

Tasty Tacos

(Inspired by “The Looney Spoons Collection Cookbook” – Taco of the Town Recipe)

1 ½ lbs ground beef or chicken or turkey

1 cup diced onions

¼ cup diced green bell pepper

1 tsp minced garlic

2 cups seeded and diced tomatoes, divided

½ cup grated carrots

¼ cup ketchup (you can purchase sugar free, my kids don’t even notice a difference!)

1 tbsp each chili powder and red wine vinegar

1 tsp ground cumin

¼ tsp ground black pepper

Whatever toppings you like: avocado, lettuce, salsa, grated cheese, sour cream (Tofutti makes a great dairy-free version)

Corn or Wheat Tortillas or Nacho Chips

1. Add meat, onions, green pepper and garlic in a large, prepared skillet. Cook and stir over medium-high heat until the meat is no longer pink, about 7-8 minutes.
2. Add 1 cup tomatoes, carrots, ketchup, chili powder, vinegar, cumin and pepper to the meat. Reduce heat to medium-low. Cover and simmer for 10 minutes, stirring occasionally. If mixture is too saucy, simmer uncovered for a few more minutes, until most of the liquid has evaporated. Remove from heat.
3. Assemble your meat and toppings inside a tortilla. Option 2: Lay out a bed of lettuce and put everything on top. You can use your nacho chips of choice to scoop it up.