



Zesty Beef Tacos

1. Prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 cup chunky salsa
- 1 can (6 oz) tomato paste
- $\frac{3}{4}$ cup water
- 1 pkt (1 oz) taco seasoning mix

Combine in large resealable plastic bag. Freeze for up to three months.

2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into **(10-in.) Skillet** and bring to a simmer over medium heat.

(If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Arrange 12 taco shells on serving platter.
- Fill with beef mixture, $\frac{1}{2}$ cup shredded cheddar cheese, 1 cup shredded lettuce and 2 seeded and diced plum tomatoes.
- Garnish with snipped fresh cilantro and serve with lime wedges, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients):
Calories 360, Total Fat 17 g, Saturated Fat 6 g, Cholesterol 55 mg,
Carbohydrate 31 g, Protein 22 g, Sodium 1070 mg, Fiber 6 g

Variation: *Zesty Beef Taco Salad:* Omit taco shells and increase lettuce to 12 cups. Prepare beef mixture as directed in Steps 1-2. Arrange lettuce on serving platter. Top with beef mixture, cheese, tomatoes and cilantro, if desired.

Nutrients per serving (excluding optional ingredient):
Calories 250, Total Fat 11 g, Saturated Fat 5 g, Cholesterol 55 mg,
Carbohydrate 17 g, Protein 21 g, Sodium 980 mg, Fiber 5 g