



Avocado, Lime, Thai Chile, Steak & Romaine Heart, Tomato Taco

Yield: Serves 4

Total Time: 30 minutes

Ingredients:

- 1- 2lbs of stew/cubed beef
- ½ cup of water
- Packet of Romaine Hearts
- 2-3 Tomatoes
- 2-3 Avocados
- 5-7 Thai Chiles
- ½ Teaspoon of Cumin
- ½ Teaspoon of Onion Powder
- ½ Teaspoon of Garlic Powder
- ½ Teaspoon of Rubbed Sage Powder

- ¼ Teaspoon of Himalayan Pink Sea Salt

Equipment Needed:

- Colander
- Cutting Board
- Knife
- 1 Pan
- Measuring Spoon
- Wooden Spatula
- Serving Plate

Prep:

- Get your tomatoes and rinse the tomatoes and slice into thin pieces
- Get your Thai Chiles and rinse the Thai Chiles and slice into thin pieces horizontally
- Get your avocados and slice the avocados into small cubes ensuring the peel and pit is removed
- Get your limes and cut in half and set aside
- Open your packet of romaine hearts and rinse and set aside to drain
- Get your beef and slice the cubes into thin pieces and set aside

Directions:

Beef

- Get your pan and put ½ a cup of water into it and turn the gas/electric knob to a medium setting
- Get your thinly sliced pieces of beef and season them with a ½ teaspoon of cumin, ½ teaspoon of onion powder, ½ teaspoon of garlic powder, ½ teaspoon of rubbed sage powder, and ¼ teaspoon of Pink Himalayan Sea Salt
- Once the beef is seasoned then place in the pan and cook until it is medium to well done (depending on your liking)



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- After the steak is cooked and gently cooled down gather your remaining ingredients
- Get your serving dish and place a romaine heart onto the dish then fill with a spoonful of beef, a spoonful of avocados, a ½ teaspoon of Thai Chile, and a few sliced tomatoes
- Then you will get your lime and squeeze some lime juice over the filling and garnish with a dash or two of grinded Pink Himalayan Sea Salt
- Repeat this process until you finish the beef

**** Season to suit your taste buds****