



## BEEF TACO BOWL

### INGREDIENTS

#### ITEM

Lean Ground Beef (93-96% Lean)  
Cauliflower Rice  
Shredded Lettuce  
Salsa  
Shredded Cheddar Cheese  
Taco Seasoning  
Salt and Pepper

#### QUANTITY

4 Oz.  
1 Cup  
½ Cup  
2 Tbsp.  
2 Tbsp.  
1 Tsp.  
To Taste

#### SERVING SIZE

1

### PREPARATION

- Heat a skillet over medium heat and cook the ground beef until browned, breaking it apart with a spoon as it cooks.
- Drain any excess fat if needed. Stir in taco seasoning and a splash of water. Cook for 1-2 minutes until well combined.
- In a separate skillet, cook the cauliflower rice over medium heat for 3-5 minutes, stirring occasionally, until tender and warmed through.
- Add the cauliflower rice to a bowl and top with the seasoned beef.
- Add shredded lettuce, salsa, and cheddar cheese.
- Top with any other desired toppings: avocado, jalapeños, olives