|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Taco Tuesday  Family meal ideas with simple and clean ingredients.  Using ground meat, simple taco seasonings, optional fajita veggies and then a taco bar set-up that will satisfy your meal plan and everyone around the table with you. Ingredients:  |  |  | | --- | --- | | 2 lb | Meat: 98/2 or 96/4 Ground beef, 96/4 Ground Bison, or 99/1 Ground turkey breast | | 2 pkg | Taco Seasoning |   3 white onions  3 bell peppers  1 lb mushrooms  Non-stick cooking spray  Taco Bar options below Directions: Slice 3 onions and place in large skillet over medium heat. Begin slicing the bell peppers. Let onions cook 3-4 minutes then add peppers, mushrooms, and 1 packet of taco seasoning. Stir and cook to desired texture.  Begin with browning your ground meat on a medium heat; use a squirt of non-stick cooking spray. About 6-7 minutes in, or halfway through cooking, add a packet of seasoning. Continue browning and then set to simmer.  Taco Bar ideas:  Greens, tomatoes, onion, pico de gallo, picante/salsa, cilantro & lime  1T/serving of Fat free plain Greek yogurt  Add a fat:  Shredded cheese, avocado/guacamole, &/or salad dressing  For them:  Rice, beans, corn, Tortilla chips or corn tortillas | Chef hat man |