

MCT Mexican Ground Beef & Sour Cream

2.5 net carbs per serving for 2 servings. (79.7% calories from fat.)



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DIRECTIONS

Brown the ground beef and onions in a skillet. Add a bit of water and taco seasoning (Check for carbs!) or Mexican spices to taste.

Mix and simmer for 10 to 15 minutes. Remove from heat and top with hot pepper cheese. Stir lightly until just blended.

Mix 1 tablespoon of coconut or MCT oil with 2 ounces of sour cream. Blend well.

Serve with the sour cream mixture on the side.

- 1/2 lb ground beef
- 1/4 c onion, diced
- 2 tbsps water
- Mexican spices, to taste
- 2 ozs hot pepper cheese, shredded
- 1 tbsp coconut oil (or MCT oil)
- 2 ozs sour cream

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1173	Calories from Fat: 935
	% Daily Values*
Total Fat 104g	160%
Saturated Fat 54g	268%
Cholesterol 278mg	93%
Sodium 1065mg	44%
Total Carbohydrates 5g	2%
Dietary Fiber trace	2%
Protein 54g	
Vitamin A	9%
Vitamin C	5%
Calcium	9%
Iron	23%

* Percent Daily Values are based on a 2000 calorie diet.