

# Traditional Beef Tacos (Taco 1)



*This recipe is the traditional way that many American families make tacos, using store-bought taco seasoning, flour tortillas and simply topping with shredded cheese.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>25 MIN</b>
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## INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, small dice
1 lb.	Ground Beef, 90/10
4 Tbsp	Taco Seasoning, store-bought
½ cup	Water
½ cup (2 oz.)	Cheddar Cheese, shredded
8 each	Flour Tortilla, 8" (fajita size)

## CHEF'S NOTES

Flour tortillas 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

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium sauté pan, heat the oil over medium-high heat. Once the oil is hot, add the onion and sauté until translucent and lightly browned, about 3-4 minutes.
3. Add the beef, using a spatula to break up the meat and create a crumble. Cook the meat until pink is no longer visible, about 2-3 minutes.
4. Add the taco seasoning and water. Simmer for 5-7 minutes, stirring occasionally. Once the moisture has cooked off and the taco filling looks consistent, turn off the heat and set aside.
5. Toast the tortillas to the desired texture (see chef's note). When finished toasting, wrap the tortillas in a cloth napkin, tin foil or store in a tortilla warmer to keep warm.
6. To assemble the tacos: fill each tortilla with ½ cup of the taco filling and 1 Tbsp cheese.

# Nutrition Facts

4 servings per container

**Serving size** 2 tacos (268g)

**Amount Per Serving**

**Calories** 540

**% Daily Value\***

**Total Fat** 25g 32%

Saturated Fat 9g 45%

*Trans* Fat 0.5g

**Cholesterol** 90mg 30%

**Sodium** 1140mg 50%

**Total Carbohydrate** 43g 16%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 2g Added Sugars 4%

**Protein** 32g 64%

Vitamin D 0.2mcg 0%

Calcium 260mg 20%

Iron 5.9mg 35%

Potassium 480mg 10%

\* 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.

CONTAINS: MILK, WHEAT

