

## Dr. Sandra Ground Beef Taco Salad

### Ground Beef Taco Salad

- 1.5 lbs lean ground beef
- 1 cup white onion — diced
- ½ cup red bell pepper
- 3 cloves garlic — minced
- 1 teaspoon paprika
- 1 tablespoon onion powder
- 1 teaspoon coriander powder
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- 1 tablespoon dried oregano
- 1/2 teaspoon cayenne pepper
- optional Himalayan sea salt and ground black pepper to taste
- 1 cup chicken broth

#### **For the Salsa:**

- 2 medium tomatoes — diced
- ¼ cup red onion — diced
- 1 green bell pepper — diced
- 1 teaspoon jalapeno — chopped (remove seeds for less heat)
- Fresh cilantro — chopped (optional)
- 1 tablespoon fresh lime juice 1 small garlic clove — minced
- Himalayan sea salt and pepper, to taste

#### **For the Salad:**

- 4-6 cups romaine lettuce — chopped
- Half avocado — sliced
- Lime wedges – for garnish
- Himalaya sea salt and pepper to taste
- Cilantro for garnish

#### **For the Taco Ground Beef:**

1. In a large pot or Dutch oven, add the ground beef and cook it until it gets completely brown.
2. Set it aside.
3. Reduce the heat to medium-low, add onion and bell pepper. Cook until onions are soft and translucent. It's about 5 to 8 minutes.
4. Add garlic and sauté for 30 seconds.
5. Add all the spices (paprika, onion powder, coriander powder, chili powder, cumin powder, dried oregano, cayenne pepper, salt and black pepper).
6. Stir everything together and bring cooked ground beef to the pot. Give a stir and add chicken stock.
7. Bring the ground beef mixture to a boil and then, lower the heat to low, cover with a lid and cook 30-60 min (the longer, the better), stirring occasionally to avoid burning.

#### **For the Salsa:**

1. Combine all the ingredients in a bowl. Cover tightly and refrigerate for up to 5 days.

#### **For the Salad:**

1. In a large salad bowl, add lettuces, sliced avocado, salsa and the cooked ground beef.
2. Squeeze some lime on top of the salad and season it with salt and pepper if necessary. Garnish with fresh cilantro.

Enjoy! Serving Size = 3 ounces of ground beef, 2 cups of lettuce and 1/4 avocado

