

Tacos

Ingredients:

- 1 lb. lean or extra-lean ground beef
- 1 pkg. taco seasoning
- 1 c. onion, diced
- 3 c. lettuce, shredded
- 3 medium tomatoes, diced
- 2 c. cheddar cheese, shredded
- 1 (3-oz.) can diced green chili peppers
- Salsa



Featured in: FN 1513
"North Dakota Food and Culture
A Taste of World Cuisine"
www.ag.ndsu.edu/pubs

Directions:

- In a large skillet, brown ground beef and onion. Add taco seasoning and prepare according to directions. Using frybread as the base, top with meat mixture, lettuce, tomatoes, cheese, chili peppers and salsa, as desired.

Makes four servings. Per serving: 350 calories, 14 grams (g) fat, 34 g protein, 12 g carbohydrate and 370 mg sodium.

NDSU EXTENSION
SERVICE