

Beef Taco Quinoa Salad Bowls

6 servings. Ready in 30 min.

Ingredients

Salsa, 0.5 cup (125 g)

Avocado chunks, 1 cup, cubes (150 g)

Chopped lettuce, 2 cup shredded (144 g)

2/3 cup water, 0.67 cups (173 g)

Corn, sweet, yellow, canned, whole kernel, drained solids, 1 can (420 g)

1 can black beans, drained and rinsed (15 oz.), 1 can (426 g)

Tomato, Canned, 1 can (400 g)

1 cup uncooked quinoa, 1 cup (164 g)

1 taco seasonings packet (salt reduced), 1 oz (28 g)

Shredded cheddar cheese, 6 servings (180 g)

Beef, mince, <5% fat, raw, 500 grams (500 g)



Instructions/Preparation

1. Cook the quinoa according to the package directions.
2. Heat 1 tbs olive oil in a saucepan on a med-high heat. Add beef mince, water, and taco packet and cook for 3-4 minutes on medium heat.
3. Add the undrained tomatoes and rinsed black beans.
4. Stir in the quinoa when it finishes cooking.
5. Place desired amount of lettuce in bowls. Top with 1-2 cups taco mixture. Add corn, cheese, avocado, salsa, and some fresh coriander (optional). Serve immediately. Makes up to 6 servings.

Extra comments/notes

Serve in taco shells or wraps for a high carb/kid friendly version. Brown rice can be substituted for quinoa.

Original source

<http://insidebrucrewlife.com/2014/02/beef-taco-quinoa-salad-bowls/>

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Salsa, 0.5 cup (125 g)	6.1 kcal	0.3 g	0 g	1.4 g
Avocado chunks, 1 cup, cubes (150 g)	40 kcal	0.5 g	3.7 g	2.1 g
Chopped lettuce, 2 cup shredded (144 g)	3.4 kcal	0.2 g	0 g	0.7 g
2/3 cup water, 0.67 cups (173 g)	0 kcal	0 g	0 g	0 g
Corn, sweet, yellow, canned, whole kernel, drained solids, 1 can (420 g)	46.9 kcal	1.6 g	0.9 g	10 g
1 can black beans, drained and rinsed (15 oz.), 1 can (426 g)	64.6 kcal	4.3 g	0.2 g	11.8 g
Tomato, Canned, 1 can (400 g)	16 kcal	0.8 g	0.2 g	3.5 g
1 cup uncooked quinoa, 1 cup (164 g)	100.6 kcal	3.9 g	1.7 g	17.5 g
1 taco seasonings packet (salt reduced), 1 oz (28 g)	12.5 kcal	0.4 g	0.2 g	3.3 g
Shredded cheddar cheese, 6 servings (180 g)	120.9 kcal	7.5 g	10 g	0.4 g
Beef, mince, <5% fat, raw, 500 grams (500 g)	107.5 kcal	19.1 g	3.4 g	0 g
TOTAL	518.42 kcal	38.56 g	20.21 g	50.74 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.