

Healthied-Up Beef Tacos

My kids love Taco Night but I don't like all of the preservatives and chemicals often found in store-bought Taco kits. Tacos can be healthy and this recipe is the proof!

Ingredients:

1 and ½ lbs. extra lean ground beef

1 and ½ Tbsp extra virgin olive oil

1 medium onion, chopped

2 Tbsp. Healthied-Up Taco Seasoning (recipe found under 'Everything Else')

½ c. water

8-10 hard or soft taco shells (or a combination of both)

Heat oil in large, non-stick skillet, over medium high heat. Add onion and sauté until soft, about 2 minutes. Add ground beef and sauté until brown. Sprinkle Healthied-Up Taco Seasoning over meat mixture and stir to combine. Add ½ c. water and reduce heat to medium-low. When liquid has been absorbed, meat mixture is ready to serve.

Meanwhile, preheat oven to 350 degrees Fahrenheit and heat hard taco shells in a shallow baking pan. If using soft tacos, wrap in aluminum foil and place in oven. Heat taco shells for 5 minutes.

To serve, spoon a small amount of meat mixture into each taco shell. Top with assorted toppings such as diced tomatoes, shredded lettuce, grated cheese, sour cream, avocado and Healthied-Up Taco Sauce, the recipe for which can also be found under 'Everything Else' in the Recipe section of www.kimscookology.com