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| Taco TuesdayFamily 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:

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| 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 onions3 bell peppers1 lb mushroomsNon-stick cooking sprayTaco Bar options belowDirections: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 & lime1T/serving of Fat free plain Greek yogurtAdd a fat:Shredded cheese, avocado/guacamole, &/or salad dressingFor them:Rice, beans, corn, Tortilla chips or corn tortillas | Chef hat man |