



Beef Taco Recipe

Preparation Time	10
Cooking Time	11
Serving Size	6

Ingredients:

- 2 Tbsp oil
- 1/4 cup onion, chopped
- 200 g beef, ground
- 1 pouch DEL MONTE Quick 'n Easy Italian Style Pizza Sauce (115g)
- - salt, to taste
- - pepper, to taste

- 6 pc taco shells
- 1/3 cup tomato, seeded and diced
- 1/2 cup cheddar cheese, coarsely grated
- 2 cup lettuce, shredded

Preparation:

1. Sauté onion and beef. Cook until browned. Add DEL MONTE Quick 'n Easy Italian Style Pizza Sauce, salt and pepper to taste. Sauté for 2 more minutes. Set aside.
2. Bake taco shells in a preheated oven at 350°F for 3 minutes or in oven toaster for 2 minutes. Fill each shell with sautéed mixture, tomatoes, cheese, and lettuce. Serve.

Chef's Tip

Toasting the taco shells helps it to crisp up, giving the dish a nice mouthfeel.

Lusog Notes

This Beef Taco dish is a source of protein that is needed for growth and development. It also has calcium for bone health and niacin that helps maintain normal structure of the skin.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Colander