

Avocado and Beef Lettuce Wraps

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Crisp lettuce leaves make a great vehicle for savory meat and creamy avocado chunks. Ground beef is just a suggestion, ground turkey, chicken, or pork can also be used. Serves 8.

Ingredients:

1/4 cup oil
1 pound ground beef, low fat
1 minced jalapeno
1/4 cup chopped cilantro
1/4 cup chopped green onion
1/4 cup chopped basil
1/4 cup chopped mint
2 whole avocados, peeled, pitted, and cut into chunks
1/4 cup lime juice
2 tablespoon fish sauce, optional
1 head bibb lettuce, about 16 leaves

Directions:

1. In a large skillet add 1/4 cup oil and cook the hamburger meat over high heat until brown and crispy, about 15 minutes.
2. Add the jalapenos and cook until fragrant, about 3 minutes.
3. Remove from heat and toss with herbs, avocado chunks, lime juice, and fish sauce.
4. Serve in leaves of lettuce with extra fresh herbs and slices of lime on the side.

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