



WALKING TACOS

MAKES 4 SERVINGS

INGREDIENTS

1 LB GRASS-FED GROUND BEEF

1/2 LARGE YELLOW ONION, CHOPPED

1 BELL PEPPER, CHOPPED

1-3 TSP CUMIN

1/4 TSP SALT

4-5 MUSHROOMS, SLICED

8-12 ORGANIC ROMAINE LETTUCE LEAVES

1/2 CUP GRASS FED CHEESE, FRESHLY GRATED

METHOD

COMBINE MEAT, ONION, PEPPER, CUMIN, AND SALT IN LARGE SKILLET. WHEN THE MEAT IS CLOSE TO BEING FULLY COOKED, ADD MUSHROOMS; COOK ANOTHER 2-3 MINUTES. FILL EACH ROMAINE LEAF WITH MEAT MIXTURE; SPRINKLE WITH CHEESE.