



Traditional Beef Taco (Taco 1)

The traditional way of making tacos!

U.S.

1 Tbsp

1 each

10 each

1 lb

1/2 cup (about 2 oz)

4 Tbsp

1/2 cup

Olive Oil

Onion, diced small

Flour Tortillas, street taco (4.5") size

Ground Beef, lean 90/10

Cheddar Cheese, shredded

Store-bought Taco Seasoning Blend

Water

Metric

15 mL

1/2 each

8 each

340g

57 g

6.3 g

118 mL

Preparation:

1. Gather all ingredients and equipment.
2. Heat a medium pan over medium-high heat and add the olive oil.
3. Once the oil is hot, add the onions and saute until translucent and beginning to brown.
4. Once onions are translucent, add the beef and cook until no more pink is visible. If necessary, drain excess fat from the beef and onion mixture.
5. Add water and seasoning to the beef and simmer for 5-7 minutes, stirring occasionally.
6. If desired, warm the tortillas by placing them on a plate, covering with a damp paper towel, and microwaving in 30-second bursts until warmed through.
7. Assemble the tacos by dividing the filling and cheese evenly between the tortillas. Serve warm.

Nutrition Facts

4 Servings

Serving size

2 Tacos

Amount per serving

Calories **440**

Total Fat 20 g

Saturated Fat 8 g

Trans Fat 0.5 g

Monounsaturated Fat 7 g

Cholesterol 70 mg

Sodium 1120 mg

Total Carbohydrate 39 g

Dietary Fiber 2 g

Total Sugars <1 g

Includes 0g Added Sugars

Protein 25 g

Vitamin D 1 %

Calcium 7 %

Iron 12 %

Potassium 300 mg

Phosphorus 225 mg
