

Grass Fed Beef Taco Salad



PREP TIME:
10 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1 lb. Grass Fed Organic Ground Beef
- 1 TBSP Olive Oil
- ½ Medium Onion Diced
- 1 Teaspoon Himalayan Sea Salt
- 2 Teaspoons Chili Powder
- 2 Teaspoons Cumin
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- ½ Teaspoon Dried Cilantro
- ¼ Teaspoon Cayenne Pepper *(optional for some kick)*

Sautéed Peppers & Onions

- 1 TBSP Olive oil
- ½ Teaspoon Himalayan Sea Salt
- 1 Orange & 1 Red Pepper – Sliced
- ½ Medium Red Onion – Sliced

Salad

- 4-6 Cups Organic Spinach
- 2 Avocados – Each sliced in Half
- 4 Mini Cucumbers – Sliced
- ½ Cup Vegan Cheese
- 1 15 oz. Can Black Beans – Warmed Up

Dressing

- 4 TBSP Extra Virgin Olive Oil
- 6 TBSP Balsamic Vinegar
- 1 Teaspoon Himalayan Sea Salt
- Cracked Pepper to Taste

Instructions:

1. In large sauté pan – heat the olive oil on medium heat.
2. Add onion to pan and let cook 3-5 minutes.
3. Add ground beef and break apart with wooden spoon.
4. While meat cooks up, add seasonings to meat – salt / chili powder / cumin / garlic powder / onion powder / Cilantro / Cayenne.
5. In smaller sauté pan, add the olive oil. Warm on medium and add onions and peppers. Season with salt. Let cook down about 7-10 minutes.
6. Prepare salad bowls dividing spinach as base of bowl. Evenly divide up cucumbers.
7. Dress the salad.
8. Top with equal portions of meat, avocado, cheese and black beans.

Optional: Add salsa and/or Siete tortilla chips.

***Try and use all organic ingredients if possible.**

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