

# Best Keto & Paleo Tacos

Hands-on 20 minutes Overall 20-25 minutes

**Nutritional values (per serving):** Total carbs: 17.2 g, Fiber: 10.6 g, **Net carbs: 6.6 g**,

Protein: 28.6 g, Fat: 54.3 g, Calories: 657 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 500 g ground beef (17.6 oz / 1.1 lb)
- 4 regular keto tacos prepared from tortillas ([recipe is here](#))
- 1 medium white onion, finely chopped (110 g / 3.9 oz)
- 2 cloves garlic
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1 tbsp [tomato puree](#), unsweetened
- 2 tbsp [ghee](#), lard or [extra virgin coconut oil](#) (you can [make your own ghee](#)) (30 g / 1.1 oz)
- freshly ground [black pepper](#) or cayenne pepper
- 1/2 tsp salt or to taste (I like [pink Himalayan](#))
- 1 cup water (240 ml / 8 fl oz)

## Top with:

- 1 medium avocado (200 g / 7.1 oz)
- 1 cup cherry tomatoes (150 g / 5.3 oz)
- 1 small head lettuce (100 g / 3.5 oz)

## More tips for topping:

- 1 cup grated cheddar cheese (+ 0.4 g net carbs per serving)
- 4 tbsp soured cream (+ 0.3 g net carbs per serving)
- Easy Russian Slaw ([recipe is here](#))
- Guacamole salad (easy avocado salad, [recipe is in the KetoDiet apps](#))
- other vegetables (peppers, cucumber, cabbage, etc)

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

## Instructions

1. Prepare the tortillas by [following this recipe](#) and creating taco shells. Peel and finely chop the onion and garlic. Place the onion

and garlic on a pan greased with ghee and cook over a medium-high heat until lightly browned. Stir to avoid burning.

2. Add the ground beef and cook until browned from all sides while mixing. *I buy ground meat in bulk from my local farmer ([here are more tips on how to save time & money on a keto diet](#)).*
3. Add the chili powder and ground cumin. If you don't have any of these, use 1 1/2 tsp of paprika.
4. Add the tomato puree and pour in the water. Season with salt and pepper. Mix until well combined and cook until the sauce has reduced to about a quarter and the meat is cooked through.
5. When done, set aside and prepare the vegetable topping. Wash and dry all the vegetables on a paper tissue. Halve, deseed, peel and chop the avocado and chop the tomatoes and lettuce.
6. Start filling the taco shells ([recipe is here](#) - follow instructions for taco shells). Start with the meat mixture and top with tomatoes...
7. ... avocado and lettuce. Optionally, add other toppings (grated cheddar cheese, soured cream, etc.) Enjoy! Instead of taco shells, you can make nachos ([recipe is here](#)) and serve the meat as a dip.

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