**Tacos for 2**

**Ingredients:**

1 portion of ground protein (beef, chicken, beans)

*(10 ml of oil if using ground chicken or beans)*

**Topping options:**

* Lettuce, chopped
* Tomatoes, chopped
* Green onions
* Cheese, shredded (mozzarella, cheddar or jalepeno)
* Sour cream
* Salsa

30 ml of chopped onions (optional)

60 ml of beans of choice (kidney or black)

5-10 ml of homemade taco seasoning

15 ml of water

40 ml of tomato sauce

**Procedure:**

1. Preheat oven to 300
2. In a medium frying pan on medium heat cook protein option, breaking up the meat as you cook.
3. Add onions and sauté until slightly softened.
4. Add taco seasoning, water and tomato sauce
5. Add beans and simmer for 5 minutes
6. Place taco shells or tortillas in the warmed oven.
7. Meanwhile one partner prepares toppings.
8. Wash and chop lettuce, dice tomatoes and shred cheese.
9. To assemble place protein in bottom/middle of shell, top with toppings, and ENJOY!

Next time I would…