

# The Best Keto Mexican Tacos

Hands-on 20 minutes Overall 20-25 minutes



**Nutritional values (per serving, 1 taco):** Total carbs: 17.2 g, Fiber: 10.6 g, **Net carbs: 6.6 g,**

Protein: 28.6 g, Fat: 54.3 g, Calories: 658 kcal,

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

## Ingredients (makes 4 tacos)

- 500 g ground beef (1.1 lb)
- 4 keto tacos ([recipe is here](#)), 8-inch each
- 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 unsweetened [tomato puree](#)
- 2 tbsp [ghee](#), lard *or* [extra virgin coconut oil](#) (30 ml)
- sea salt and black pepper *or* cayenne pepper, to taste
- 1 cup water (240 ml/ 8 fl oz)

### Top with:

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

## 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.
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. Add diced avocado and lettuce. Optionally, add other toppings (grated cheddar cheese, soured cream, etc.)
8. Enjoy! Instead of taco shells, you can [make Keto Tortilla Chips](#) and serve the meat as a dip.

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