

## **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**

**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.**