



Multi-Purpose Ground Beef

Ingredients:

- **1 Pound** Ground Beef (80/20 or leaner)
- **1** onion
- **1** carrot
- **1** celery stalk
- **1 tsp** salt
- **1 tsp** black pepper
- **1tsp** garlic powder
- **½ Cups** beef broth
- **1 tbsp** of oil

Instructions:

1. In a pot over medium high heat cook the beef until it gets a deep brown color (drain out any fat.) While cooking the beef use a spoon to break down the beef into small pieces (you want to achieve a fine mince texture.)
2. Once the beef is cooked, you will remove the meat from the pot into a bowl. Do not rinse the pot.
3. Add a tablespoon of oil to the pot and cook the vegetables until tender. Once the vegetables are cooked, you will add salt, pepper, and garlic powder to the vegetables and cook for another minute. This will make the spices release their flavor.
4. Add the beef and beef broth to the pot. Let it simmer for 5 minutes. Let the liquids evaporate and make the ground beef extra tender and moist.
5. Taste the beef and adjust seasoning to your liking.
6. Serve and enjoy!

Optional:

You can add the beef to a soft tortilla to make tacos or pour it over rice to make a delicious burrito bowl. To store beef, let it cool down and place in an air-tight container. It can be stored for up to 3 days.