

## Mexican Taco Bowls

1.5 cups ground round (I like the Quorn brand)  
1 package taco seasoning (I buy kinds with only the spices included, no additives)  
1/2 cup water  
1 large tomato, diced  
1/2 head romaine lettuce, washed and cut into thin strips  
6 tortillas (or tortilla bowls if you can find them, or make them)  
3/4 cup shredded sharp cheddar  
pickled jalapeños (whatever amount you desire!)  
1 avocado, diced  
1 jar salsa

Brown the ground round, then add the taco spices and water. Continue to stir until consistency is saucy but not watery. Turn heat off. Warm up tortillas in the microwave for 5-10 seconds per plate. Then add all the fixings to your hearts desire! Enjoy!