

Bibb Lettuce Beef Tacos



Ingredients :

- 4-6 oz ground beef (preferably 90% lean)
- Sesame oil
- 4-6 leaves of Bibb lettuce
- Sliced red pepper, red onion, asparagus & jalapeño
- Spices - garlic & onion powder, red pepper flakes & cumin
- sea salt and cracked black pepper to taste
- Fresh avocado
- Taco sauce

What I do:

- Sauté, peppers, onions, asparagus and jalapeño in sesame oil with spices, salt and pepper
- Add ground beef and brown
- Place cooked concoction onto Bibb lettuce leaves.
- Top with avocado and Taco sauce!

EnFaRekinJOY!!