

Keto Taco Bowls with Avocado Salsa

Ingredients:

- 2 c. Colby Jack cheese, finely shredded, divided
- 1 lb. ground beef (80% lean)
- ¼ c. water
- 1 T. chili powder
- 1 T. ground cumin
- 1 t. garlic powder
- 1 t. onion powder
- 1 t. smoked paprika
- Sea salt and black pepper, to taste

Avocado Salsa:

- 1 medium avocado, diced
- 1 small tomato, seeded and diced
- 2 T. fresh lime juice
- 1 T. fresh cilantro, chopped
- Sea salt and black pepper, to taste

Optional, to serve:

- 1/2 c. sour cream

Tip: You will need six 3" ramekins or a muffin tin to make this recipe.

Directions:

1. Preheat oven to 200°F and line a large baking sheet with a piece of parchment paper or a Silpat® baking mat. Set aside.
2. Divide 1½ cups of the shredded cheese into 6 piles (approximately 1/4 cup each) on the prepared baking sheet and spread each pile into a thin circular layer. Place baking sheets in the pre-heated oven until the cheese is melted and slightly browned around the edges, around 5-6 minutes.



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Prep time: 15 minutes

Cook time: 15 minutes

Serves: 6

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Directions (continued):

4. Remove from the oven and let cool for 2-3 minutes, then remove the cheese and press into 3" ramekins or a muffin tin to form cups. Let cool for several minutes before gently removing the cheese cups from the form.

Note: If using ramekins, the taco cups can remain in the container for extra support when serving.

5. In the meantime, add the ground beef to a large skillet over medium heat and cook until the beef is browned and cooked through, approximately 6-8 minutes. Carefully drain excess grease from skillet and return to cooktop.
6. Add water and season with chili powder, ground cumin, garlic powder, onion powder, and smoked paprika. Season with salt and black pepper, to taste, and stir to combine. Simmer for 2-3 minutes or until warmed through.
7. While the beef is cooking, combine the avocado, tomato, lime juice, and fresh cilantro in a medium bowl. Season with salt and black pepper, to taste, and gently stir to combine.
8. To serve, fill the taco cheese cups with beef, avocado salsa, and remaining shredded cheese. Top with a dollop of sour cream, if using, and enjoy!

Nutritional Information: *

Carbs/Serving:
Total Carbs: 7.85g
Fiber: 3.3g
Net Carbs: 4.55g

Calorie Breakdown:

Protein: 30%
Fat: 64%
Carbohydrates: 6%

*Source: HappyForks.com

Nutritional information provided for entertainment purposes only and should not be construed as medical guidance or advice. All information is based solely on results provided by HappyForks.com and is not guaranteed to be accurate.