

Savory Grass-Fed Beef



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Servings: 2

Prep & Cook Time: 15 minutes

Ingredients:

- 1 Tablespoon Refined Organic Coconut Oil
- 6 ounces Organic Ground Beef (80/20 protein/fat is what we recommend)
- (To taste) Himalayan Pink Sea Salt
- (To taste) Dash Organic Black Pepper
- 2 teaspoons Organic Cumin
- (Dash) Organic Smoked Paprika

Instructions:

1. In a small skillet, add 1 tablespoon of Organic Refined Coconut Oil and cook until sautéed medium heat.
2. Add your organic beef and cook over medium heat for about 5 minutes.
3. Add your spices and mix into the beef. Cook for an additional 2-3 minutes or until meat is completely cooked through.
4. Serve immediately.