

# Spicy beef & avocado breakfast bowl

## Ingredients:

3/4 pound ground beef  
1/2 bell pepper, diced  
1/2 medium onion, diced  
1/2 avocado, diced  
1/4 cup of sliced jalapenos \*optional  
1-2 tbsp coconut oil  
1.5 tsp oregano  
1 tsp paprika  
1/2 tsp garlic powder  
1/2 tsp unrefined sea salt and pepper, each

## Directions:

Over medium heat, add coconut oil to skillet. Once melted, add onion, pepper and a dash of salt and pepper to the pan.

Cook until vegetables soften, or about 3-4 minutes. Add ground beef and remaining spices to pan, and cook until beef is browned. Once cooked, remove mixture from heat and place in a bowl. Add diced avocado and jalapenos and mix well. Serves 2.

Pair with: Fresh sauerkraut for a simple upgrade.