

One Bowl Wonder: Minimal cleanup with maximum flavor.

Variations

Vegan Taco Bowl: Use plant-based meat, dairy-free cheese, and vegan sour cream.

Keto Taco Bowl: Replace the rice with cauliflower rice and skip the beans.

Breakfast Taco Bowl: Top with a fried egg and enjoy as a hearty morning meal.

Ingredients

For Base

- 2 cups cooked rice (can have any option)
- 1 cup shredded lettuce or mixed greens

For Topping

- 1 pound ground beef, turkey, or plant-based meat
- 1 packet taco seasoning or homemade blend
- 1 can black beans (drained and rinsed)
- 1 cup corn kernels (fresh, canned, or frozen)
- 1 cup diced tomatoes or salsa
- 1 avocado (sliced or mashed)
- 1/2 cup shredded cheese (cheddar, Monterey Jack, or vegan cheese)
- 1/4 cup sour cream or Greek yogurt
- 1/4 cup sour cream or Greek yogurt (<http://Fresh%20cilantro%20and%20lime%20wedges%20for%20garnish>)

Directions

Step 1

Prepare the Protein: Cook the ground meat in a skillet over medium heat until browned. Drain excess fat, add taco seasoning and a splash of water, and simmer for 5 minutes until well-coated and flavorful.



Step 2

Assemble the Bowl:

- Start with a generous layer of rice and lettuce as your base.
- Add a scoop of taco-seasoned meat, followed by beans and corn.



Step 3

Pile on the Toppings: Layer with diced tomatoes, avocado slices, and shredded cheese. Add a dollop of sour cream or Greek yogurt.



Step 4

Garnish and Serve: Sprinkle fresh cilantro and squeeze lime juice over the top for a burst of freshness. Serve immediately and enjoy!



Serving Ideas

Combine all the ingredients in a big bowl, starting with a layer of rice or lettuce, and then add the protein, beans, vegetables, and toppings. Include lime wedges on the side for freshness right before you dig in.

Recipe Tip 🌶️

To boost the flavor of your taco bowl, toast your spices before adding them to your protein. Just place the taco seasoning in the skillet over medium heat for 30 seconds to a minute. This will release the aromatic oils and enhance the overall taste of your dish.

Nutrition Facts