



# DINNERLY



**LOW CALORIE**

**LOW CARB**

## Beef Taco Lettuce Cups with Pickled Onion & Queso Blanco

 30-40min  4 Servings

We took beef tacos for a walk on the lighter side by subbing in crunchy lettuce wraps instead of tortillas. The romaine leaves are stuffed to the brim with seasoned grass-fed ground beef, sweet corn, pickled red onions, and crumbled queso blanco! Go ahead and crunch into each bite—you won't miss the tortillas. We've got you covered!

#### WHAT WE SEND

- grass-fed ground beef
- taco seasoning
- romaine heart
- queso blanco <sup>7</sup>
- garlic
- corn
- red onion

#### WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

#### TOOLS

- skillet

#### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 540kcal, Fat 28g, Carbs 35g, Proteins 37g



#### 1. Prep onions & garlic

Peel and finely chop **onion**. Peel and finely chop **4 teaspoons garlic**.



#### 2. Pickle onions

In a small bowl, combine  $\frac{1}{2}$  cup **chopped onions**, **2 tablespoons vinegar**, **2 teaspoons sugar**, and  $\frac{1}{2}$  **teaspoon salt**; stir to combine. Let sit, stirring occasionally, until ready to serve.



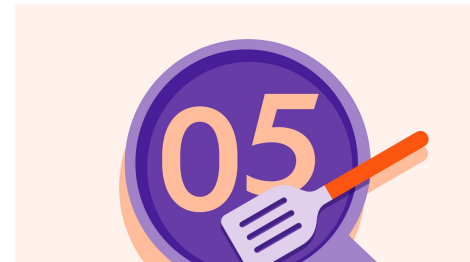
#### 3. Brown onions & beef

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **remaining chopped onions** and a **pinch of salt** to skillet and cook until softened and golden, 3–5 minutes. Add **beef** and cook until browned, breaking up into smaller pieces, 5–7 minutes. Drain off any fat.



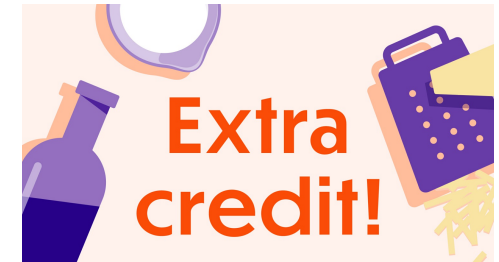
#### 4. Add seasoning & corn

Add **chopped garlic** and  $1\frac{1}{2}$  **tablespoons taco seasoning** to skillet and cook until fragrant, about 1 minute. Stir in **corn** and  $1\frac{1}{2}$  **cups water**; bring to a simmer and cook until thickened and glossy, about 7 minutes. Season to taste with **salt** and **pepper**.



#### 5. Finish & serve

Meanwhile, trim and discard 3 inches from stem ends of **romaine**. Separate romaine into leaves. Fill the **lettuce cups** with **beef taco filling**, then top with **pickled onions** and **crumbled queso blanco**. Enjoy!



#### 6. Carbo load!

This dish is lighter by design, but if you're missing your carbs, go ahead and add a side of rice and beans or even crunchy tortilla strips on top!