



Taco Bowls

SERVINGS: 4-6

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 Onion, diced
- 2-3 Garlic cloves, chopped finely
- 500 g Minced beef, (lean is best)
- 1/2 packet of Taco Mix and -
- - Add 1/2 teaspoon Cumin
- - Add 1/4 teaspoon Cayenne pepper
- 1 Can Beans (black beans/mixed beans/chickpeas)
- 2 Carrots grated
- 1 Cup Water
- 1 Tin Tomatoes, optional

Salad Ingredients - Your Choice

- Tasty Cheese, grated
- Lettuce/Salad green mix/Kale
- Tomatoes, chopped
- Cucumber, chopped
- Shallots, sliced
- Sour Cream + Avocado are yummy additions

OR

****Homemade Taco Mix

- 1 Tsp Chilli
- 2 Tablespoon Cumin
- 1/2 Teaspoon Onion Powder
- 1/4 Teaspoon Garlic Powder
- 1/4 Teaspoon Red Pepper Flakes
- 1/2 Teaspoon Oregano
- 1/2 Teaspoon Salt
- 1 Teaspoon Pepper
- Pinch of cayenne pepper

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Directions

1. Fry mince with a little olive oil on a medium heat. Cook until mince browned. Put to the side of the pan.
2. Sautee the onion in some olive oil, low heat for 2 minutes, until it appears almost translucent.
3. Add the garlic and (taco mix), spices. Mix into browned mince. Cook for a 2 minutes, stirring occasionally.
4. Add water. Let evaporate. Add carrot and beans. Cook for 5 minutes, until carrot cooked. through..
5. Prepare/chop salad mix.
6. Grab a bowl, fill your plate with your choice of salad mix, cheese, taco mince.
7. Add a Tbs of Sour Cream or Greek yoghurt. Avocado and coriander goes well too.

Extra Healthy Additions:

> Bulk out your mince with:

- Beans (black beans, red kidney beans, chickpeas, any beans!)
- Diced celery
- Canned or fresh corn
- Chopped spinach or baby spinach

Optional

> Add serving of basmati or brown rice

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