**Mexican Meat**

*We use this meat many different ways. You can eat it along with vegetables, use it in a quesadilla, or let the meat cool and use it on top of a salad.*

Ingredients:

2 pounds grass fed beef (or venison)

1 Tbsp olive or coconut oil

1 onion, chopped

1 bell pepper, chopped

1 jalapeño pepper, chopped, with seeds

1 14.5 ounce can fire roasted tomatoes

2-3 cloves of garlic, minced

2 Tbsp chili powder

1 Tbsp cumin

1 Tbsp paprika

Salt and pepper to taste (I also add cayenne pepper)

Directions:

1. Heat oil in large skillet. Stir in onions, bell pepper and jalapeño pepper and cook about 5 minutes until softened.
2. Add tomatoes, garlic and stir into mixture.
3. Add meat and blend all ingredients together.
4. Cook about 15 minutes.