

CRISPY BEEF TACOS

INGREDIENT

¼ lb	ground beef (lean)
15 ml	taco seasoning
f,g,	garlic salt
100 ml	tomato sauce
4	taco shells
100 ml	lettuce
50 ml	grated cheese
50 ml	chopped tomatoes
30 ml	onion
1/6	pepper (green or other)



METHOD

1. Preheat oven to 225°F or 110°C . Put the four taco shells on a cookie sheet ready to be warmed in the oven.
2. Dice the onion, dice the fresh tomato, grate the cheese and chop the lettuce.
3. Break up the ground beef into small bits in a Teflon (non-stick) fry pan and brown the meat on medium heat. Add the chopped onion and cook for about 1-3 minutes or until onions are clear in color.
4. When it is almost fully cooked (no pink) add the taco seasoning and tomato sauce. Simmer on the lowest heat until you are ready for it.
4. Warm the taco shells on the cookie sheet for about 2 minutes
5. Place beef mix in taco shells, add cheese, tomatoes and lettuce. Serve with a bit of salsa and sour cream if desired.