



Breakfast Taco Salad

(serving size noted is for one person – multiply as needed)

This breakfast gets your morning started with a kick! The classic flavor of “taco meat” is a certain combo of spices which are super tasty for breakfast. Ingredients are listed in ranges, for you to choose from depending on how hungry you are.

Ingredients:

- 3-6 oz of ground beef from 100% grass-fed cows.
- 1-2 cloves of garlic – sliced thinly
- 1 very small fresh onion, or ½ of a larger onion – chopped
- 1 Tablespoon of olive oil
- 1-2 medium sized tomatoes – peeled and chopped
- ¼ of a green bell pepper – washed and chopped
- ½ - 1 fresh jalapeno or serrano pepper – washed, de-seeded, chopped
- ½ teaspoon dried, ground cumin
- ½ teaspoon dried, ground coriander
- ½ teaspoon dried, ground chili powder mix
- ¼ teaspoon dried, ground cayenne powder (optional)
- 2-3 cups of fresh raw greens of your choice (lettuce, spinach, kale, chard, etc.)

Method:

- Add olive oil, garlic and onion to a small skillet – sauté for 2-3 minutes over low heat, uncovered.
- Add ground beef to skillet, and mix with onions and garlic – cook over low heat and stir frequently till only partially cooked, uncovered.
- Add all spices and stir thoroughly into meat mixture – cook over low heat for 2-3 minutes, uncovered.
- Add tomatoes and stir to combine everything – cook over very low heat for 5-10 minutes, covered.
- While the above is all cooking, add greens to a large serving bowl.
- When chili mixture has finished cooking, pout it over the fresh greens.
- Salt to taste at the table, using a high-quality sea salt.

Enjoy!