

Taco Bowls

Total Time: 15 Minutes | Servings: 4

INGREDIENTS:

- 1 lb. Goodness Grazeious® Grass-Fed Organic Ground Beef
- Brown rice approx. 1-1/2 cups per serving

TACO SEASONING:

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon oregano
- pinch of cayenne pepper
- 1-1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

TOPPINGS:

- 1 15-oz can black beans drained and rinsed
- cheddar cheese grated
- shredded lettuce
- diced tomatoes
- pico de gallo garnish
- avocado garnish
- cilantro garnish

DIRECTIONS:

1. Brown ground beef in a large skillet.
2. Mix together seasonings and sprinkle over meat. Combine, simmer for 3 to 5 minutes.
3. Add cooked rice to individual serving bowl. Top with ground beef mixture.
4. Add desired toppings.

