Southwestern Bison Eyeball Tacos

You can use any 90/10 Ground Beef or Lean Ground Turkey if preferred

Ingredients:
2.5 Tbsp. Olive Oil Mayo
2.5 Tbsp. NF Plain Greek Yogurt
1 canned Chipotle Pepper in Adobo, seeded, minced
1 pound Ground Bison
1 small bunch Green Onions, finely diced
✌ finger pinch Kosher Salt
✌ finger pinch Black Pepper
1 tsp. Ground Cumin
1/2 tsp. + Tapitio, or other Hot Sauce
2 Tbsp. Fresh Cilantro, finely chopped
1 small EACH Red & Yellow Bell Pepper, seeded; cut into 1" wide strips
Olive Oil Cooking Spray
Corn Taco Shells
Lime Wedges, optional for serving
1 ripe Avocado, mashed
Shredded Cabbage
Sliced Black Olives
Baked Tortilla Chips

Directions:
Step 1: Combine mayo, yogurt, and minced chipotle in a small dish. Cover and refrigerate until ready to use.

Step 2: Combine meat, and next 6 ingredients (thru cilantro) in a medium bowl; set aside. Lay out strips of bell peppers on paper towels. Spray both sides with olive oil spray. Set aside.

Step 3: Spray a large skillet and place over med-high heat. Add meat mixture and cook until browned, breaking apart as you're cooking with a spatula. When finished, remove to a warm serving dish; keep warm. Re-spray skillet; turn heat up to high. Add bell pepper slices cooking until slightly "charred" on both sides. You can do this on a hot grill if you prefer. Remove from heat to a waiting tray.

Step 4: Place shredded cabbage, mashed avocado, lime wedges, warm taco shells, and chipotle sauce in bowls and add to the table with taco meat. Make eye balls before serving or let your goblins make their own using a dollop of chipotle sauce topped with a sliced olive.

Full Meal Portions:
2 Unit meal
2 oz. taco meat
2 corn taco shells
1 Tbsp. EA. avocado & chipotle mayo

3 Unit meal
3 oz. taco meat
2 corn taco shells
1 Tbsp. EA avocado & chipotle mayo
7 tortilla chips

4 Unit meal
4 oz. taco meat
3 corn taco shells
2 Tbsp. EA. avocado & chipotle mayo
7 tortilla chips

5 Unit meal
5 oz. taco meat
3 corn taco shells
2 Tbsp. EA. avocado & chipotle mayo
11 tortilla chips

balanced habits