TACO BOWL

Ingredients:

- 1 lb lean ground organic beef
- 2 medium yellow onions, thinly sliced (thinly sliced)
- 2 bell peppers, chopped
- 2 medium zucchini, chopped
- 2 cups fresh spinach
- ¼ cup of your favorite taco seasoning
- Optional:
- shredded cheese
- sour cream
- salsa
- avocado
- cilantro
- lime wedges
- tortilla chips
- beans
- rice



Directions:

1. In a large skillet, brown the ground beef over medium-high until cooked. Remove meat from pan and set aside.
2. In the same skillet, sauté the onions, peppers, and squash, stirring frequently, until soft.
3. Return the meat to pan with veggies.
4. Add the taco seasoning and stir.
5. Add fresh spinach and continue to cook just until spinach wilts.
6. Remove from heat and serve with any desired toppings.
7. Enjoy! Makes 6 servings.

NUTRITION PER SERVING:

Calories: 162kcal | Carbohydrates: 14g | Protein: 18g | Fat: 4g | Saturated Fat: 2g | Cholesterol: 47mg | Sodium: 861mg | Fiber: 4g | Sugar: 7g

Reference: https://wellnessmama.com