

# Taco Stuffed Avocados

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template approved



prep time  
10 minutes



total time  
25 minutes



servings  
4



## Ingredients

- 2 avocados, cut in half and pit removed ~ 4 servings of fat
- 1 tbsp coconut oil ~ 1 serving of fat
- 1 lb/450 grams of lean ground beef ~ 12.5 servings of protein
- 1 onion, diced ~ 2 servings of veggies
- 4 garlic cloves, minced

### For the taco seasoning:

- 1.5 tsp chili powder
- 1 tsp cumin
- ½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp cayenne
- 1 tsp salt
- 1 tsp pepper

\* You can also use a store bought taco seasoning.

### For the Cilantro Lime Dressing:

- 2/3 cup Avocado Oil ~ 10.5 servings of fat
- 1 egg ~ 1 serving of protein, 1/3 serving of fat
- ½ tsp mustard powder
- 2 Tbsp fresh lime juice, divided
- ½ tsp fresh garlic, minced (or ¼ tsp powdered)
- ¾ tsp sea salt
- 3 tsp cilantro, minced

# simple side dish

## Instructions

- 1 In a small bowl, mix together all of the ingredients for the taco seasoning and set aside.
- 2 Melt the coconut oil in a medium sized pan over medium heat. Once the oil has melted, add the onion and sauté until soft. Add the garlic and sauté until fragrant, about 30 seconds. Add the meat and cook until no longer pink. Add the taco seasoning to the meat and mix well.

- 3 To make the dressing, place the oil, egg, mustard powder, 1 tsp of the lime juice, garlic and salt in a tall container. Place an immersion blender at the bottom and turn on. Once the mixture starts to blend together and become thick, move the immersion blender towards the top, until it is well blended. This should take less than a minute! Stir in the remaining lime juice and cilantro.

- 4 Top the avocados with the taco meat and enjoy!



Whole Recipe Serving Breakdown:  
13 servings of protein\*  
0 servings of carb\*  
~16 servings of fat\*\*  
2 servings of veggies

\*in this recipe if you would prefer to use tofu or tempeh, the protein, carb and fat servings would change.

\*\*you can reduce the fat for the recipe/serving by reducing the amount of dressing used.

