

YIELD: 6 SERVINGS

ONE POT CHEESY TACO

SKILLET



One Pot Cheesy Taco Skillet- this easy, delicious, veggie packed beef taco skillet meal is quick and great for a budget- as well as a low carb diet! Easy cheesy beef taco skillet dinner that is perfect for burrito bowls, salads, skillet tacos, and more with tons of hidden vegetables that kids will eat!

PREP TIME

5 minutes

COOK TIME

15 minutes

TOTAL TIME

20 minutes

INGREDIENTS

- 1 lb lean ground beef
- 1 large yellow onion, diced
- 2 bell peppers, diced
- 1 can diced tomatoes with green chilis
- taco seasoning
- 3 cups baby kale/spinach mixture (this sounds like a lot- it cooks down to a small amount)
- 1 1/2 cup shredded cheddar and jack cheese
- green onions, to garnish

INSTRUCTIONS

1. In a large pan, lightly brown ground beef and crumble well.
2. Drain excess fat.
3. Add onions and peppers, and cook until browned.
4. Add canned tomatoes, taco seasoning, and any water needed for taco seasoning to evenly coat mixture (up to 1 tbsp- the liquid from the tomatoes will help)
5. Add greens and let fully wilt.
6. Mix well.
7. Cover with shredded cheese and let cheese melt.
8. When cheese is melted, serve over a bed of lettuce, rice, or in a taco or burrito!

NUTRITION INFORMATION

Yield 6

Serving Size 1

Amount Per Serving

Calories 341

Total Fat 20g

Saturated Fat 10g

Trans Fat 1g

Unsaturated Fat 8g

Cholesterol 100mg

Sodium 626mg

Carbohydrates 9g

Fiber 1g

Sugar 3g

Protein 30g

Nutrition is automatically calculated by Nutritionix - please verify all nutrition information independently and consult with a doctor or nutritionist for any and all medical and diet advice.



DID YOU MAKE THIS RECIPE?

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CUISINE: keto / CATEGORY: Main Course

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