**CDC Recipes: Tempting Soft Tacos**

**Ingredients**
- 1 pound ground beef
- ½ cup chopped onion
- 2 cloves garlic, chopped
- ¼ teaspoon Tabasco (or hot) sauce
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 tablespoons water
- 1 cup shredded lettuce
- ½ cup chopped onion
- ¾ cup shredded cheddar cheese
- ½ cup chopped tomato
- 6 flour or corn Tortillas

**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 ¼ 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.

**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