



LowCarb 34Tacos34

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This is a great lowcarb alternative to your standard homemade tacos I love Mexican food and wasnt willing to part with tacos after starting my lowcarb diet This always satisfies my craving

Ingredients

- - 1 ½ pounds ground beef - 1 onion
- diced - ½ (4 ounce) can diced jalapeno peppers - 1 (1 ounce) package taco seasoning mix - 2 cups shredded lettuce - 1 tomato
- chopped - ½ cup shredded reduced-fat Cheddar cheese - ¼ cup salsa - ¼ cup low-fat sour cream - 1 avocado - peeled
- pitted
- and sliced

Instructions

1. Cook and stir ground beef
2. onion
3. and jalapeno peppers together in a skillet over medium-high heat until meat is browned and crumbly
4. 7 to 10 minutes. Stir taco seasoning into meat mixture; bring to a simmer and cook until flavors combine
5. about 5 minutes. Stir meat mixture
6. shredded lettuce
7. tomato
8. Cheddar cheese
9. salsa
10. and sour cream together in a large bowl. Divide taco mixture among 4 bowls and top each with avocado slices.