

# Avocado Taco Boats

Yum!! A different spin on the traditional taco night. To make your own homemade taco seasoning, combine the following ingredients: 2 tablespoons chili powder, 2 tablespoons cumin, 2 teaspoons onion powder, 2 teaspoons garlic powder, 2 teaspoons celery salt,  $\frac{1}{2}$  teaspoon cayenne pepper,  $\frac{1}{2}$  teaspoon black pepper,  $\frac{1}{2}$  teaspoon sea salt. Please use this instead of the prepackaged taco seasoning mix. It's much more delicious and plus you made it yourself! Enjoy.

xoxo,

Kristin

1. Prepare your taco meat – Brown the ground beef over medium-high heat and drain the excess grease. Add  $\frac{2}{3}$  cup water and 4 tbsp taco seasoning, reduce heat to low and let simmer 5-10 minutes until thickened.
2. Cut the avocados in half and use a spoon to scoop out some of the flesh of the avocado.
3. Add  $\frac{1}{4}$  of the shredded lettuce into the bottom of each empty avocado shell.
4. Next, add  $\frac{1}{4}$  of the ground beef into each shell
5. Top each one with salsa, tomato, jalapeno and avocado.

Recipe from

<https://peaceloveandlowcarb.com/avocado-taco-boats/>

serves 4