

Nadya's Taco Bowls

Ingredients:

- Lean ground beef or ground turkey
- Salsa
- Taco seasoning
- Shredded lettuce
- Bell pepper
- Sweet onion
- Frozen corn
- Olive oil
- Avocado
- Tomato
- Mexican cheese
- Rice (optional)
- Refried beans (optional)

Directions:

1. Brown the meat and season with taco seasoning
2. Pour half a jar of salsa, reduce heat, simmer, and cover for 1 hour until there is no liquid
3. Slice bell pepper, onion and arrange on cookie sheet with frozen corn
4. Season with taco seasoning, olive oil, and bake for 20 min at 450 degrees in the oven while stirring occasionally
5. Cut up tomato and avocado
6. Arrange lettuce, ground beef, rice, baked veggies, avocado, and cheese in a big bowl or roll up in a tortilla if preferred
7. Enjoy!

*Pro tip: Ground beef reheats wonderfully and can be a quick dinner if cooked in advance