

CDC Recipes: Tempting Soft Tacos



Preparation

1. Brown meat, onion and garlic in a frying pan. Cook until onion is clear.
2. Stir in seasoning and water; simmer.

To make tacos

3. Place $\frac{1}{4}$ cup of meat mixture into a tortilla.
4. Add 2 tablespoons each lettuce and cheese, and 1 tablespoon each of onion and tomato to each tortilla.
5. Fold to close.

Ingredients

- 1 pound ground beef
- $\frac{1}{2}$ cup chopped onion
- 2 cloves garlic, chopped
- $\frac{1}{4}$ teaspoon Tabasco (or hot) sauce
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 tablespoons water
- 1 cup shredded lettuce
- $\frac{1}{2}$ cup chopped onion
- $\frac{3}{4}$ cup shredded cheddar cheese
- $\frac{1}{2}$ cup chopped tomato
- 6 flour or corn Tortillas

Details

Yield

6 servings

Serving size

Each serving equals 2 meat, 1 starch

- Calories: 282
- Protein: 18.5 g
- Sodium: 433 mg
- Potassium: 226 mg
- Phosphorus: 188 mg