

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Mexi Bowls

Ingredients

1 brown onion, finely diced
1 capsicum, finely diced
2 cloves of garlic
1 tbs of olive oil
500g of beef mince
2 tspn smoked paprika
¼ tspn cayenne pepper (feel free to add more if you like it spicy!)
2 tspn ground cumin
1 tspn sea salt
1 tin of diced tomatoes
Optional: 1 tin of black beans

1 small iceberg lettuce, shredded
1 large tomato, diced
½ a red onion, diced
Grated cheese
1 avocado, sliced

Method

1. Heat a tablespoon of olive oil in a large Wok.
2. Add onions, garlic and half the capsicum and allow to soften.
3. Add mince and cook on a medium heat until browned.
4. Add paprika, cayenne pepper, cumin and salt to the mince and mix through.
5. Add diced tomatoes and the remaining capsicum, mix through and then bring to a simmer on low heat until the liquid has slightly reduced and thickened. Optional: Add 1 tin of black beans – Note: this will increase the carb value of the meal slightly.
6. Serve in a bowl with shredded lettuce, diced tomato and red onion, grated cheese and avocado. Feel free to get creative and serve with extras like sour cream, salsa, jalapeños and spring onions!
7. Enjoy!

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au