

Taco-Stuffed Avocados: A Low-Carb Mexican Mashup

There are several reasons why Taco-Stuffed Avocados stand out in the realm of healthy eating:



TIME
30 min

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SAVE
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SOURCE
ChefManiac

INGREDIENTS

- 2 ripe avocados
- 1 pound ground beef or turkey
- 1 packet taco seasoning (or homemade seasoning)
- 1 cup diced tomatoes
- 1/2 cup shredded cheese (cheddar or Mexican blend)
- 1/4 cup chopped cilantro
- 1 lime, juiced
- Salt and pepper to taste

DIRECTIONS

- 1. Prepare the : Avocados:** Cut the avocados in half and remove the pit. Scoop out a little bit of the flesh to create a larger cavity for the filling. Set aside.
- 2. Cook the : Meat:** In a skillet over medium heat, brown the ground beef or turkey until fully cooked. Drain any excess fat.
- 3. Add : Seasoning:** Stir in the taco seasoning and a splash of water (if needed) to help distribute the spices evenly. Cook for an additional 5 minutes, allowing the flavors to meld.
- 4. Mix in : Fresh Ingredients:** Remove the skillet from heat and fold in the diced tomatoes, lime juice, and half of the chopped cilantro. Season with salt and pepper to taste.
- 5. Stuff the : Avocados:** Generously fill each avocado half with the taco mixture. Top with shredded cheese and the remaining cilantro.
- 6. Serve:** Enjoy immediately, or chill for a few minutes to let the flavors develop further.

TIPS FOR SUCCESS

Use Ripe Avocados: Make sure your avocados are perfectly ripe for the best flavor and texture.

They should yield slightly when pressed.

Experiment with Fillings: Try using shredded chicken, black beans, or even quinoa for a vegetarian option.

Spice it Up: If you like heat, add diced jalapeños or a sprinkle of cayenne pepper to the meat mixture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/taco-stuffed-avocados-a-low-carb-mexican-mashup/>