Nourish Recipe

Citrus Beef Tacos

Servings: 4

What you'll need

measuring spoons

measuring cups

large skillet

Ingredients

2 Tbsp olive oil

1 ½ lbs lean ground beef

½ cup white onions, thinly sliced

Zest of ½ lemon

Zest of ½ lime

2 Tbsp fresh lemon juice

1 Tbsp fresh lime juice

½ tsp ground cumin

½ tsp ground chili powder

¼ tsp kosher salt

8 corn tortillas

Optional toppings

Sliced jalapeno peppers

Sliced avocado

Chopped cilantro

Sliced green onions

Cojita cheese

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Instructions

1. Heat a large skillet on medium heat. Add oil (2 Tbsp), ground beef (1 ½ lbs) and onions (½ cup), break apart beef with spatula; cook for 2-3 minutes.
2. Stir in lemon zest, lime zest, lemon juice (2 Tbsp), lime juice (1 Tbsp), cumin (½ tsp), chili powder (½ tsp), and salt (¼ tsp). Cover, turn heat to low and cook another 20 minutes.
3. Warm tortillas in microwave or oven.
4. Spoon taco meat into tortillas.
5. Add toppings.

Nutrition Facts

Servings 4

Amount Per Serving	
Calories	**444**
	% Daily Value
Total Fat 22.2g	**29**%
Saturated Fat 6.7g	**33**%
Cholesterol 101mg	**34**%
Sodium 274mg	**12**%
Total Carbohydrate 25.3g	**9**%
Dietary Fiber 3.6g	**13**%
Sugars 1.3g	
Protein 35.7g	
Vitamin D 0mcg	**0**%
Calcium 76mg	**6**%
Iron 4mg	**25**%
Potassium 647mg	**14**%

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