



## Speed-Scratch Method

Tacos are easy to make from scratch, but many families like to use a "speed-scratch" cooking method. Instead of using individual spices, they may use a packaged taco seasoning mix for tacos. either way is fine, but if you have the spices on hand for this recipe, you will find they are for in many other recipes as well. You will save time and money by fixing tacos at home instead of "grabbing fast food".

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



## Speed-Scratch Method

Tacos are easy to make from scratch, but many families like to use a "speed-scratch" cooking method. Instead of using individual spices, they may use a packaged taco seasoning mix for tacos. either way is fine, but if you have the spices on hand for this recipe, you will find they are for in many other recipes as well. You will save time and money by fixing tacos at home instead of "grabbing fast food".

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.