

Beef Taco

Ingredients

- 4 tsp onion, chopped
- 1-3/8 tsp garlic, minced
- 7-1/3 oz frozen cooked beef crumbles
- 3 tbsp canned diced tomatoes, no salt added
- 3/4 tsp canned tomato paste, no salt added
- 1-1/2 tsp canned salsa, low sodium
- 1/2 cup water
- 3/8 tsp kosher salt
- 1-1/8 tsp chili powder
- 1-1/8 tsp taco seasoning mix, dry
- 3/8 tsp black pepper
- 3/8 tsp cumin
- 1/8 chicken base, low sodium
- 8 whole wheat 6" tortillas

Directions

1. In a large pan, sauté onions and garlic in oil until onions are translucent. Then add beef crumbles and heat.
2. Add diced tomatoes and tomato paste to beef mixture. Simmer for 15 minutes.
3. Add salsa, water, and the remaining seasonings. Simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165°F.
4. To serve, place 1/4 cup of the beef mixture on each tortilla. Serve two per portion.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 300 calories, 10.63 g fat, 5.26 g saturated fat, 846 mg sodium, 35.6 g carbohydrate, 6.28 g fiber, 0.7 g sugar, 16.12 g protein