

AIP Mexican Skillet

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sweet-potato-rice-recipe>

Ingredients:

- extra-virgin olive oil
- 1 onion chopped
- 1 sweet potato diced, garnet yam is a good substitute as it's less sweet
- 1 pound ground pork or beef
- 1 tablespoon taco seasonings
- 1 teaspoon salt
- guacamole
- coconut yoghurt or cream
- sliced radishes
- salsa
- cilantro
- avocado
- fresh lime
- tortillas
- rice AIP Mexican

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 80 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 23 grams
7. SaturatedFat: 10 grams
8. Sodium: 950 milligrams
9. Sugar: 4 grams

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