



Frugal -Beef and Cauliflower Taco Skillet



Serving: 4



Cook Time: 25 mins



Level: Easy



INGREDIENTS

- 2 cloves garlic
- 1 Tbsp olive oil
- 1/2 lb. ground beef
- 3 cups riced cauliflower
- 1 10oz. can diced tomatoes with green chiles
- 1 15oz. can black beans
- 1 Tbsp chili powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/8 tsp pepper
- 2 oz. cheddar cheese, shredded
- 1 avocado
- 1 tomato
- 1/4 cup finely diced red onion
- 1 handful fresh cilantro

PREPARATION

1. Mince the garlic. Add the garlic, olive oil, and ground beef to a large skillet and cook over medium heat until the ground beef is browned. If you're using a high fat content beef, you may want to drain off the excess fat before the next step.
2. Drain the can of black beans and add them to the skillet along with the diced tomatoes with green chiles (not drained), chili powder, smoked paprika, cumin, oregano, salt, and pepper. Stir and cook until the skillet is simmering.
3. Add the riced cauliflower to the skillet (no need to thaw, if frozen). Continue to stir and cook over medium heat until the cauliflower is tender (about five minutes).
4. While the beef and cauliflower are heating, dice the tomato, avocado, and red onion. Roughly chop the cilantro.

PREPARATION (CONT.)

5. Top the beef and cauliflower mixture with the shredded cheddar. Place a lid on the skillet, and let it heat over medium for a few minutes, or until the cheddar has melted.
6. Once the cheese is melted, top the skillet with the tomato, avocado, red onion, and cilantro. Serve immediately.