

DELICIOUS KETO TACO CUPS WITH AVOCADO SALSA

Prep Time

17 min

Cook Time

15 min

Servings

6

Ingredients:

- 2 c. Colby Jack cheese, finely shredded, divided
- 1 lb. ground beef (80% lean)
- ¼ c. water
- 1 T. chili powder
- 1 T. ground cumin
- 1 t. garlic powder
- 1 t. onion powder
- 1 t. smoked paprika
- Sea salt and black pepper, to taste

Avocado Salsa:

- 1 medium avocado, diced
- 1 small tomato, seeded and diced
- 2 T. fresh lime juice
- 1 T. fresh cilantro, chopped
- Sea salt and black pepper, to taste

Instructions:

- Preheat oven to 200°F and line a large baking sheet with a piece of parchment paper or a Silpat® baking mat. Set aside.
- Divide 1½ cups of the shredded cheese into 6 piles (approximately ¼ cup each) on the prepared baking sheet and spread each pile into a thin circular layer. Place baking sheets in the pre-heated oven until the cheese is melted and slightly browned around the edges, around 5-6 minutes.
- Remove from the oven and let cool for 2-3 minutes, then remove the cheese and press into 3" ramekins or a muffin tin to form cups. Let cool for several minutes before gently removing the cheese cups from the form.
 - Note: If using ramekins, the taco cups can remain in the container for extra support when serving.
- In the meantime, add the ground beef to a large skillet over medium heat and cook until the beef is browned and cooked through, approximately 6-8 minutes. Carefully drain excess grease from skillet and return to cooktop.
- Add water and season with chili powder, ground cumin, garlic powder, onion powder, and smoked paprika. Season with salt and black pepper, to taste, and stir to combine. Simmer for 2-3 minutes or until warmed through.
 - While the beef is cooking, combine the avocado, tomato, lime juice, and fresh cilantro in a medium bowl. Season with salt and black pepper, to taste, and gently stir to combine.
- To serve, fill the taco cheese cups with beef, avocado salsa, and remaining shredded cheese. Top with a dollop of sour cream, if using, and enjoy!