

Mexican Ground Beef Skillet (GF, Paleo, Whole30)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon canola or avocado
- 1/2 yellow onion
- 1 bell pepper
- 2 1/2 teaspoons kosher salt divided
- 1 1/3 pounds ground beef
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 14 1/2 ounces diced tomatoes
- green onion for garnish, optional
- avocado for garnish, optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 105 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 31 grams
7. SaturatedFat: 10 grams
8. Sodium: 1610 milligrams
9. Sugar: 5 grams
10. TransFat: 1.5 grams

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