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Easy, delicious Tacos

Serves: 4

Prep Time: 20 minutes

INGREDIENTS

- 330 grams Beef Mince Low Fat
- 1 tbsp Vegetable Oil
- 1 medium Brown Onion
- 1 tbsp Taco Seasoning
- 1 cup Red Kidney Beans Canned
- 2/3 cup Corn Kernels
- 8 shell(s) Taco Shell
- 1/3 cup Lite Sour Cream
- 1/4 medium head Iceberg Lettuce
- 2 medium Tomato
- 2/3 cup Low Fat Cheddar Cheese

PROCEDURE

1. Heat the oil in a shallow pan. Cook the mince meat until the water has evaporated. Add the onions, cook until wilted and transparent. Add the Taco spices and mix well. Next add the beans and corn kernels and fold them through the meat.
2. Arrange chopped lettuce, shredded cheese, sliced tomatoes, and any other salad ingredients of your choice, on a tray.
3. Once everything is ready, everyone can layer their own taco with meat and any other salad ingredients and sour cream they desire.



DID YOU KNOW?

This is a very versatile recipe; you can add your choice of spices to the meat mince. You can also add any salad ingredients you wish to have in the Taco shells. It's a quick and easy meal that kids love to eat!