



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Cheesy Taco Salad



Recipe Amount Per Serving:

CALORIES: 317

TOTAL FAT: 21g

SATURATED FAT: 9g

TRANS FAT: 1g

UNSATURATED FAT: 9g

CHOLESTEROL: 148mg

SODIUM: 384mg

CARBOHYDRATES: 3g

FIBER: 0g

SUGAR: 1g

PROTEIN: 27g

This is a delicious Low Carb Keto Taco Salad is Full of Whole Ingredients with lots of spices to make this one of the best low carb keto recipes to add to your Taco Tuesdays.

Ingredients:

- 1 LB Ground Beef
- 1/2 Cups Old Cheddar Cheese (Shredded)
- 1 Cup Bag of Shredded Mexican Cheese Blend
- 1 Red Bell Pepper (Diced)
- 1 Green Bell Pepper (Diced)
- 1 Zucchini (Diced)
- 1 Yellow Onion (Diced)
- 1 Cup Cherry Tomatoes (Diced)
- 1 Jalapeno Pepper (Diced)
- 1 TBSP Chili Powder

- 2 TSP Onion Powder
- 1 TSP Cumin
- 1 TSP Garlic Powder
- 1 TSP Paprika
- 1 TSP Dried Oregano
- 1/2 TSP Pink Himalayan Salt
- Optional for Garnish/Toppings:
 - 1 Bunch Green Onion (Sliced)
 - Iceberg Lettuce (Shredded)

Instructions:

1. Prep the Vegetables by Dicing them all into bite-size pieces or smaller.
2. In a Large Skillet over Medium-High Heat brown 1 lbs Ground Beef.
3. When the meat is browned add in the Yellow Onion, Green Bell Pepper, Red Bell Pepper, and Zucchini then stir and cook for a 5mins minutes.
4. Add in the Cherry Tomatoes and Jalapeno Pepper then stir and cook for a 3-4 minutes before adding in the seasoning.
5. Add Seasoning and cook for 5mins Chili Powder, Onion Powder, Cumin, Garlic Powder, Paprika, Dried Oregano, and a little bit of Pink Himalayan Salt.
7. Shred the Cheddar Cheese and sprinkle on top of the skillet mixture and allow to melt while the food is still very hot.
8. Optional top with Shredded Iceberg Lettuce, Green Onions and Sour Cream on top.