

Marie Saba

from my kitchen to yours

Seasoned Ground Beef

Makes 1 lb. ground beef

Ingredients:

- 1 lb. (454 g) grass-fed ground beef
- 1 teaspoon (5 g) Kosher salt
- 1/2 teaspoon (2 g) garlic powder
- 1/2 teaspoon (2 g) onion powder
- 1/2 teaspoon (2 g) smoked paprika
- Pinch of dried oregano
- Freshly ground black pepper, to taste



Instructions:

1. Heat a large pan over medium to medium-high heat. Add ground beef and sear, chopping beef with a spatula into small pieces.
2. Sprinkle the seasonings over the beef. Continue to cook, tossing and chopping with a spatula, until beef is cooked through and brown. Taste and adjust seasonings if needed.
3. Remove from heat and let cool about 5 minutes. Serve and enjoy!

Notes:

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