

Tacos

Cook up fast food right at home - you'll love the flavor!

10 tacos

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 cheese or "taco" cheese
- 1 cup lettuce, washed and shredded

Directions:

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.
- Optional: Taco sauce, chopped green chilies, diced tomatoes or sour cream make tasty toppers.

Nutrition Facts: One taco provides 220 calories, 13g total fat, 35mg cholesterol, 200mg sodium, 8g total carbohydrate

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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Tacos
Apple Slices
Milk

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