

Mark's Kitchen

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Spiced Beef Taco Wraps with Guacamole

Crisp lettuce leaves spread with creamy guacamole, topped with spicy beef, cool cabbage, tomato, and cilantro, and finished with squeezes of tart lime juice make a great lunch that won't weigh you down. You'll love this recipe from my new book, [*Eat Fat, Get Thin.*](#)

Serves: 4 servings

Ready in: 30 minutes

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped (1 cup)
- 4 cloves garlic, finely chopped
- 1 1/2 pounds grass-fed ground beef (15 percent fat)
- 2 1/2 teaspoons ancho chili powder
- 1 tablespoon plus 1/2 teaspoon cumin
- 1 1/2 teaspoons coriander
- optional: dash of chipotle powder
- 1/4 teaspoon plus a pinch of sea salt
- 1/4 teaspoon plus a pinch of ground black pepper
- 1 large avocado, peeled, pitted, and chopped
- 4 limes, 2 juiced, 2 quartered for garnish

- 12 butter lettuce leaves or romaine lettuce leaves
- 1/4 small head green or red cabbage, grated or finely chopped
- 2 Roma tomatoes, seeded and chopped
- 1/4 cup freshly chopped cilantro leaves

Step 1: Heat a large (12-inch) stainless steel pan over medium heat and add the olive oil. When the oil is hot, add the chopped onion and cook until soft, 1 to 2 minutes. Add the garlic and cook another 30 seconds, stirring. Add the ground beef, breaking it up with a wooden spatula or spoon. Cook until the meat is no longer pink, about 2 minutes. Add the ancho chili powder, 1 tablespoon of the cumin, the coriander and the chipotle powder (if using). Cook 1 to 2 minutes longer, stirring, to allow the spices to bloom. Season with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper, then remove the meat from the heat and place in a medium bowl. Set aside.

Step 2: To make the guacamole, place the avocado in a small bowl. Squeeze in the lime juice, add the remaining 1/2 teaspoon of cumin, and mash with a fork until smooth. Add the remaining pinch of salt and pepper.

Step 3: Divide the lettuce leaves among 4 plates. Spread the guacamole onto the lettuce leaves. Top with a quarter of the spicy beef, then with the chopped cabbage, tomato, and cilantro. Serve with a wedge or two of lime.

Nutritional analysis per serving (1/4 spicy beef mixture, vegetables, 3 lettuce leaves): calories 600, fat 43 g, saturated fat 15 g, cholesterol 110 mg, fiber 9 g, protein 35 g, carbohydrate 25 g, sodium 290 mg