

Cheeseburger Wraps (Low Carb)

Makes 2 servings

Ingredients:

- ½ lb grass-fed beef or ground bison
- ¼ cup chopped white onion
- ½ tsp salt
- Sprinkle of pepper
- 2 7-inch low-carb tortillas (you can find these at any grocery store or Walmart)
- ¼ cup shredded cheddar cheese

Directions:

- Brown beef and onions together, drain excess fat
- Add salt & pepper to mixture
- Split mixture in half, and place in the centers of the open tortillas
- Sprinkle on cheese
- Roll tortillas tightly

Nutrition per wrap:

450 calories

30g fat

12g carb (8g fiber)

32g protein