



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, jalapenos, olives