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| Healthy Tacos  Yes, tacos can be healthy! Ingredients:  |  |  | | --- | --- | | 1 lb. | Ground Beef ($6.00) | | 15 oz can  Package  10 oz  4 oz  2-3 TB  2 TB  1 TB  ½ bunch  Optional  Optional  Optional | Refried Black Beans ($1.80)  Corn Tortillas ($1.50)  Frozen Peppers, Thawed and Drained ($1.99)  Onions, Thawed and Drained ($.60)  Broth ($1.99)  Chili Powder  Cumin  Cilantro ($1.00)  Cheddar Cheese  Salsa  Avocado |  Directions: Add oil to your pan and sauté your drained onions. Add your ground beef and while it’s cooking open your beans. Add 2 TB of broth and a light bit of salt. Then add 2 TB of Chili Powder and 1 TB of Cumin. You can add a touch garlic as well if you’d like. Add your pepper mix and continue to cook until your beef is no longer pink. Add your beans to the mix and stir well. Feel free to add more broth as necessary. At this point you can add dry cilantro, or you can use a kitchen scissor to chop it over the pot. The tortillas can be warmed in the microwave for about 10 seconds to add flexibility. Throw your tortilla on your plate and you’re ready to make taco’s! | Logo  Description automatically generated |
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