



## Taco Stuffed Avocados

Recipe By CHEF ABBY J

SERVINGS: 4-8

### INGREDIENTS:

- 4 avocados, *ripe*
- 1 lime, *juiced*
- 1 *tbsp.* extra virgin olive oil
- 1 medium onion, *chopped*
- 1 lb. ground beef
- 2 *tsp.* cumin
- ½ cup jalapenos, *chopped*
- 2 *tsp.* salt
- 2 *tsp.* pepper
- ¾ cup Abby J's Roasted Garlic Salsa
- ½ cup sharp cheddar cheese
- ½ cup lettuce, *shredded*
- ½ cup cherry tomatoes, *sliced*
- ½ cup black olives, *sliced*
- 1 dollop of sour cream on each avocado
- cilantro for garnishing

### DIRECTIONS:

- 1. Halve and pit avocados. Using a spoon, scoop out a bit of avocado to create a larger well. Set avocado aside to use later.
- 2. Squeeze lime juice over all halved avocados (to prevent browning).
- 3. In a medium skillet over medium heat, heat oil. Add onions, jalapeños and cook about 6 minutes until tender.
- 4. Add ground beef and cumin. Season with salt and pepper, breaking up the meat with a wooden spoon. Cook until the beef is no longer pink, about 6 minutes. Remove from heat and drain fat.
- 5. Add Abby J's Roasted Garlic Salsa and mix well. Fill each avocado with beef mixture, then top with cheese, lettuce, tomatoes and olives. Garnish with cilantro and a dollop of sour cream.

*Here's the perfect low carb Taco loaded with a powerhouse of "flavor!" Perfect for an easy lunch or light dinner.*

**Did you make this recipe?**

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