

TACO SALAD

BEEF AND BEAN

1lb Hamburger Meat *Grass Fed*

1 Small Sweet Onion *Organic*

1 Can Ranch Style Beans

Garlic Powder *Organic*

Sea Salt

Cracked Black Pepper *Organic*

Roasted Cumin *Organic (Roasted makes a difference)*

Mexican Style Grated Cheese *Organic*

Pico de Gallo *(Recipe is on my website)*

Guacamole *(Recipe is on my website)*

Salsa *if desired (Recipe is on my website)*

Brown and season meat as desired in stainless pot. Add onions to meat and cook until al dente. Season again as needed.

Serve in a bowl and top with desired amount of cheese, Pico de Gallo, and guacamole.

DEEELICIOUS! EnJOY!

Tom and I loved to eat this with Organic Tostitos White Cheddar Tortilla Chips.

Or the Late July Organic Multigrain Tortilla chips is a good choice as well.