

Delicious Low-Carb Crustless Taco Pie

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Servings: Servings 8

Ingredients

- 1 pound ground beef preferably grass-fed
- 1 packet taco seasoning (be sure it is free of MSG, starches, and any additives)
- 3 green onions thinly sliced
- 1/4 cup salsa
- 1 cup Mexican blend cheese finely shredded, quantity divided
- 4 large eggs
- 2/3 cup heavy cream preferably grass-fed
- 1/2 teaspoon sea salt

Steps

1. Preheat oven to 350° Fahrenheit.
Prepare a 9" pie pan by greasing with butter or spraying with coconut oil.
2. Heat a large skillet over medium high heat. If your ground beef is low in fat or if your skillet is not well seasoned, you may want to spray the pan with coconut oil to prevent sticking. When skillet is hot, add ground beef, breaking up into small pieces with a spoon or spatula. Cook, stirring occasionally until browned. Drain beef and add taco seasoning and cook according to package instructions. Set aside and allow to cool while continuing with the next step.
3. In a medium mixing bowl, whisk together the eggs and heavy cream. Stir in the green onions, salsa, 3/4 cup of the cheese, and the salt.
4. Stir prepared taco meat into the egg mixture. Pour this mixture into the prepared pie pan. Sprinkle remaining cheese on top.
5. Bake pie in preheated oven for 35-45 minutes or until the top is brown and the pie is set. Allow to cool for 5 minutes before serving. Serve with your favorite taco toppings such as salsa, sour cream, guacamole, sliced green onions, or whatever else you like!



Notes

- Nutritional information does not include any toppings you choose to put on top.