

Ground Beef Tacos

INGREDIENTS

- 2 lbs. ground beef
- 1 tomato, diced
- 1 green bell pepper, diced
- 1 onion, diced
- 1 cup shredded lettuce
- Homemade salsa
- Melon salsa (optional)
- Your choice of other toppings (optional)
- Fresh cilantro, for garnishing

Ingredients for the taco seasoning

- 1 tbsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. paprika
- ½ tsp. dried oregano
- ½ tsp. garlic powder
- Sea salt and freshly ground black pepper

DIRECTIONS

1. Stirring frequently, brown the ground beef and onion in a skillet placed over a medium heat for 8 to 10 minutes or until the beef is cooked.
2. In a bowl, combine all the ingredients for the taco seasoning and season with salt and pepper to taste.
3. Stir the taco seasoning in with the meat. Reduce the heat to low, and let everything simmer for 10 minutes.
4. To assemble the tacos, layer the beef mixture, shredded lettuce, tomatoes, and bell pepper (or whatever other toppings you're using) in each taco shell.
5. Serve with your choice of salsa.