

Ground Beef With Onions

Prep Time: 5 Min **Cook Time:** 5 Min **Total Time:** 10 Min
Serves 1

Ingredients

100g of raw lean ground beef

100g+ of chopped onion

Your choice of spices

Instructions

- 1 Chop 100g+ of onion into small pieces
- 2 Cook lean ground beef together with chopped onion
- 3 When it is almost ready add spices (I like to add a little salt, white pepper and garlic powder)

team victory / spray it away <http://sprayitaway.ca/>