

# Taco Lettuce Wraps

Yield: 4 min  
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-taco-lettuce-wraps-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic finely minced
- 1/2 cup diced yellow onion
- 1 pound ground beef chuck
- 1 tablespoon chili powder
- 1 teaspoon paprika EACH:, and cumin
- 1/4 teaspoon ground cayenne pepper optional, omit if sensitive to spice
- 1/2 teaspoon oregano EACH:, roasted garlic powder, salt, and pepper
- 1/2 cup tomato sauce
- 1 cup black beans drained and rinsed
- 12 lettuce firm large pieces, I like Boston/butter lettuce best
- grated cheese
- freshly chopped cilantro
- lime wedges
- cherry tomatoes
- avocado
- sour cream