

Low FODMAP Steakhouse Loaded Taco Potatoes with 5-Minute Avocado Mousse

IBS Friendly • Gluten-Free • Lactose-Free • Low FODMAP

For the past six months, I've been using Smoke-n-Sanity's Onion Base that spot-on replicates the taste of Lipton Onion Soup Mix – a seasoning blend many in the U.S. grew up with that evokes memories of comfort food flavors.

It not only adds an easy on the stomach onion-y flavor, but also satisfies childhood cravings of onion dip with chips, onion soup, onion pot roast, and a favorite in my house – Steakhouse Loaded Taco Potatoes. Coating taco beef with the base hits all of the right umami notes, and the quick and easy Avocado Mousse adds a creamy touch with yet another layer of onion.

Full disclosure: This is a collaboration with our Monash FODMAP Certified family Smoke-N-Sanity ...

Can you microwave the potatoes? Of course. But if you have the time, I urge you to oven-bake them steakhouse style for a fluffier interior consistency and crisp, flavorful skin.

See Notes to the Cook at the bottom of this post for tips, ingredient options, and Onion Base info.

Serves: 4

INGREDIENTS:

FOR THE POTATOES:

4 medium russet potatoes, rinsed and gently cleaned with a vegetable scrubber

1 Tblsp olive oil, plus more if needed to coat the potatoes

2 tsps kosher or flaky salt

FOR THE MOUSSE:

1/3 cup (85 g) low FODMAP plain lactose-free yogurt (such as Green Valley Creamery brand)

1/2 ripe, medium avocado, cubed

1/4 tsp SnS Onion Base

Juice of 1/2 small lime

FOR THE TACO BEEF:

2 Tblsps low FODMAP garlic-infused olive oil

12 ounces (340 g) 80/20 ground beef

1 1/2 tsps SnS Onion Base

1 tsp pure mild red chile powder, containing no onion or garlic, the ingredients should list only: red chile

1/2 tsp dried oregano

1/2 tsp ground cumin

TOPPINGS:

8 Tblsps lactose-free low FODMAP shredded cheddar or Monterey Jack cheese (such as Green Valley Creamery brand), or use conventional cow's milk cheddar or Monterey Jack to your personal tolerance

1/3 cup fine shredded iceberg lettuce

1 small Roma tomato, cored and small diced

10 whole pitted black olives, sliced

4 lime wedges

METHOD:

The Potatoes: Preheat oven to 425 F / 220 C. Line a rimmed half sheet pan with parchment. Using your hands, coat the potatoes with olive oil and place them on the parchment. Sprinkle and rub with salt to lightly coat all sides. Bake 45 minutes to 1 hour until tender and soft when a knife is inserted into the center. Using oven mitts, move the potatoes to a work surface or cutting board.

Now get ready to use the steakhouse trick for fluffy insides! Hold each potato about 12-inches above and parallel to the board and drop them straight down, just once. You don't want to break them open, you're just breaking up the centers.

Using a paring knife, cut a slit lengthwise down the centers. With a folded paper towel in each hand to protect your fingers, gently push inward from the bottom ends of each to open them up into a pocket. Use a fork to gently fluff the centers. Place back on the parchment covered sheet pan.

While the potatoes are baking...

The Mousse: Place the mousse ingredients in a small mixing bowl. Using a handheld or immersion blender, blend and stir until fully mixed and smooth. Cover and place in the fridge until ready to assemble.

The Taco Meat: Pour the garlic-infused oil into a large non-stick skillet over medium high heat. When it begins to shimmer, add the ground beef, breaking it into small pieces with your hands as you go. Using a wooden spatula, stir and break up the meat until thoroughly browned. Drain through a fine mesh strainer and return to the pan. Reduce heat to medium.

Sprinkle the Onion Base, red chile powder, oregano and cumin evenly over the meat. Stir and fold the spices into the meat until completely coated. Remove from heat.

To Assemble: Reduce the oven to 350 F / 175 C

If desired, season each potato with a pinch of fresh ground black pepper. You will not need to add salt, as the Onion Base is pre-salted.

Evenly distribute the taco meat into each potato. Top with 2 Tblsps lactose-free cheese each and place in the oven for 3 minutes or until the cheese is melted.

Place each potato on a dinner plate or in a wide dinner bowl.

Top with: A big dollop of mousse, shredded lettuce, tomato, black olives and lime wedge. Serve immediately.

If you would prefer to serve the mousse on the side, spread a teaspoon of mousse over each potato and add the toppings. Serve the remaining in small, chilled dishes on the side.

NOTES TO THE COOK:

Tablespoon measurements are US Standard / Imperial 3 teaspoons per.

Ground turkey may be used in place of ground beef.

Fage brand has recently launched Lactose-Free BestSelf Greek Yogurt that is delicious and holds up nicely for an instant mousse. It has not yet been tested for FODMAP content, however, it is considered to be low FODMAP. Use to your personal tolerance.

If desired, butter the potatoes before adding the beef and cheese to melt in the oven. Conventional cow's milk butter contains only trace amounts of lactose, however, a plant-based butter alternative (Earth Balance Vegan Buttery Sticks) or ghee may be used in its place, to your personal tolerance.

Smoke N Sanity Onion Base Info and Ingredients:

SnS uses a natural blend of ingredients with minced dried green onion and no artificial additives or preservatives. You will not need to add salt, as it is a main ingredient.

Ingredients:

Salt, Dextrose, Hydrolyzed Soy Protein, Minced Green Onion, Yeast Extract, Modified Corn Starch, Natural Flavors, Spices (Ground Celery Seed, Ground Black Pepper), Caramel Color, Lactic Acid

Contains no MSG, certified gluten free and is vegetarian. This product is certified Kosher.

Allergen:

If you are allergic to Alliums or Soy, please don't consume this product. This product is manufactured in a plant that processes tree nuts and sesame.

Low FODMAP Max Serving Size:

7.5 grams or approximately 3 teaspoons

If you have questions or a dish suggestion for FODify It! please write to us via our Contact Page: www.fodifyit.com/contact/

To learn more about the Low FODMAP Diet, visit the Monash University website: monashfodmap.com/



www.fodifyit.com