

Healthy Low Carb Beef Tacos



August 11, 2017 by [jenny](#)

HEALTHY RECIPES

A quick and tasty dinner recipe perfect for busy weeknights: Healthy Low Carb Beef Tacos | Slow Carb | Paleo | Keto | LCHF

Persons 4

Ingredients

Little gem or iceberg lettuce

Sour cream (optional)

Cheese, grated (optional)

Black beans (optional)

For the tacos

1.10 lb / 500g good quality ground beef

1 onion

1 bell pepper

Olive oil

1 tsp lazy garlic (or 2 cloves if you're being fancy / not lazy)

2 tbsp cumin

1 tbsp paprika

1 tsp marjoram (optional)

2 tsp chili powder

1 tsp chipotle paste

1½ tbsp tomato paste

1 cup / 250ml organic beef broth / stock

Quick Salsa

2 large ripe tomatoes

½ small onion, diced

3 sprigs fresh cilantro / coriander

½ teaspoon lazy garlic or 1 garlic clove, minced

½ a lime

Quick Guacamole

2 avocados

½ a small onion, diced

1 tomato

½ teaspoon lazy garlic or 1 garlic clove, minced

½ lime

Salt and pepper to taste

Instructions

1. Cut the stalk from the lettuce, carefully peel apart the leaves, wash and set aside to drain
2. Dice the onion (if you're making the guac and salsa too, dice both onions but keep them separate - it'll save time later) and mince the garlic if necessary (same goes as above)
3. Deseed and dice the pepper
4. Warm a large skillet over a medium high heat
5. Add the ground meat and cook through, breaking it up until there's no more pink
6. Tip the meat and juices out of the pan into a dish and keep warm
7. Add a glug of olive oil to the pan and add one diced onion and the diced bell pepper. Cook until softened
8. Add the garlic and cook for 1 or 2 minutes
9. Add the ground meat back into the pan and stir to combine
10. Add the cumin, paprika, marjoram (if using), chili powder and chipotle paste, and stir well
11. Add the tomato paste and combine until the ingredients are sticking together - this will help to create a thicker, tastier sauce for the tacos
12. Once combined, add the beef broth and simmer for around 10 minutes, or until the liquid has reduced and thickened
13. That's pretty much it for the tacos apart from a final taste test and seasoning. If you're making the guacamole and salsa, use the simmering time to prepare them - if not, skip through this next section to the final steps.

For the salsa:

1. Dice all 3 tomatoes (setting aside one for the guac) and finely chop the cilantro, including the stalks.
2. Tip the tomatoes and cilantro into a bowl
3. Remember that second onion you diced earlier? Add half of it to the bowl along with half of the remaining garlic
4. Squeeze in the lime juice, mix all the ingredients together, and season to taste

For the guacamole:

1. De-stone and scoop out the avocados and mash with a fork until it's as smooth or chunky as you like it
2. Add the remaining diced tomato, onion and garlic

3. Squeeze in the lime, mix together and season to taste

Tacos, continued:

1. Now the taco mixture has thickened, it's time for a taste test - I usually add another tablespoon of cumin at this point because I can't get enough of the flavor, but feel free to add whatever you like. To serve: scoop the mixture into the lettuce leaves, top with guac and salsa (if you've made them) and enjoy!