

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Taco Lasagna Casserole (Paleo-style)

From www.paleomg.com

2 tablespoons ghee or butter
1 yellow onion, chopped
1 red bell pepper, chopped
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½ jalapeño, seeds removed and minced
2 garlic cloves, minced
salt, to taste
1 pound ground beef
2 tablespoons taco seasoning
1 jar salsa
1 jar green chile salsa
3 eggs
1 package cassava tortillas or almond flour tortillas (you can use regular wheat if you can't find gluten-free ones)

For the garnishes:

¼ head iceberg lettuce, thinly sliced
1 jalapeño, sliced
handful of cilantro, roughly chopped
green onions, roughly chopped
avocado, chopped

1. Preheat oven to 350 degrees F. Grease an 8x8 baking dish.
2. In a large pan, add 2 tablespoons ghee. Once warm, add the onion and peppers and sauté until peppers are browned and onions are translucent. Then add jalapeño, garlic and a bit of salt and cook for 2 more minutes, until fragrant.
3. Add ground beef and break into small pieces. Cook until no pink remains and then add taco seasonings and salt, to taste. Remove from heat and pour into a large bowl. To that same bowl, add the salsa, green chile salsa, and eggs and stir until completely combined.
4. Now build your lasagna casserole: add a large spoonful of the taco/salsa mixture to the bottom of the greased dish, then put a tortilla on top. Then repeat that: meat/salsa mixture - tortilla, until no tortilla remain. Pour the remaining mixture on top.
5. Place in oven to bake for 1 hour and 15 minutes, until the middle is no longer jiggly. Let casserole rest for 15 minutes to set before slicing.
6. Top casserole with garnishes before slicing and serving!