



Keto Paleo Taco Salad

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

458.9 calories, 15.42 g carbohydrate, 9.82 g fiber, 5.6 g NET carbs, 26.6 g protein, 35 g fat

Ingredients

- 1/2 Tbsp(s) organic chili powder
- 2 medium(s) avocados, diced
- 1/2 cup(s) sliced jalapeno peppers
- 1 tsp organic ground cumin
- 20 small(s) black olives, sliced
- 1/2 Tbsp(s) garlic powder
- 1 pound grass-fed ground beef
- 8 cup(s) organic baby spinach
- 1/2 medium(s) medium onion, diced
- 1 Tbsp organic coconut oil
- 2 tsp(s) organic dried oregano

Preparation

1. Heat a safe nonstick skillet over medium-high heat. Add the coconut oil and ground beef. Cook, stirring occasionally until cooked through. Drain.
2. Return to heat. Stir in the salt, garlic powder, chili powder, ground cumin and dried oregano. Heat over low heat.
3. Meanwhile, prepare the salads. Divide spinach among plates and top with onion, avocado, olives and jalapenos, leaving room in the center for the meat.
4. Scoop out the taco meat and place a mound in the center of each salad.
5. Drizzle with Cumin-Lime Vinaigrette or Cilantro Vinaigrette.

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