

# Taco Bake

## INGREDIENTS:

1 T avocado oil or olive oil  
½ cup red onion diced  
1 green bell pepper seeded and diced  
2 cloves garlic, minced  
1 lb ground beef  
1 T tomato paste  
4 oz can of diced green chiles  
12 oz cauliflower rice, fresh or frozen  
2 eggs beaten

### Spice Mixture:

1 tsp sea salt  
1 tsp garlic powder  
1 tsp paprika  
1.5 T chili powder  
¼ tsp cayenne  
½ tsp cumin

### Topping Ideas:

Diced avocado  
Diced tomatoes  
Black olives  
Diced red onion  
Fresh Cilantro

## PROCESS:

Preheat the oven to 350 degrees F and grease a 2.5 quart baking dish.

Add the salt, garlic powder, cumin, chili powder, paprika, and cayenne into a small bowl and whisk to combine.

In a large skillet, heat the avocado oil over medium heat. Add in the diced onion, garlic, and bell pepper. Saute for 5 minutes, stirring occasionally.

Then add in the ground beef along with the spice mixture and tomato paste. Saute until meat is mostly cooked through.

Stir in the diced green chiles and cauliflower rice into the meat mixture until fully combined.

Pour the mixture into the greased baking dish and top with the beaten eggs (mix a little to combine).

Bake for 30 minutes then remove from the oven and let cool.

Serve with toppings of choice.

ENJOY!

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