

Keto Grass-Fed Beef Baked Taco Recipe

The Ingredients:

- 1 lb ground beef
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp smoked paprika
- 1 tsp cumin
- 1/8 tsp cayenne pepper powder
- 2 tbsp of tomato paste
- 1 tbsp water
- 3 cup shredded Mexican cheese blend
- 8 Almond Flour Tortillas

Instructions:

- 1.) Preheat the oven to 425° F
- 2.) Combine dry ingredients: salt, black pepper, chili powder, garlic powder, onion powder, smoked paprika, cumin, cayenne pepper powder in small mixing bowl. Then, mix tomato paste and water in a separate bowl.
- 3.) For about 5 minutes, heat and cook grassfed ground beef in medium frying pan, breaking up into crumbles as it browns.
- 4.) Reduce the heat to medium-low. Mix in the spice mixture and tomato paste mixture. Sauté until completely cooked and well incorporated, this will take about 3 minutes.
- 5.) Line a baking sheet with parchment paper. Lay 4 Almond Flour tortillas on the baking sheet and cover each with shredded cheese.
- 6.) Place 2 tbsp of taco meat on one side of each tortilla. Add the baking sheet to the oven and cook for 3 minutes. Remove, and fold each in half and press down to keep shape. Return the baking sheet to the oven and cook for another 5 minutes. Repeat this process till all tacos are completed.
- 7.) Once cool, add toppings and enjoy!

Serving:
4 tacos

