



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Beef



Beans



Onion



Garlic



Cheese



Lettuce



Tomato

Soft Beef Tacos

By Jenny & Rosie with Barb Henshaw

Serves 4-6

Ingredients

For Tacos:

1 can (540 mL)

1 Tbsp (15 mL)

1 medium

1 clove

1 lb (454 g)

2 Tbsp (30 mL)

½ tsp (2 mL)

½ tsp (2 mL)

12

Kidney or black beans, mashed with can liquid by hand or in the food processor

Oil

Onion, diced

Garlic, minced

Lean **ground beef**

Chili powder

Ground cumin

Salt

6-7" Whole wheat tortillas or corn taco shells

Serve With:

1 Cup (250 mL)

1 Cup (250 mL)

1 Cup (250 mL)

½ head

1

Sour cream

Salsa

Shredded **cheddar cheese**

Romaine, leaf or **iceberg lettuce**

Tomato, diced

Directions

Note: Wash all produce well. This recipe can be made with 1 lb (454 g) diced chicken instead of beef. Add the chicken in place of the beef in Step 2. Make it vegetarian by using 2 x 540 mL cans of beans and omitting the beef.

1. Heat oil in a large, heavy-bottom frying pan over medium heat and add the onions. Sauté for 5-10 minutes, until onions have softened and are beginning to brown.
2. Add the ground beef, garlic, chili powder, cumin and salt. Cook and stir until beef has browned, 10-15 minutes. Add the pureed beans. Cook, stirring occasionally, until the mixture bubbles.
3. Reduce heat to low and cook another 10 minutes or so, until beans have thickened. If using chicken, add the chicken at this point and simmer for 10-15 minutes, until chicken has fallen apart into shreds and mixture is thickened.
4. Fill the taco shells or tortillas with the mixture and serve with the sour cream, salsa, cheese, tomato, and lettuce on the side.



Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

Create Your Plate!

Veg It Up

Add corn, diced sweet peppers or grated sweet potato to the recipe in Step 4 for extra colour, fiber and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Corn**
- ★ **Romaine or iceberg lettuce**
- ★ **Tomato**
- ★ **Red or green cabbage**
- ★ **Shredded carrots**
- ★ **Beans**
- ★ **Onions** - diced
- ★ **Guacamole or avocados** - diced
- ★ **Banana peppers**
- ★ **Cilantro**
- ★ **Shredded cheese**
- ★ **Sour cream**
- ★ **Homemade salsa**
- ★ **Hot sauce**
- ★ **Fruit**



Corn



Lettuce



Tomato



Cabbage



Carrot



Beans



Onion



Cilantro



Cheese



Sour Cream



Salsa



Fruit