Tacos
Serves 12-15 children

Ingredients
Filling:
- 1 lb. ground meat (beef, turkey, chicken, pork)
- 2 tbsp vegetable oil (only if using turkey or chicken)
- ½ large onion, diced
- 2 ribs celery, diced
- 1 bell pepper, diced
- 1 cup frozen or canned corn (drained)
- 1 can beans, drained & rinsed (kidney, cannellini or black beans)
- 2 tbsp cumin
- 2 tbsp chilli powder
- 1 tsp garlic powder
- salt and pepper to taste

Toppings:
- shredded lettuce
- diced tomatoes
- diced bell peppers
- shredded cheese
- avocado (or guacamole)
- salsa
- sour cream

Directions
1. On medium heat, brown meat in large frying pan (if using turkey or chicken, use oil OR if using beef or pork, drain fat) with onion and celery. Add a little water if it starts to stick.
2. Stir in remaining ingredients.
3. Turn down to medium-low, add ½ cup water and simmer until water evaporates, stirring occasionally.
4. Wrap meat/bean filling with desired toppings in a soft whole wheat tortilla. Enjoy!

Tips
- Use taco meat for tacos, burritos, quesadillas, taco salad, nachos, salsa pizza, etc.
- *Kids can help*…chop vegetables, open cans, measure spices, stir, assemble tacos, burritos, quesadillas or taco salad.