

Tacos

Ingredients

- 100g beef mince
- $\frac{1}{4}$ tsp of paprika
- $\frac{1}{4}$ tsp onion salt
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp dried oregano
- $\frac{1}{4}$ tsp garlic powder
- 2 pinches of black pepper
- 2 pinches tsp salt
- $\frac{1}{4}$ cup tomato sauce

- 100ml water
- 1 Taco shell and 1 soft tortilla

Taco Toppings:

- A piece of cheese
- Some lettuce,
- 1 tomato
- Red onion,
- Salsa
- Sour cream,
- Guacamole

Method

1. Put your spices into a ramekin
2. Grate the cheese.
3. Cut up the lettuce, tomatoes and onions
4. Add the beef to a frying pan. Break the meat apart with a wooden spoon.
5. Turn the heat down add the spices, mix well.
6. Add the tomato sauce and water. Mix well. Leave to simmer for 5 minutes, until some of the liquid evaporates but the meat mixture is still a little saucy.
7. Warm the taco shells according to their package directions.
8. Fill the taco shells with 2 heaping tablespoons of taco meat.

9. Top with toppings: cheese, lettuce, tomatoes, diced red onion, sour cream, salsa, guacamole.