



Taco Salad Wraps

Ingredients:

Ground meat

Seasoning

Lettuce

Peppers

Onions

Mushrooms

Garlic

EVOO or coconut oil (no vegetable or peanut oils for cooking)

Directions

1. Dice all vegetables; like mushrooms, onions, peppers, and fresh garlic.
2. Sauté diced ingredients with a little oil and seasoning. Use cayenne, rosemary, sea salt, and cracked pepper. You could go with straight-up fajita seasoning out of the packet.
3. Brown ground meat.
4. Once onions begin to caramelize, combine sautéed vegetables with ground meat.
5. Wrap with lettuce. Add a bit of salsa verde and sliced avocados to round out the wrap.