



## Keto-Friendly Beef Burritos

**Active Time:** 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

### Nutrition Information Per Serving

381.4 calories, 16.04 g carbohydrate, 7.67 g fiber, 8.37 g NET carbs, 12.45 g protein, 31.7 g fat

#### Ingredients

- 2 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 2 tsp(s) Bob's Red Mill Xanthan Gum
- 2 Tbsp(s) Muir Glen Medium Salsa
- 1 cup blanched almond flour
- 3/4 tsp(s) non-aluminum baking powder
- 1/2 tsp(s) sea salt
- 1 large pastured egg
- 1/2 Tbsp(s) organic apple cider vinegar
- 1 Tbsp filtered water
- 1 pound grass-fed ground beef
- 1/2 tsp(s) cumin
- 1/4 tsp(s) garlic powder
- 1 1/2 tsp(s) dried oregano
- 4 Tbsp(s) organic sour cream
- 2 ounce(s) organic cheddar cheese, shredded
- 1/2 medium(s) avocado, diced
- 2 Tbsp(s) avocado oil
- 1/2 medium(s) white onion, diced
- 1/4 cup(s) sliced organic canned jalapenos

#### Preparation

1. First, cook the beef. Add avocado oil to a large skillet over medium heat.
2. Add the onion and cook 5 minutes. Add the ground beef, garlic powder, cumin and oregano.
3. Get your sour cream, shredded cheese, jalapenos, salsa and avocado ready for assembly.
4. Preheat tortilla press or heat a large, dry cast iron pan over low heat.
5. Add the almond flour, coconut flour, baking powder, xanthan gum and sea salt to a food processor. Pulse to combine.
6. In a small bowl, whisk the egg, vinegar and water.
7. Turn food processor on, and slowly drizzle in the egg mixture. Process to form a dough.
8. Remove dough and wrap in plastic wrap. Refrigerate 5 minutes.
9. Divide dough into 4 balls. Roll out between two pieces of unbleached parchment paper with a rolling pin to make 8" tortillas.
10. Transfer each tortilla to skillet or press and cook on one side for 5 seconds; flip and cook 30 seconds more just until light golden. Keep warm.
11. To assemble, add scoop ground beef onto tortilla shell, top with shredded cheese, avocado, salsa, sour cream and jalapenos.
12. Fold in the edges, roll up tightly and enjoy.

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