

Taco Stew (Keto)

April 3rd, 2023

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:45

This is an easy recipe with that is flavorful, healthy, and filling. Most of the ingredients can be prepared before-hand and refrigerated.

Ingredients:

- 1 Tablespoon Olive Oil
- 1/2 Yellow Onion, diced
- 1 lb Ground Beef
- 1/4 Teaspoon Cumin Powder
- 1/2 Teaspoon Onion Powder
- 2 Cloves Garlic, minced
- 1 Can (15 Oz) Diced Tomatoes
- 1/2 Cup Cauliflower Rice
- 1 Teaspoon Oregano
- 1 Poblano Pepper, diced and seeds removed
- 1/2 Red Bell pepper, diced and seeds removed
- 1/2 Green Bell Pepper, diced and seeds removed
- 2 Cups Chicken Stock
- 1 8 oz Cream Cheese
- Black Pepper (to taste)
- 2 Avocados, mashed

Directions:

In a 3-5 quart pot, heat the Olive Oil over medium-low heat.
Add the diced Onion and stir until all the Onion is fully coated in Oil.
Sweat the Onion until it begins to become translucent.
Add the Hamburger and mix together.
Add the Cumin, Garlic, and Onion Powder.
Mix well and continue to saute until the Ground Beef is fully browned.
Add the Diced Tomato, Cauliflower Rice, Poblano Pepper, and Oregano.
Stir well, then lid and saute for about 5 minutes.
Add the Chicken Stock.
Stir in the Bell Peppers.
Increase the heat to medium high and bring to a boil.
Add 1 or two grinds of Black Pepper, then reduce the heat to a low simmer.
Lid and simmer for about 20 minutes.
Add the Cream Cheese. Stir until fully integrated.

Remove from the heat.

Garnish each serving with 1/2 an Avocado. Serve.