



real food for real people

## Taco Meat - Beef

This is a great base meat for tacos.

Use this to make tacos, burritos, taco salad, etc. This is a great filling and you will enjoy whatever you do with it.

Serve with salsa, grated cheese, lettuce, diced tomato, jalapenos, hot sauce, etc. Fill hard taco shells or soft taco shells/tortillas or over tortilla chips.

This recipe is gluten free, but be careful what you serve with it if gluten is an issue.

This will net 4-6 servings.

Ingredients	Metric	Imperial
Ground Beef, Lean	1 kg	2 lbs
Salsa	125 mL	1/2 Cups
Dried Cilantro Leaf	15 mL	1 TBSP
Granulated Garlic	30 mL	2 TBSP
Salt	5 mL	1 tsp
Lime Juice	30 mL	2 TBSP
Lemon Juice	60 mL	1/4 Cup

### Directions:

The first step is to brown the ground beef in a heavy bottom frypan. Drain the meat if required.

Next, add all the other ingredients and simmer, stirring occasionally, for at least 20 minutes. The longer it simmers the better.

Serve