

TACOS TO GO RECIPE

Here is a great recipe that will feed a crowd and can be done ahead of time. You can adapt it to whatever you have at home. This is a layered dish with the protein at the bottom, topped with cheese, guacamole and sour cream. Just heat it up and serve with warm corn or flour tortillas!

Ingredients:

- 2 tbsp. vegetable oil
- 1 ½ lb. chicken, cubed or ground turkey
- 1 pepper chopped
- 1 onion chopped
- 1 jalapeno finely diced (optional)
- 2 cloves garlic minced
- 1 14 oz. can fire roasted tomatoes or 1 ½ c. salsa of choice
- 1 tbsp. chili powder (could use taco seasoning mix and skip chili powder, cumin, salt, pepper)
- 2 tsp. cumin
- ¼ c. fresh cilantro cut fine (save some for a garnish)
- 1 tsp. salt
- ½ tsp. pepper
- 1 14 oz. can black or pinto beans
- 2-3 cups grated cheddar or Monterey jack cheese
- 1 cup salsa for layering
- 1 ½ c. sour cream
- 2 ripe avocados or could use store bought guacamole
- Juice of ½ lemon
- 1 clove garlic minced for the guacamole





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- 16 or more corn or flour tortillas warmed (wrap in damp cloth and microwave 30 seconds)

Directions:

- Heat a large heavy skillet, add oil. Add onions, peppers, garlic and sauté for about 3-5 minutes until onions are opaque and peppers cooked.
- Add diced meat or ground turkey, break up and cook through.
- Add beans, spices and fire roasted tomatoes or salsa and let simmer together for about 10 to 15 minutes, add a little water if it gets dry; it should not be too soupy either.
- Heat oven to 350 degrees.
- Put meat mixture in bottom of 10x14 or so baking pan
- Top with grated cheese
- Place in oven and back for 20 minutes at 350 degrees.
- While the meat mixture is cooking, make guacamole: cut avocados in half, take out pit and scoop out meat and put into a medium bowl. Add minced garlic, juice of half a lemon, dash of salt and pepper. Using a fork, mash until relatively smooth.
- Take out the meat mixture once the cheese is melted and bubbly. Allow to cool slightly, then top with 1 cup salsa, then smooth the guacamole on top, then top that with a layer of sour cream. Garnish with some chopped cilantro and avocado slices if you wish.
- Warm up a stack of corn or flour tortillas wrapped in a damp towel and microwave for 30 seconds.
- Feed the family and enjoy!

***** The meat mixture can be done up to 2 days ahead of time. When time to reheat, add the cheese and bake, then add remaining ingredients.**