

Mexican Lamb Barbacoa – Nacho Style

Yield: 1 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-roast-lamb-recipe>

Ingredients:

- 1 tablespoon ghee or make your own
- 1/4 sweet potato large, about 16-20 slices
- 1 cup lamb leftover, Barbacoa*
- 1/2 avocado ripe, diced
- 1/2 jalapeno pepper seeded and finely chopped
- 1/4 teaspoon chipotle powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 pinch Himalayan salt
- cracked black pepper Generous pinch of freshly
- fresh lime juice Squirt
- 3 grape tomatoes chopped
- 1 teaspoon fresh parsley finely chopped

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 42 grams
3. Fat: 25 grams
4. Fiber: 12 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 55 milligrams
8. Sugar: 16 grams

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