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Beef Taco & Black Rice Bowl with Cabbage

3 servings
40 minutes

Ingredients

- 1/2 cup Black Rice (dry)
- 1 1/4 cups Bone Broth (Beef bone broth)
- 8 ozs Extra Lean Ground Beef
- 2 tsps Taco Seasoning
- 2 tsps Avocado Oil
- 3 cups Purple Cabbage (chopped)
- 1 Orange Bell Pepper (small)
- 1 Yellow Bell Pepper (small)
- 2 stalks Green Onion (chopped)
- 1 Avocado (mashed)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	459
Fat	22g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	26g
Cholesterol	49mg
Sodium	439mg
Potassium	927mg
Vitamin C	172mg
Calcium	75mg
Iron	4mg
Vitamin D	2IU
Folate	93µg
Vitamin B12	1.7µg
Magnesium	57mg

Directions

- 1 Cook the rice according to the package directions using bone broth as your liquid.
- 2 Preheat a frying pan over medium heat. Add the beef, breaking it up as it cooks. Add the taco seasoning and continue to break up the beef. Cook for seven to 10 minutes or until cooked through.
- 3 In a separate pan, add the oil and sauté the cabbage and bell peppers for three to five minutes. Season with salt and pepper.
- 4 Divide the rice, beef, cabbage, avocado, and green onions evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Prepare the avocado when ready to serve.

Serving Size: One serving is approximately 1/2 cup of rice and 1 1/2 cups of cabbage with beef.

More Flavor: Add lime juice and minced garlic to the mashed avocado.

Additional Toppings: Shredded cheese, salsa, and/or sour cream.

Make it Vegan: Use crumbled tempeh in place of the beef.

Zinc

4mg