

Taco Breakfast Skillet

4 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 cup Red Onion (chopped)
1 lb Extra Lean Ground Beef
2 tbsps Chili Powder
1 tbsp Cumin
1/4 tsp Onion Powder
1/4 tsp Black Pepper
1/4 cup Nutritional Yeast
4 Egg
1/2 Tomato (chopped)
1/4 cup Black Olives
1/2 Avocado (cubed)
1 Jalapeno Pepper (sliced)
1/4 cup Cilantro

NUTRITION

AMOUNT PER SERVING

Calories	414	Cholesterol	260mg
Fat	25g	Sodium	359mg
Carbs	12g	Vitamin A	1870IU
Fiber	6g	Vitamin C	11mg
Sugar	2g	Calcium	93mg
Protein	36g	Iron	7mg

DIRECTIONS

- 01 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 02 Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 03 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 04 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

SERVING SIZE

One serving is approximately one egg with one cup of beef and veggie mixture.

MORE FLAVOR

Add some grated cheese on top.

MAKE IT VEGETARIAN

Use black beans and/or quinoa instead of ground beef.

