

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mexican Haystacks

From www.melskitchencafe.com

1 pound ground beef or ground turkey
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon paprika or smoked paprika
1 tablespoon chili powder
1 1/2 teaspoons cumin
1/2 teaspoon onion powder
1/2 teaspoon dried oregano
1/4 teaspoon garlic powder
1/4 cup all-purpose flour (or arrowroot powder for gluten-free)
2 cups low-sodium beef broth (if using regular broth, cut down the salt in the recipe)
8-ounce can tomato sauce
15-ounce can black beans, rinsed and drained (optional)
Lime wedges, for serving (optional)
Hot, cooked brown rice or quinoa for serving
Taco toppings: lettuce, sour cream, cheese, olives, salsa, avocado, etc

1. In a large 12-inch nonstick skillet over medium heat, add the ground beef or turkey, salt and pepper, and cook, breaking the meat into small pieces, until cooked through. Drain excess grease, if needed.
2. Stir in the paprika, chili powder, cumin, onion powder, oregano, garlic powder and flour. The mixture will be crumbly. Cook for 1-2 minutes, stirring constantly, until the meat and spices are fragrant and sizzling.
3. Whisking quickly and constantly, slowly add the beef broth and tomato sauce about 1/2 cup at a time, letting the mixture thicken and bubble between additions before adding more.
4. Stir in the black beans, if using. Bring the mixture to a simmer and cook 5-7 minutes until thickened.
5. Serve the sauce over rice (or quinoa) with lime wedges and taco toppings of your choice.