

Ground Beef Tostada Salad

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-ground-beef-tostada-recipe>

Ingredients:

- 1 pound ground beef
- 2 tablespoons chili powder
- 2 tablespoons smoked paprika
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon red pepper flakes
- 1 teaspoon Himalayan salt pink, plus more to taste
- 8 cups romaine lettuce shredded
- 1 cup halved grape tomatoes
- 1/2 cup cilantro leaves
- 1 orange bell pepper cut into 1/4-inch dice
- 1 tablespoon avocado oil
- 1 lime
- 2 avocados
- 1 garlic clove minced
- 4 flour tortillas Siete almond, or another grain-free tortilla

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 75 milligrams
4. Fat: 40 grams
5. Fiber: 14 grams
6. Protein: 30 grams
7. SaturatedFat: 10 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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