

# Taco Bowl Recipe

## Taco Bowl

Note: ALL INGREDIENTS MUST BE ORGANIC

### Ingredients:

- 1 lb ground sirloin
- Homemade taco seasoning\*
- Romaine lettuce
- 1 small tomato, cut in half
- Black olives, sliced
- Whole milk taco shredded cheese
- 1 small onion
- 1 avocado
- Greek yogurt
- Fresh cilantro
- 1 oz Plant Derived Minerals

\*Homemade Taco Seasoning (single serving):

- 2 tsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp Real Salt
- 1 tsp black pepper

### Instructions:

1. Cook sirloin in a skillet over medium heat for 6 to 7 minutes, breaking it up as it cooks; drain.
2. Add 2/3 cup water, 1 oz Plant Derived Minerals, and homemade taco seasoning; heat to boiling.
3. Reduce heat and simmer uncovered for 5 minutes, stirring often, until thickened.
4. Top romaine leaves with seasoned sirloin, onion, black olives, tomato, and cheese.
5. Garnish with avocado, cilantro, and a dollop of Greek yogurt.

Enjoy every flavorful, nourishing bite!