

## **TWENTY-MINUTE TACOS**

(makes about 12 tacos)

### **INGREDIENTS AND QUANTITIES:**

1 lb. (500 g) ground beef or chicken  
1/2 cup (125 ml) chopped onion  
1/2 cup (125 ml) chopped green pepper  
1 clove chopped garlic  
1 cup (250 ml) tomato sauce  
1 tsp (5ml) Worcestershire sauce  
1/4 tsp (1ml) cayenne pepper  
1 tsp (5 ml) chili powder  
1/2 tsp (2 ml) salt  
12-ish taco shells or flour tortillas  
taco stuffing: shredded lettuce, diced tomatoes, salsa, shredded cheese, sour cream, chopped onions, diced avocado, jalapeno peppers

### **EQUIPMENT & UTENSILS:**

Large skillet  
Paring knife  
Cutting board  
Dry and wet measures

### **PRODEURE:**

1. In a large skillet, combine the ground beef, onion, green pepper and garlic. Cook over medium heat, stirring to break up lumps (8–10 min.) or until the meat is browned and the onions and green pepper are softened.
2. Drain as much of the fat out of the pan as possible (into a cup). Never pour oil down the sink.
3. Add the tomato sauce, Worcestershire sauce, cayenne, chili powder, and salt. Cook, stirring, over medium heat until the mixture is thick enough to spoon into a taco shell without running out the sides (7–10 min.).
4. Heat taco shells at 300 F for 10 minutes. Fill them with the meat mixture. Top with some taco stuff and eat.