

# BEEF TACOS

## Ingredients

Corn or flour tortillas  
1 lb of ground beef  
1 medium onion diced  
2 cloves of garlic, minced  
1 cup of stock, water or light flavoured beer  
2 tbs of cooking or olive oil



## Taco Seasoning

½ - 1 tsp chili powder (adjust for spiciness)  
1 tsp salt  
½ tsp black pepper  
1 ½ tsp ground cumin  
½ tsp paprika

## Toppings

1-2 cups cheddar, Monterey jack or mozzarella cheese, grated  
½ head of lettuce, shredded or chopped into small pieces  
½ cup of sliced red onions  
1 avocado sliced salsa, hot sauce or chopped tomatoes  
Sour cream or yogurt

## Beef Filling

1. Peel and dice the onion Peel and chop the garlic Combine spices together in a separate bowl
2. Heat oil in a large skillet over medium-high heat. Add onion and garlic and cook, stirring occasionally, until softened, 4 to 5 minutes.
3. Add beef; cook, breaking up meat with a spoon, until no longer pink, about 5 minutes.
4. Add spice mixture and liquid, and cook for 2-3 mins

## Tortillas

Frying pan method: In a separate frying pan, heat the corn tortillas over medium heat until soft, wrap in a towel to keep warm.

Oven method: heat the oven to 200 C. Place the tortillas on a baking sheet and heat until warm, about 4 mins.