

TACO SALAD

Seasoned ground beef and sauteed onion over crisp lettuce, tomatoes, and cheddar



INSTRUCTIONS

1. Saute the onion

- 1 tsp avocado oil (or any oil)
- 1 cup chopped onion

Heat the oil in a large skillet over medium-high heat. Add the onion and cook until softened, about 5 minutes.

2. Brown the beef

- 1 lb ground beef

Add the ground beef to the same skillet with the onion. Cook, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and any moisture has evaporated.

3. Season the meat

- 2 tbsp taco seasoning

Stir the taco seasoning into the beef and onion until well combined. If you like, add 1/4 cup water and let it simmer a bit for juicier meat.

4. Assemble the salad

- 8 oz romaine lettuce, chopped
- 1 1/3 cups grape tomatoes, halved
- 3/4 cup shredded cheddar cheese
- 1 medium avocado, cubed
- 1/2 cup green onions, chopped
- 1/3 cup salsa

While the beef cooks, combine the lettuce, tomatoes, cheese, avocado, green onions, and salsa in a large bowl. When the beef mixture is done, add it to the bowl and toss everything together.

OPTIONAL TOPPINGS

- Sour cream
- Pickled jalapeños
- Hot sauce
- Lime juice
- Fresh cilantro

NUTRITION (per serving, makes about 6 servings)

- Calories: 342
- Total Fat: 25g
- Total Carbs: 12g
- Fiber: 5g
- Net Carbs: 7g
- Protein: 20g

STORAGE

Best stored in parts if meal-prepping — keep the meat separate from the lettuce, and add avocado, salsa, and sour cream fresh right before eating. Keeps 2-3 days in the fridge.