BEEF TACOS

SERVES 10

INGREDIENTS
2 pounds ground beef
3/4 cup white onion, chopped
2 1/2 cups tomato sauce
2 tablespoons chili powder
2 1/2 cups tomato, chopped
2 1/2 cups lettuce, shredded
1 1/4 cups grated cheddar or Monterey Jack cheese
10 taco shells, toasted
Optional Toppings: guacamole, salsa, sour cream, taco sauce

DIRECTIONS
1. Brown ground beef in a skillet, add onion.
2. Stir in tomato sauce and chili powder.
3. Simmer for about 10-15 minutes uncovered, stirring occasionally until mixture is crumbly.
4. Fill toasted shells with about 2 tbsp of meat mixture.
5. Mix chopped tomato, shredded lettuce, and cheese. Spoon over meat mixture.
6. Serve with guacamole, salsa, sour cream, or taco sauce. (**These are not included in nutritional analysis.)

NUTRITION INFORMATION

Calories: 292
Fat: 10 grams (g)
Saturated Fat: 3.4 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 84 milligrams (mg)
Carbohydrates: 15.9 grams (g)
Dietary Fiber: 3.1 grams (g)
Protein: 33.6 grams (g)
Sodium: 523 milligrams (mg)
Vitamin A: 12%
Calcium: 10%
Vitamin C: 17%
Iron: 23%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 8/2014)