



## *The Ultimate Taco*



### **Ingredients ground beef mixture:**

- 1 tablespoon avocado oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 1 lb. grass-fed ground beef
- 14 oz. fire-roasted tomatoes with green chilies
- 2 tablespoons cumin
- 2 teaspoons smoked paprika
- 2 teaspoons ancho chili powder
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon of salt
- 1/4 teaspoon of pepper
- 1/2 cup pinto beans, drained and rinsed
- 1 tablespoon lime juice
- 1/4 cup cilantro

### **Ingredients, mashed Avocado:**

- 2 avocado, mashed
- 1 tablespoon lime juice
- salt to taste

### **Ingredients, tacos:**

- 10–14 corn tortillas
- 1 cup shredded lettuce
- Pico de Gallo
- optional: shredded Mexican cheese, pickled onions, pickled jalapenos or sour cream

### **Method:**

1. Heat a skillet to medium high heat.



2. Add avocado oil to pan along with onions. Sauté for 2-3 minutes until onions are translucent.
3. Next, add in garlic and sauté for 30 seconds.
4. Add in ground beef; break up meat with a potato masher or wooden spoon. Continue cooking and breaking up the meat until browned. Approximately 5-7 minutes.
5. Next, add in fire-roasted tomatoes with green chilies, cumin, smoked paprika, ancho chili powder, chili powder, garlic powder, onion powder, ground cinnamon, chipotle chili powder, salt, pepper, pinto beans, and lime juice. Stir everything together. Mash down the pinto beans a bit and cook for 3-4 minutes.
6. Add in cilantro, stir, and set aside.

**To Make Mashed Avocado:**

1. To a small bowl, add avocado, lime, and salt. Mash together and set aside.

**Assemble Tacos:**

1. Toast up the corn tortillas, add ground beef taco mixture, and top with shredded lettuce, pico de Gallo and mashed avocado. Serve.