

## **Taco Lettuce Wraps**

- 1 1/2 teaspoons olive oil
- 1/3 cup onion
- 1/3 cup red bell pepper
- 1 pound lean ground beef or turkey
- 1 teaspoon Himalayan sea salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder (optional)
- 1/4 teaspoon garlic powder
- 1/3 cup salsa



### **For serving:**

- Lettuce wraps

### **Optional Toppings:**

- Pico de gallo
- Avocado

1. In a large frying pan, sauté the onion and bell peppers in the oil over medium-heat. Once onions are translucent, add ground beef and brown. Remove any grease.

2. Mix in salt, pepper, cumin, chili powder, garlic powder and salsa. Let simmer for a couple minutes and then serve the taco meat inside a lettuce wrap. Add your favorite toppings and enjoy!

Serving Size = 3 ounces of turkey or ground beef with 1/8 avocado