

Tacos with Beef and Vegetables (Taco 2)



These tacos add more vegetables to a traditional American ground beef taco, resulting in a nutrition boost. Customize with your favorite taco toppings!

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, small dice
½ each	Bell Pepper, small dice
8 oz.	Mushrooms, minced (about 2 ½ cups whole)
8 oz. (½ lb.)	Ground Beef, 90/10
1 tsp	Worcestershire Sauce
½ cup	Water
4 Tbsp	Salt-Free Taco Seasoning (see separate recipe)
¼ tsp	Kosher Salt
12 each	Corn Tortillas
⅓ cup (1.5 oz.)	Cheddar Cheese, low-fat, shredded
1 ½ cups	Romaine Lettuce, shredded (about ¼ head)

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large sauté pan, heat the oil over medium-high heat. Once the oil is hot, add the onions and sauté until translucent, about 3-4 minutes. Add the bell pepper and continue to sauté until the pepper begins to brown, about 2 minutes. Add the mushrooms and continue to cook the vegetables until most of the moisture from the mushrooms has evaporated, about 5-7 minutes.
3. Add the beef and cook the meat until pink is no longer visible, about 2-3 minutes. Then add the Worcestershire sauce, water, taco seasoning and salt. Simmer for 5-7 minutes, stirring occasionally. Once the moisture has cooked off and the taco filling looks consistent in texture, turn off the heat and set aside.
4. Toast the tortillas to the desired texture (see chef's note). When finished toasting, wrap the tortillas in a cloth napkin or foil to keep warm.
5. To assemble the tacos, fill each tortilla with ¼ cup of the taco filling, 1 ½ teaspoon of cheese and lettuce.

CHEF'S NOTES

Corn tortillas are a favorite at GCCM because they are a whole grain and last forever in the refrigerator! They need to be heated just before eating which can be done a few different ways:

- Place the tortilla directly over the burner of a gas stove, over low-medium heat, using tongs to flip until just charred on the edges
- Heat a nonstick pan over high heat and heat until soft and pliable
- Wrap in foil and heat in the oven (375°) for about 5-7 minutes
- Wrap in a paper towel and microwave in 30 second intervals

Nutrition Facts

6 servings per container

Serving Size 2 Tacos (193 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 30mg 11%

Sodium 220mg 10%

Total Carbohydrate 27g 10%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 13g 26%

Vitamin D 0.06mcg 0%

Calcium 30mg 3%

Iron 2mg 9%

Potassium 400mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Beef & Veggie Tacos (Taco 2)" (9/23/19)



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