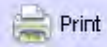


# LocalMeatMilkEggs.org

Where you can find locally raised meat, milk and eggs!

Click on the printer icon that looks like this:  (at the top left, to the right of "save a copy") to print!  
See [www.pickyourown.org/allaboutcanning.htm](http://www.pickyourown.org/allaboutcanning.htm) for many other canning directions and recipes

## Tacos - Beef, Pork, Turkey or Chicken

Tacos are a popular and easy to make dish, most kids like them, and they can be made even more healthy with ground turkey or ground chicken instead of ground beef. Costco, Sam's Club, BJ's and your local grocery store all have ground meats year round.



Total time: about 45 minutes;  
Cooks for about: 30 minutes  
Yield: 12 servings per 3 lbs of meat You can scale this recipe up or down as much as needed.

### Ingredients

- Ground meat (beef, turkey, chicken and/or pork) , tomato sauce, dice tomatoes, onions, and seasonings



## Seasonings:

This makes a mild taco. If you like it hotter, feel free to increase the seasonings, especially the chili or chipotle pepper.

Seasonings for (per pound of ground meat):	1lb meat	2 lbs meat	3 lbs meat	4 lbs meat	5 lbs meat	6 lbs meat
Cumin	1 tsp	2 tsp	1 Tablespoon	4 tsp	5 tsp	2 Tablespoons
Chili powder	1/2 tsp	1 tsp	1.5 tsp	2 tsp	2.5 tsp	1 Tablespoon
Ground chipotle pepper	1/2 tsp	1 tsp	1.5 tsp	2 tsp	2.5 tsp	1 Tablespoon
Coriander	1 tsp	2 tsp	1 Tablespoon	4 tsp	5 tsp	2 Tablespoons
Oregano	1/5 tsp	1 tsp	1.5 tsp	2 tsp	2.5 tsp	1 Tablespoon
Minced garlic	1/2 tsp	1 tsp	1.5 tsp	2 tsp	2.5 tsp	1 Tablespoon
Diced onions (1 medium onion = 1/2 cup diced)	1/2 cup	3/4 cup	1 cup	1.25 cups	1.5 cups	2 cups

## Sauce Ingredients

How many cans of each per lb of meat:

Tomato sauce (number of 14.5 oz 411g cans)	1	2	3	4	5	6
Diced tomatoes (canned or fresh) (number of 14.5 oz 411g cans)	1	2	3	4	5	6
Tomato paste (number of 6 oz 170g cans)	1	1	1	2	2	2

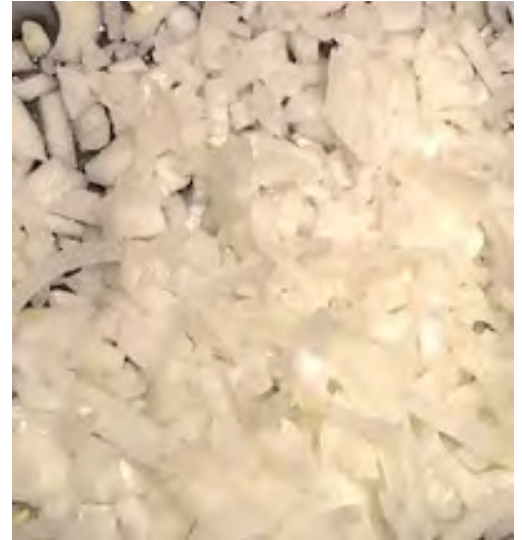
## Equipment

Large pot (12 to 16 qt)  
Wooden or silicon spatula, spoons  
Cutting board, knife

## Directions

### Step 1 - Dice the onions

Finely dice 2 onions.  
I measure all the spices and put them in a container, ready for later.



### Step 2 - Brown the meat

Put 2 tablespoons of vegetable oil in a large non-stick pot.  
Heat over medium-high heat, and before the oil starts to smoke or burn, add the ground meat and diced onions.  
Browning the meat with the onions helps to keep the meat from sticking together.  
Cook, stirring every minute or so until the meat is completely browned.  
This will take about 10 minutes.



### **Step 3 - Add the Tomato sauce, diced tomatoes, tomato paste**

Add the tomato sauce, diced tomatoes, tomato paste and stir well. Continue heating over medium heat

### **Step 4 - Add the seasonings.**

Simple, just stir them in!  
Continue simmering over low heat for another 15 to 30 minutes to blend the flavors, stirring occasionally.



### **Step 5 - Serve**

Then serve hot with salsa, tortillas or taco shells, guacamole, sour cream, rice or beans.

