



Liver with Peppers

Instructions:

Cook the onions and peppers in a bit of water until soft.

Add the liver and cook for 5 minutes.

Pour in the salsa and heat up until warm.

Add salt & pepper.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

15 minutes

Ingredients:

16 oz. bag chicken liver

2 red peppers - chopped

1 small onion - chopped

1/2 of a 16 oz. jar of salsa

1 TBSP. garlic powder

salt & pepper to taste