

SCD Taco Meat

SCD entrée staple



Ingredients:

1 pound Lean ground beef or turkey
 Olive oil
1 Small minced onion
1 Tbsp Chili powder
1 tsp Cumin
½ tsp Garlic powder
½ tsp Sea salt
¼ tsp Black pepper
 Cayenne Pepper to tast
1 Tomato, finely diced
½ cup Water

Directions:

- 1.) Brown meat until $\frac{3}{4}$ cooked. Drain and set aside.
- 2.) Sautee diced onions with some olive oil.
- 3.) Add meat to mixture and finish browning.
- 4.) Add all dry spices and stir until thoroughly combined.
- 5.) Add tomatoes and water.
- 6.) Stir and simmer until most of the juices are reduced (about 15 minutes).

Notes / Suggestions:

- 1.)