



SOUTHWESTERN TACO SALAD

GRAIN-FREE AND SPICEY BABY

1 lb-Butternut Squash Fries
1 cup diced Brussels
2 Romain lettuce hearts-
diced
5 Large Wild Carrots
1 pound Grass-fed beef
1/2 cup sweet onions
1 cup of broccoli
Turmeric, Cayenne Pepper,
Hot Sauce, Sea Salt, Olive
Oil

- 1** Pre-Heat oven to 395-deg. Cover a baking tray with parchment paper and add the squash, Brussels, sliced carrots, and broccoli. Top with olive oil and sea salt and bake till golden brown 30-40 minutes.
- 2** In a ceramic pan saute the beef, onions, cayenne and turmeric till golden brown with 1 Tbsp of Olive Oil on medium heat.
- 3** When baked to perfection take 1 .5 cups of the vegetables, 1 tsp of turmeric, and 1 tbsp of olive oil and add to a food processor for 30 seconds.
- 4** To a mixing bowl add the beef, remaining veggies, chopped romaine hearts, and topping from the processor. Stir vigorously and plate.

★ Serves 2-3 medium sized humans