

Taco Breakfast Skillet

4 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 cup Red Onion (chopped)
1 lb Extra Lean Ground Beef
1 tbsp Cumin
1/4 tsp Onion Powder
1/4 tsp Black Pepper
4 Egg
1/2 Tomato (chopped)
1/2 Avocado (cubed)
1/4 cup Cilantro

NUTRITION

AMOUNT PER SERVING

Calories	358	Iron	5mg
Fat	24g	Vitamin D	44IU
Carbs	6g	Folate	59µg
Fiber	2g	Magnesium	46mg
Protein	30g	Zinc	6mg
Vitamin C	7mg		

DIRECTIONS

- 01 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 02 Once the beef is cooked, add in the cumin, onion powder and black pepper until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 03 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 04 Remove from the stove and top with the tomatoes, avocado and cilantro. Divide between plates and enjoy!

NOTES

RECIPE ID 505

SERVING SIZE

One serving is approximately one egg with one cup of beef and veggie mixture.