



Beef Taco Tortilla Bowls Food Channel Eat Shrink and be Merry

Servings: 6 servings

Ingredients

Taco Beef

- . 1 1/2 lb extra lean ground beef
- . 1 cup chopped red onions
- . 1 cup chopped green bell pepper
- . 2 TSP minced garlic
- . 1 small jalapeno pepper, minced
- . 3 TBS taco seasoning (see recipe below)
- . 2/3 cup reduced sodium beef broth
- . 1/3 cup ketchup

Chunky Avocado Salsa

- . 2 cups quartered grape tomatoes
 - . 2 large avocados, peeled, pitted and diced
 - . 2/3 cup minced red onions
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Directions

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