

Tacos

Cook up fast food right at home. You'll love the flavor!

 Level: Medium

Serves 10

Kids' Tool Kit

Skillet
Strainer
Measuring cups
Measuring spoons
Spoon
Knife
Cutting board
Hot pad
Grater



Ingredients:

1 pound lean ground beef
1 small onion, chopped
1/4 teaspoon cumin
1/2 teaspoon oregano
1/2 teaspoon garlic powder
10 taco shells
2 cups shredded Monterey Jack or "taco" cheese
1 cup lettuce, washed and shredded



Directions:

Remember to wash your hands!

1. In a large skillet, brown the ground beef with onion. Drain liquid.
2. Stir in the spices.
3. Heat taco shells according to package directions.
4. Spoon about 1/4 cup taco filling into each shell.
5. Top with shredded cheese and lettuce.

Chef's Choice

Tacos
Apple slices
Milk

Nutrition Facts

Serving Size 1 taco (90g)
Servings Per Container 10

Amount Per Serving		Calories 220		Calories from Fat 120	
		% Daily Value*			
Total Fat	13g			20%	
Saturated Fat	6g			31%	
Cholesterol	35mg			12%	
Sodium	200mg			8%	
Total Carbohydrate	8g			3%	
Dietary Fiber	less than 1 gram			4%	
Sugars	1g				
Protein	16g				
Vitamin A	4%	•	Vitamin C	2%	
Calcium	20%	•	Iron	8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Cumin, pronounced KOO-mun, is a spice used in Mexican and Indian dishes. It is a flavor included in taco seasoning packets sold in stores. Oregano (uh-REG-uh-no) is a favorite seasoning in Italian and Mexican food.



Safety Tip: Drain meat carefully. The hot grease can cause a serious burn.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.