



# BEEF BURRITO BOWL

By Dr. Cindy Tanzar  
(Standard/Maintenance Plans)

Burritos are amazing! But they are even better without the starchy corn, rice and flour tortillas that are so unfriendly to our waistlines. You can always improvise with this recipe, too, for a quicker option by replacing the butternut squash with either roasted cauliflower florets or cauliflower rice (either buy frozen or already riced in the frozen or produce section). Learning to “think outside the box” and replace some of the items in your favorite dishes with healthier alternatives is a great strategy to avoid feeling deprived when you are changing the way you eat.

This recipe makes 4 servings - using 1/4 of the beef for your protein, 1/2 cup of the squash and 1 cup salsa for your vegetables and 1/4 avocado for your fat for one meal.



<http://paleogrubs.com/wp-content/uploads/2014/05/paleoburritorecipe.jpg>

## INGREDIENTS

### BEEF

- 1 lb. grass-fed ground beef
- 1 tsp. dried oregano
- 1 small onion, diced
- Organic coconut or avocado oil
- 2 cloves garlic, minced
- 1 avocado, sliced
- 1 Tbsp. chili powder
- Pink Himalayan salt & pepper, to taste
- 1 tsp. ground cumin
- 1 tsp. paprika



## **ROASTED BUTTERNUT SQUASH**

1 small butternut squash, peeled, seeded and cut into 1-inch cubes  
2 Tbsp. organic coconut or avocado oil  
2 tsp. chili powder  
½ tsp. cumin  
Juice of half a lime  
Pink Himalayan salt & freshly-ground pepper, to taste  
Add crushed red-pepper for a kick (optional)  
([Click here](#) for instructions to peel a butternut squash)

Preheat oven to 400°F. Toss cubed squash in oil, lime juice, spices, sea salt and pepper and arrange in a single layer on Pampered Chef stone sheet or parchment-lined baking sheet. Roast for 25-30 minutes, until tender, turning once.

## **CUCUMBER-TOMATO SALSA**

1 cup grape tomatoes, halved or quartered  
1 cup bell pepper, small diced  
1 cup cucumber, small diced  
1 green onion, thinly sliced  
Juice of half a lime  
2 tbsp. extra virgin olive oil  
Pink Himalayan salt & freshly-ground pepper, to taste

## **INSTRUCTIONS**

Lightly coat the bottom of a stainless-steel skillet with oil. Add the ground beef, onion and garlic, breaking the beef into smaller pieces and cooking until no longer pink. Add chili powder, cumin, oregano, salt and pepper. Stir until well-mixed and cook 2-3 minutes longer.

In a bowl, combine all the ingredients for the cucumber-tomato salsa and toss well.

In a serving bowl combine 1/4 of the beef mixture, 1/2 cup roasted squash (or cauliflower) and 1 cup cucumber-tomato salsa. Serve with 1/4 sliced avocado.