
Southwestern Egg Cups - Meal Prep

1 Tbls Avocado Oil
1/2 lb Ground Beef
1 tsp salt
1 tsp Chili Powder
1/2 tsp Garlic Powder
1/4 tsp Pepper Flakes
1/2 Red Bell Pepper
1/2 Green Bell Pepper
1/4 cup Green Onions
1/2 Jalapeno (optional)
5 eggs
3/4 cup Coconut Milk (or cream)
2 dashes Hot Sauce
1/2 cup Shredded Cheese (optional)

- 1 Preheat oven to 350'
- 2 Heat oil in a large skillet over medium heat. Add in the bell peppers, green onions and jalapeno and cook for 2-3 minutes. Then turn the heat to medium/high and add in the ground beef and seasonings. Cook until ground beef is cooked through
- 3 In a large glass measuring cup whisk the eggs, coconut milk and hot sauce until well combined
- 4 Spray or grease your mini muffin tins and spoon some of the meat mixture into the bottom of each spot in the tin. Then carefully pour the egg mixture over the meat mixture until almost full. Sprinkle cheese on top of each one (if using)
- 5 Set the tin(s) on top of a rimmed baking sheet in case there is any spillage and place in the oven to bake for 15 minutes. They should be baked through but still just slightly jiggly in the center
- 6 Let cool slightly and then remove from the tin