

Taco-Burrito Bar

Purchase your favorite tortillas and taco shells.

Part of the fun building a Taco/Burrito Bar is that you get to stock it with your household's favorite taco/burrito ingredients. Have each person help prep the ingredients.

Below are some suggestions:

- Seasoned cooked ground beef
- Seasoned cooked diced or shredded chicken
- Shredded lettuce
- Grated cheese
- Chopped tomatoes
- Chopped onion
- Sliced olives
- Refried beans
- Black Beans
- Sour cream
- Taco Sauce
- Seasoned rice

Seasoned Taco Meat

Ingredients:

3 pounds ground beef

2 large onions, chopped (optional)

5 tbsp chili powder

2 tsp salt

1 tsp ground cumin

$\frac{3}{4}$ tsp garlic powder

$\frac{1}{4}$ to $\frac{1}{2}$ tsp crushed red pepper flakes

Preparation:

In a large skillet cook beef and onion over medium heat until meat is no longer pink; drain. Add water and seasonings. Bring to boil. Reduce heat; simmer, uncovered, until the water is evaporated, about 15 minutes.