



## Beef & Veggie Tacos (Taco 2)

A twist on the traditional taco recipe!

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 mL
1 each	Onion, diced small	1 each
8 oz (about 2 1/2 cups whole)	Mushrooms, minced	226 g
1/2 each	Red Bell Pepper, diced small	1/2 each
8 oz	Ground Beef, 90/10	226 g
3/4 tsp	Salt	5.0 g
1 tsp	Worcestershire Sauce	5.0 g
5 Tbsp	Salt-Free Taco Seasoning (see recipe)	71 g
1/2 cup	Water	118 mL
12 each	Corn Tortillas	12 each
3/4 cup (3 oz)	Cheddar Cheese, shredded	85 g
1 1/2 cups (about 1/4 head)	Romaine Lettuce, shredded	108 g
1 each	Globe Tomatoe, diced	1 each

### Preparation:

1. Gather all ingredients and equipment.
2. Heat a medium/large-sized saute pan over medium-high heat and add the oil.
3. Once the oil is hot, add the onions and saute until translucent and beginning to brown, about 3-4 minutes.
3. Once the onion is cooked, add the red bell pepper and mushrooms. These vegetables will release a lot of water as they cook. Cook until most of the moisture has evaporated, about 5-7 minutes.
5. Add the beef, salt, and taco seasoning. Cook the meat until pink is no longer visible, then add the water and worcestershire sauce.
5. Simmer for 5-7 minutes, stirring occasionally. Add more water if needed to keep the filling from drying out. Prepare the ingredients for the toppings (cheese, lettuce, and tomato) while the filling is simmering.
7. Once the taco filling is done, turn off the heat and set aside.
8. Toast the tortillas. This can be done in multiple different ways. One way is to heat small stainless steel pan over medium-high heat and toast the tortillas one at a time until slightly charred around the edges, about 30 seconds - 1 minute per side. If you have a gas stove, you can use tongs to place tortillas directly over a low flame, turning when brown spots begin to form on the tortillas. When finished toasting, wrap the tortillas in a cloth napkin or tin foil to keep warm.
9. Assemble the tacos by dividing the filling and cheese evenly between the tortillas, and top with lettuce and tomato. One taco should have about 1/4 cup of filling and 1 Tablespoon of cheese.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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6 Servings

**Serving size**                      **2 Tacos**

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**Amount per serving**

**Calories**                              **360**

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<b>Total Fat</b>	14 g
Saturated Fat	4.5 g
Trans Fat	0 g
Monounsaturated Fat	4.5 g
<b>Cholesterol</b>	40 mg
<b>Sodium</b>	430 mg
<b>Total Carbohydrate</b>	46 g
Dietary Fiber	7 g
Total Sugars	4 g
Includes 0g Added Sugars	
<b>Protein</b>	17 g
Vitamin D	0 %
Calcium	10 %
Iron	10 %
Potassium	400 mg
Phosphorus	160 mg

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