

Name _____

Terrific Tacos Fiesta

Ingredients:

1 pound ground beef (or ground turkey or chicken)

1 packet taco seasoning mix

1/2 cup water

8 small taco shells or tortillas

1 cup shredded lettuce

1 cup diced tomatoes

1/2 cup diced onions

1/2 cup shredded cheddar cheese

1/4 cup sour cream

1/4 cup salsa

Optional toppings: sliced jalapeños, chopped cilantro, avocado slices, and lime wedges



Equipment:

Skillet

Wooden spoon

Small saucepan

Serving platter

Plates

Step-by-Step Directions:

1. Cook the Ground Meat

Place a skillet over medium-high heat and add the ground beef (or your preferred protein).

Use a wooden spoon to break it apart as it cooks.

Cook until the meat is browned and cooked through, usually about 5-7 minutes.

2. Add Taco Seasoning

Sprinkle the taco seasoning mix over the cooked meat.

Add 1/2 cup of water to the skillet.

3. Simmer and Stir

Stir the seasoning and water into the meat.

Allow the mixture to simmer for about 5 minutes, or until it thickens and coats the meat. Stir occasionally.

Name _____

4. Warm the Taco Shells

While the meat is simmering, warm the taco shells or tortillas in a small saucepan over low heat or in the microwave according to the package instructions.

5. Set Up the Taco Bar

Place all the toppings (lettuce, diced tomatoes, diced onions, shredded cheese, sour cream, salsa, and any optional toppings you like) on a serving platter or in separate bowls.

6. Assemble Your Tacos

To assemble your tacos, spoon some of the seasoned meat into a taco shell.

Add your choice of toppings on top of the meat.

7. Enjoy Your Tacos

Serve your delicious tacos on plates, and don't forget the napkins!



Cooking Time and Temperature:

- Cooking time: Approximately 20 minutes.
- Cooking temperature: Medium-high heat for cooking the meat.