

BEEF TACOS

Beef:

1 tablespoon olive oil
2 pounds ground beef
1 large onion, diced
2 tablepoons chili powder
2 teaspoons cumin
2 teaspoons dried oregano
14 ounce can of tomato (any varietal)
salt
pepper

Fixins:

12-16 soft shell corn tortillas
Flour tortillas – another option
12-16 hard taco shells
1 pound cheese, grated
1-2 tomatoes, diced
1 head green leaf lettuce, shredded

Chopped cilantro and onion – small onion, dided and a 3 tablepoons chopped cilantro, combined well- serve for toppings

Preheat the oven to 325 degrees F.

For the beef: In your largest skillet or even 2 skillets over medium-high heat, add a small coating of oilve oil and add the beef. Break up the beef, using a potato masher. Season with salt and pepper. Cook until the liquid evaporates and the meat begins to sizzle. You will hear it sizzle. Add the onions and spices cook until they are soft. Add a 14 oz can of tomatoes. Bring to a boil and, then reduce heat to simmer for 15 minutes. If necessary, you can add water to soften the mixture and clean up the sides of the skillet. . Taste and continue to taste again, and make sure it is what you like.

OPTION 1- Heat the corn tortillas on a skillet, a griddle or your largest flat cooking pan. You can add your cheese directly to your tortillas once flipped and add your beef, then fold over and serve. And serve with toppings.

OPTION 2 - Heat the hard shells in the oven and serve with meat tableside. Or heat the soft corn tortillas and place them in a damp clean tea towel for the tableside as well.

OPTION 3 - Wrap the flour tortillas in foil and warm in the oven for 10-12 minutes. Serve tableside.