



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

## *My Fat Greek Taco Bowl* courtesy of Intelligent Gourmet

Yield: 10 servings

Prep time: 20 minutes

Total time: 35 minutes

### *Ingredients*

#### Cucumber Tomato Relish

Extra-Virgin Olive Oil | 1.5 Tablespoons

Red Wine Vinegar | 2 Tablespoons

Firm Tomatoes, seeded and diced | 4 total

English Cucumber, seeded and diced | 2 total

Red Onion, diced | 1 total

Black Pepper, ground | to taste

#### Feta Mint Tzatziki

English Cucumber | 2 total

Salt | to taste

Greek Yogurt, plain, whole milk | 2 cup

Feta Cheese, crumbled | 1 cup + ½ cup

Garlic Clove, minced or pressed | 2 cloves

Fresh Mint, minced | 4 Tablespoons

#### Turkey

Extra-virgin Olive oil | 1 Tablespoon

Ground lamb, beef or turkey | 3 pounds

Kosher salt and freshly ground black pepper | to taste

Red Onion, minced | 1 total

Dried Oregano | 4 teaspoons

Garlic Cloves, minced | 8 cloves

Tomato Paste | 4 Tablespoons

Dry red wine, cooking wine, or red wine vinegar | 8 tablespoons

## *Directions*

At least 30 minutes (as early as one day) before you prepare the meat, prepare relish and tzatziki:

### **Prepare the cucumber tomato relish:**

Toss the olive oil, vinegar, tomatoes, cucumbers, and onions in a bowl and adjust the seasoning as needed. Cover and let sit at least 1 hour to marry the flavors.

### **For the tzatziki:**

Seed and then finely dice the cucumber and place in a fine-meshed strainer or cheese cloth fitted over a bowl. Salt the cucumber and let sit 10 minutes. Then squeeze out any excess moisture. Add the strained cucumber into a bowl with the yogurt, feta, garlic, and mint. Adjust the seasoning if necessary.

### **For the meat:**

In a large skillet, heat the oil over medium-high heat. Add the ground meat, sprinkle with salt and pepper and cook until the meat gets nice and golden brown, 10 to 12 minutes. With a slotted spoon, remove the meat and reserve. Lower the heat to medium and sauté the onions in the lamb juices until soft, about 5 minutes. Add the oregano and garlic and cook until fragrant. Season. Add the tomato paste and cook until it caramelizes. Deglaze with the red wine and scrape any bits up that adhered to the pan. Add the meat back in, stir and keep warm.

\*Chef Notes: Serve over brown rice and top with crumbled feta and black olives, will need to adjust macros\*

## *Macronutrient Breakdown via Cronometer*

Calories: 454.4 kcal | Carbohydrates: 8.4 g | Protein: 32 g | Fat: 30.7 g | Sodium: 426.8 mg

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## Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	454.4 kcal	23 %
<b>Total Fat</b>	30.7 g	47 %
Saturated Fat	13.3 g	67 %
Trans Fat	1.1 g	
<b>Cholesterol</b>	121.3 mg	40 %
<b>Sodium</b>	426.8 mg	18 %
<b>Total Carbohydrate</b>	10.3 g	3 %
Dietary Fiber	1.9 g	8 %
Sugars	6 g	
<b>Protein</b>	32.1 g	64 %
<b>Vitamin A</b>	15 %	<b>Vitamin C</b> 22 %
<b>Calcium</b>	22 %	<b>Iron</b> 18 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com)



**EAT BETTER – LIVE BETTER**

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