINUTES

TOTAL

1:25

HOURS MINS

SERVES

4



INGREDIENTS:

- 3 pound whole chicken, thawed
- 2 Tablespoons ghee
- 2 Tablespoons honey
- 1 Tablespoon Dijon mustard
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

EQUIPMENT:

- Roasting pan or cast iron skillet

DIRECTIONS:

- 1** Preheat the oven to 350°F. Blot chicken skin with paper towels to remove excess moisture. Stir together ghee, honey, Dijon mustard, rosemary, thyme, garlic powder, salt, and pepper.
- 2** Spread honey Dijon mixture over the chicken skin and in the cavity. Truss legs with kitchen twine.
- 3** Place chicken in a cast iron skillet or roasting pan. Tent the chicken with aluminum foil.
- 4** Roast for 50 minutes. Remove foil and baste chicken with juices from the skillet. Continue to roast for 20 minutes longer, or until internal temperature reaches 165°F.
- 5** Rest chicken at room temperature for 15 minutes before carving.



STEAK AND MUSHROOM SKILLET



PREP

10

MINUTES

TOTAL

27

MINUTES

SERVES

2



INGREDIENTS:

For Steak

- 2 Wild Pastures Strip Steaks, thawed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 Tablespoon ghee

For Mushrooms

- 2 Tablespoons ghee
- 8 ounces sliced cremini mushrooms
- 1 clove garlic, thinly sliced
- 1 Tablespoon coconut aminos
- 1/4 cup beef bone broth or beef broth
- 1 Tablespoon fresh thyme

EQUIPMENT:

- Cast iron skillet

DIRECTIONS:

- 1** Blot steaks dry with paper towel and season on both sides with salt and pepper. Heat ghee in a large cast iron skillet over medium heat for 3 minutes. Add steaks and sear for 3-4 minutes on both sides. Transfer to a plate.
- 2** Reduce heat to medium-low. Add 2 Tablespoons of ghee to skillet. Add mushrooms and garlic. Cook for 5 minutes stirring regularly.
- 3** Add bone broth and coconut aminos to skillet. Return steaks to skillet and baste with sauce from skillet. Heat for 1 minute longer. Serve hot topped with fresh thyme.



CHICKEN DRUMSTICK & VEGETABLE DINNER

PREP

10

MINUTES

TOTAL

45

MINUTES

SERVES

2-3



INGREDIENTS:

- 1 pound Wild Pastures Chicken Drumsticks, thawed
- 2 cups halved baby potatoes
- 2 cups coarsely chopped carrots
- 1 cup coarsely chopped sweet yellow onion
- 3 Tablespoons melted ghee
- 1/2 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh oregano, thyme or rosemary for garnishing

EQUIPMENT:

- Oven safe dish or baking sheet

DIRECTIONS:

- 1** Preheat oven to 400°F. Stir together melted ghee, dried oregano, paprika, garlic, salt, and pepper in a small bowl.
- 2** Arrange vegetables on the bottom of a baking sheet or oven safe dish and drizzle with half of the ghee mixture. Toss to coat and spread evenly. Place chicken drumsticks on top of vegetables and brush with remaining ghee mixture.
- 3** Bake for 30-35 minutes, until chicken is cooked through and vegetables are tender.
- 4** Serve hot topped with fresh oregano, thyme or rosemary.



MEXICAN BEEF STEW



PREP

10

MINUTES

TOTAL

1:21

HOURS MINS

SERVES

4-6

INGREDIENTS:

- 1 pound Wild Pastures Beef Stew Meat, thawed
- 1/2 teaspoon chipotle powder
- 1 Tablespoon ghee or tallow
- 1/2 teaspoon garlic powder
- 2 cups peeled/chopped sweet potato
- 1 (15 ounce) can fire roasted diced tomatoes
- 1 cup chopped green bell pepper
- 2 1/2 cups beef stock or bone broth
- 1/2 cup chopped yellow onion
- 2 teaspoon arrowroot powder + 2 Tablespoons cold water
- 1 teaspoon unsweetened cacao powder
- 2 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon salt

For Serving

- Sliced jalapeño (or green onion)
- Chopped cilantro

EQUIPMENT:

- Dutch oven or deep pot

DIRECTIONS:

- 1** Heat ghee in a 2 quart dutch oven over medium heat for 3 minutes. Blot excess moisture from beef stew meat with paper towels. Add meat to hot dutch oven and brown for 5 minutes, stirring once.
- 2** Add vegetables and stir in spices. Add tomatoes and beef stock. Bring to a boil and reduce heat to low. Cook with lid cracked for 1 hour, or until beef is tender.



- 3** Stir together arrowroot powder and cold water. Pour into beef stew and stir to combine. Simmer 2-3 minutes longer, until stock is thickened.
- 4** Ladle into bowls and serve topped with cilantro and sliced jalapeños.



LEMON HERB CHICKEN WINGS



PREP

10

MINUTES

TOTAL

50

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Chicken Wings, thawed
- 2 Tablespoons ghee, melted
- 2 Tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon cracked black pepper

EQUIPMENT:

- Sheet pan

DIRECTIONS:

- 1** Preheat oven to 400°F and line a baking sheet with parchment paper. Blot excess moisture from wings using paper towel.
- 2** Add melted ghee, lemon juice, lemon zest, oregano, rosemary, onion powder, salt, and black pepper to a medium mixing bowl and stir to combine. Add wings and toss to coat.
- 3** Spread wings on a baking sheet and bake for 35-40 minutes, until crisp and golden brown. Serve hot.



MAPLE BBQ CHICKEN WINGS



PREP

10

MINUTES

TOTAL

42

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Chicken Wings, Thawed
- 1 teaspoon baking powder
- 1/3 cup beef broth or beef bone broth
- 2 Tablespoons pure maple syrup
- 2 Tablespoons tomato paste
- 1 Tablespoon coconut aminos
- 1/2 teaspoon mustard
- 1 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper

EQUIPMENT:

- Sheet pan

DIRECTIONS:

- 1** Preheat oven to 400°F and line a large baking sheet with parchment paper. Blot chicken wings dry with paper towel and transfer to a mixing bowl. Sprinkle with baking powder and stir to coat.
- 2** Spread wings on baking sheet and bake for 30-35 minutes until crispy and golden brown.
- 3** In the meantime, combine broth, maple syrup, tomato paste, coconut aminos, mustard, smoked paprika, garlic powder and cayenne pepper in a saucepan over medium-low heat. Stir well. Bring to a simmer for 5-7 minutes. Reserve 1/4 cup of sauce for serving if desired.
- 4** Transfer wings to a mixing bowl and toss in BBQ sauce. Transfer back to baking sheet with tongs and bake for 5-7 minutes longer. Serve hot.



HATCHED GREEN CHILI PORK SOUP



PREP

10

MINUTES

TOTAL

32

MINUTES

SERVES

4



INGREDIENTS:

- 1 pound Wild Pastures Ground Pork
- 1 cup chopped green bell pepper
- 1/2 cup chopped white onion
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 4 ounces canned hatched green chilies
- 12 ounce tomatillo salsa or verde salsa
- 1 1/2 cups chicken stock or chicken bone broth
- Salt to taste
- Fresh chopped cilantro for serving

EQUIPMENT:

- Large pot or dutch oven

DIRECTIONS:

- 1** Add ground pork to a large pot or dutch oven over medium heat. Breakup with a spatula. Add green peppers and onions. Cook uncovered for 5-7 minutes.
- 2** Add cumin, chili powder, oregano, and garlic powder. Stir well.
- 3** Add hatched green chilies, salsa, and chicken stock. Bring to a boil. Reduce heat to low. Simmer 15 minutes until vegetables are tender. Season with salt to taste.
- 4** Ladle into bowls and serve hot garnished with fresh cilantro.



SAVORY CHICKEN AND MUSHROOM SKILLET

PREP

10

MINUTES

TOTAL

40

MINUTES

SERVES

2



INGREDIENTS:

- 2-3 Wild Pastures Chicken Thighs, thawed
- 1/4 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 2 Tablespoons ghee, divided
- 3 cups sliced cremini mushrooms
- 1 teaspoon minced garlic
- 2/3 cup chicken stock
- 1 Tablespoon coconut aminos
- 2 teaspoons arrowroot powder
- 1 teaspoon dried thyme
- 1 Tablespoon chopped parsley

EQUIPMENT:

- Skillet

DIRECTIONS:

- 1** Blot chicken thighs dry with paper towel and season skin with salt and pepper. Heat 1 Tablespoon ghee over medium heat in a large skillet for 2 minutes. Brown chicken thighs skin side down for 5 minutes. Flip and brown 5 minutes longer. Set chicken aside on a plate.
- 2** Add remaining ghee to skillet and melt. Add mushrooms and sauté for 3 minutes.



- 3** Whisk together chicken stock, coconut aminos, arrowroot powder and thyme in a small bowl.
- 4** Reduce heat to medium-low and return chicken to skillet. Pour in sauce and bring to a simmer. Simmer for 12-15 minutes until chicken is cooked through.
- 5** Serve hot garnished with chopped parsley.



4-INGREDIENT SWEET AND STICKY CHICKEN THIGHS

PREP
10
MINUTES

TOTAL
57
MINUTES

SERVES
2



INGREDIENTS:

- 2-3 Wild Pastures Chicken Thighs, thawed
 - 1/3 cup coconut aminos
 - 2 Tablespoons raw honey
 - 1 teaspoon minced garlic
- For Serving*
- 1 teaspoon sesame seeds
 - 1 Tablespoon green onions, chopped

EQUIPMENT:

- Skillet

DIRECTIONS:

- 1** Preheat oven to 350°F. Blot chicken thighs with paper towel to remove excess moisture. Place in a cast iron skillet skin side up.
- 2** Stir together coconut aminos, honey and garlic. Divide sauce into two bowls. Brush chicken with sauce from one bowl. Flip chicken and brush with more sauce. Cover with aluminum foil or parchment paper.
- 3** Bake for 30 minutes. Carefully remove skillet from oven and flip chicken thighs so skin is facing up. Cover and return to oven for 10 minutes. Remove foil and pour remaining sauce over chicken. Continue to bake 5-7 minutes longer. Remove from oven and spoon sauce from skillet over chicken thighs.
- 4** Serve hot garnished with sesame seeds and green onions.



SAUCY RIBEYE SKILLET



PREP

5

MINUTES

TOTAL

19

MINUTES

SERVES

2

INGREDIENTS:

- 2 Wild Pastures Ribeye Steaks, thawed
- 2 Tablespoons ghee
- 1 teaspoon salt
- 1/3 cup beef stock or beef bone broth
- 1/2 teaspoon black pepper
- Fresh herbs for topping (oregano, rosemary, or thyme)
- 1/4 teaspoon garlic powder

EQUIPMENT:

- Skillet

DIRECTIONS:

- 1** Blot steaks with paper towel to remove excess moisture. Place on a plate and season both sides with salt, pepper, and garlic powder.
- 2** Heat ghee in a skillet over medium-high heat for 2 minutes. Add steaks and sear for 4-6 minutes on each side depending on thickness and desired doneness.
- 3** Turn heat off and add stock to pan. Baste steaks with sauce from pan. Rest steaks for 2-3 minutes in skillet. Serve topped with fresh herbs.



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