AMERICAN · LUNCH

Ground Beef Taco Salad with Avocado and Sour Cream

20 min · Serves 6 · 288 kcal a serve · Video 6:11 · Wholesome Yum

Gluten-free ingredients · Nut-free

Seasoned beef, cheddar and avocado over romaine give 20 g protein for about 4 g net carbs a serve, and it is rich in vitamin B12, zinc and vitamin K.

Diet notes: Keto (4 g net carbs a serve).

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Ingredients 12 · SERVES 6

- [ ] 1 tsp **avocado oil** (or any oil)
- [ ] 450 g **ground beef**, 85/15
- [ ] 2 tbsp **taco seasoning** (homemade: chilli powder, cumin, paprika, pepper, garlic, oregano)
- [ ] about 1 tsp **salt** (already in homemade taco seasoning; add only if yours is unsalted)
- [ ] 230 g **romaine lettuce**, chopped
- [ ] 200 g **grape tomatoes**, halved
- [ ] 75 g shredded **cheddar**
- [ ] 1 medium **avocado**, cubed
- [ ] 50 g chopped **green onions**
- [ ] 80 ml **salsa**
- [ ] about 1.3 g **salt**, already in the jarred salsa (none is added)
- [ ] 75 g **sour cream**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a heavy skillet over high heat. Add the beef and stir-fry, breaking it up, for 7–10 minutes until browned and the moisture has cooked off. 2:33
2. Stir in the taco seasoning until the meat is evenly coated. For juicier meat, add 60 ml water and simmer briefly until it is absorbed. 3:18
3. Meanwhile put the romaine, tomatoes, cheddar, avocado and green onions in a large bowl. 3:33
4. Add the warm beef, spoon over the salsa and sour cream, and toss everything together. Serve straight away. 4:58

> **Tip** Written for 85/15 beef; the cook suggests draining the fat if you use 80/20. Her homemade taco seasoning is 2 tbsp chilli powder, 1 tbsp each cumin and salt, ½ tbsp each pepper and paprika, plus oregano, garlic and onion powder.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
288 kcal	20 g	8 g	3.9 g	20 g	620 mg
1,210 kJ	40% of a day	4 g net · 2.9 g sugars	14% of a day	8 g saturated	27% of a day
		3% of a day		26% of a day	

Energy from net carbs 6% · protein 29% · fat 65% — fits keto: 4 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin B12 68% · Vitamin K 56% · Zinc 40% · Vitamin A 32% · Selenium 27% · Folate 23% · Vitamin B6 23%

Source of (10–19%) Iron 16% · Potassium 13% · Vitamin C 13% · Calcium 11% · Vitamin E 11% · Omega-3 10%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=CGV0ip-y6SQ, published 21 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-ground-beef-taco-salad