

Taco Tuesday

Cooking Skill Level:
Easy-Moderate

Prepare Ahead

Number of servings: 4

Total time: 20minutes

Ingredients:

Seasoning Mix*:

- 1 Tbsp chilli powder
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp dried oregano
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp crushed red pepper flakes

*Multiply amounts to store in jar for convenience with future meals

Protein Choice:

- 1 lb of ground beef/ turkey/ chicken/ pork
- 12 taco shells
- Optional Taco Toppings:
 - shredded cheese
 - shredded lettuce
 - chopped tomatoes
 - diced red onion
 - taco sauce
 - sour cream
 - guacamole, etc.

Make vegetarian** with beans or for additional fibre!

- 1 can black beans, rinsed
- ½ small onion, chopped
- 1 Tbsp vegetable oil
(make extra seasoning mix to add to beans if making beans in additional meat protein)

Instructions:

1. Mix ingredient for seasoning mix and set aside.
2. Add the protein to a large skillet over medium-high heat. Break the meat apart with a wooden spoon. Stir well. Add seasoning mix and stir. Cook until the meat is cooked through, about 6-8 minutes, stirring occasionally.

** If using or adding black beans: add oil to skillet over medium-heat. Add chopped onion and cook for 2-3 minutes until translucent. Add rinsed black beans and seasoning mix, and stir. Using a masher, mash beans in pan until desired consistency.

3. Warm the taco shells according to their package directions.
4. Fill the taco shells with 2 heaping tablespoons of taco meat. Top with desired taco toppings: shredded cheese, shredded lettuce, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.

Nutrition Facts: Per Taco*		
Calories	157	% Daily Value
Protein	11g	
Carbohydrate	8g	3 %
Fibre	1g	3 %
Sugars	1g	
Fat	9g	14 %
Sodium	182mg	8 %

* Approximate amounts



Registered Dietitian
& Health Coach