

Paleo Easy Mexican Burrito Bowls

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-burrito-bowls-recipe>

Ingredients:

- 1 tablespoon coconut oil or olive oil
- 500 grams ground beef /lamb, or 17oz
- 1/2 red onion diced
- 2 cloves garlic minced
- 1/4 teaspoon ground cayenne pepper
- 1/2 teaspoon ground paprika
- 1/2 teaspoon sea salt I used Pink Himalayan
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cumin dried
- 1/4 teaspoon coriander dried, /cilantro
- 1 teaspoon liquid smoke
- 2 tomatoes large, diced
- 1/2 red onion diced
- 1 handful fresh coriander /cilantro chopped
- 1 red chili peppers
- 1 lime juice of
- 1 pinch salt
- 1 avocado
- 1 lime juice of
- 2 tablespoons water
- 2 tablespoons unsweetened almond milk or coconut milk
- 1/4 cup apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon raw honey
- 1 handful cilantro
- 1 pinch salt
- 1 head cauliflower a medium, riced
- 1 tablespoon coconut oil or olive oil
- salt
- pepper
- jalapeños optional

- 1 head romaine lettuce shredded

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 55 milligrams
4. Fat: 28 grams
5. Fiber: 9 grams
6. Protein: 21 grams
7. SaturatedFat: 11 grams
8. Sodium: 530 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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