

Low Carb Mexican Skillet Dinner

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-mexican-skillet-recipe>

Ingredients:

- 1 pound lean ground beef
- 1/4 cup diced onion
- 1/3 cup green bell pepper or diced red, about half of one pepper
- 3 tablespoons taco seasoning homemade
- 1 cup diced tomatoes fresh or canned
- 12 ounces riced cauliflower about 3 cups, fresh or frozen
- 1/2 cup low sodium chicken broth
- 1 1/2 cups shredded cheddar cheese

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 90 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 430 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Low Carb Mexican Skillet Dinner above. You can see more 19 low carb mexican skillet recipe They're simply irresistible! to get more great cooking ideas.