

Low Carb Taco Bowl

You won't miss the shell!

Ingredients

- 1 lb ground beef or turkey – your choice!
- 1 packet of taco seasoning
- 1 can Rotel tomatoes (I like the cilantro one)
- 1 pkg cole slaw mix
- 1 4 oz. can sliced black olives
- 1 4 oz. can diced jalapenos - *optional*
- 1 avocado
- 3 green onions - sliced
- Shredded cheese & sour cream for topping



Directions

1. Brown ground meat and stir in seasoning packet.
2. Add tomatoes, olives & jalapenos.
3. Stir in cole slaw mix and onions (save a bit for garnish).
4. Serve with diced avocado, shredded cheese & sour cream. Sprinkle with remaining green onion.

Makes 6 servings

Nutrition Facts: (does not include sour cream & cheese – add accordingly)

Calories 256
Total Fat 17g
Total Carbohydrates 10g
Dietary Fiber 4g
Protein 18g

Note: You can control the heat on this one! Using salsa in place of the can of Rotel won't change the nutritional data too much.

Adapted from PeaceLoveAndLowCarb.com