



Lettuce Leaf Tacos

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

For those on a lowcarb kick that love Mexican but dread all the beans and bread try these ground beef lettuce wraps as an alternative for taco night Low on carbs and still delicious

Ingredients

- - 1 green bell pepper
- chopped - 1 yellow onion
- chopped - 2 tablespoons olive oil - 2 tablespoons chicken stock (Optional) - 1 pound ground beef - 3 tablespoons taco seasoning - 2 large roma (plum) tomatoes
- chopped - ½ teaspoon salt - 1 (8 ounce) package shredded Cheddar cheese - 12 large romaine lettuce leaves

Instructions

1. Cook and stir green bell pepper and yellow onion in a skillet over medium heat with olive oil and chicken broth until onion is translucent
2. about 5 minutes. Place ground beef in a separate skillet over medium heat. Cook and stir with taco seasoning until beef is browned and crumbly
3. 5 to 8 minutes. Drain excess grease. Sprinkle tomatoes with salt in a bowl. Place Cheddar cheese into a separate bowl. Fill each lettuce leaf with about 2 tablespoons beef filling; top with 1 to 2 teaspoons green pepper mixture
4. tomato
5. and about 1 1/2 tablespoons Cheddar cheese. Cook's Note: Measurements are approximate and can be adjusted to your taste. All ingredients can be customized to your preferred taco toppings. This could also work especially well with iceberg lettuce.