



## TACOS

*Here's how to make about ten to twelve tacos with ground beef or ground turkey to serve about five to six people.*



- \_\_\_\_\_1. Get browned ground meat (turkey or beef, about 1 pound), with onions, fat drained.  
Get pan, *if needed*.  
Get one 1 or 1.5 ounce packet of taco spices and seasonings.  
Get water.  
Get liquid measuring cup.  
Get long handled spoon.  
Get spoon.  
Get 10 to 12 taco shells – corn or flour.  
Get taco toppings (such as cheese, lettuce, tomato).



- \_\_\_\_\_2. Keep meat and onions in same pan used for browning.  
*Or*, put browned meat and onions into a different pan.



- \_\_\_\_\_3. Tear open taco seasonings packet.



\_\_\_\_ 4. Put taco seasonings into pan.



\_\_\_\_ 5. Measure  $\frac{2}{3}$  cup water.



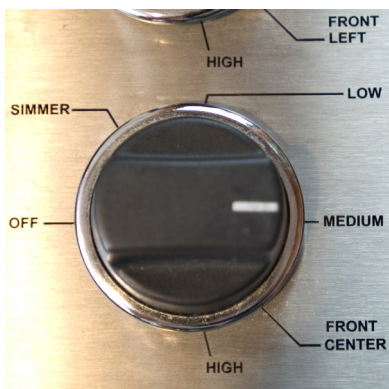
\_\_\_\_ 6. Put water into pan.



\_\_\_\_ 7. **Careful!** Mix.



\_\_\_\_\_ 8. Put pan on to stove.



\_\_\_\_\_ 9. Turn on stove to medium.



\_\_\_\_\_ 10. **Careful!** Stir occasionally. Cook about 12 minutes.



\_\_\_\_\_ 11. Turn off stove.



\_\_\_\_\_12. **Careful!** Put meat into taco shells.



\_\_\_\_\_13. Put on toppings.



\_\_\_\_\_14. Roll up flour tacos.



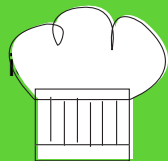


## TACOS

*Here's how to make about ten to twelve tacos with ground beef or ground turkey to serve about five to six people.*

*Please note: Taco shells, especially the soft flour ones, might be called flour tortillas (tore-tee-yahs).*

- \_\_\_\_\_ 1. Get browned ground meat (turkey or beef, about 1 pound), with onions, fat drained. Get pan. Get one 1 or 1.5 ounce packet of taco spices and seasonings. Get water. Get liquid measuring cup. Get long handled spoon. Get spoon. Get 10 to 12 taco shells – corn or flour.  
Get about one pound of browned ground turkey or beef with onions, fat drained, a pan (either a different, clean one, or the same one used to brown the ground meat), a one or one and a half ounce packet of taco spices and seasonings, water from the faucet, a clean liquid measuring cup, a clean long handled spoon for mixing and stirring, a clean spoon (soup spoon size) for serving, and ten or twelve corn and/or flour taco shells.
- \_\_\_\_\_ 2. Keep meat and onions in same pan used for browning.  
*Or, put browned meat and onions into a different pan.*  
*If you're not using the same pan the meat and onions were browned in, put the browned meat and onions into a pan.*
- \_\_\_\_\_ 3. Tear open taco seasonings packet.  
*Using your one hand, hold the packet of taco seasonings to keep it steady.*  
*Using your other hand, tear off the top part of the packet.*
- \_\_\_\_\_ 4. Put taco seasonings into pan.  
*Turn the packet upside down over the pan and empty all the seasonings into the pan.*  
*Throw away the packet.*
- \_\_\_\_\_ 5. Measure  $\frac{2}{3}$  cup water.  
*Using water from the faucet and the liquid measuring cup, measure two thirds cup of water.*



- \_\_\_\_\_ 6. Put water into pan.  
Put the water from the measuring cup into the pan with the meat and seasonings.
- \_\_\_\_\_ 7. **Careful!** Mix.  
Using your one hand, hold the pan so that it's steady.  
Using your other hand and the long handled spoon, carefully mix together the ingredients in the pan until well blended.  
Try to mix slowly and carefully to keep all of the ingredients in the pan.
- \_\_\_\_\_ 8. Put pan on to stove.  
Put the pan on to a stove burner.
- \_\_\_\_\_ 9. Turn on stove to medium.  
Turn on the stove burner to a medium heat.
- \_\_\_\_\_ 10. **Careful!** Stir. Cook about 12 minutes.  
Using your one hand, hold the pan so that it's steady and safe.  
Using your other hand and the long handled spoon, occasionally stir the meat mixture while it is cooking.  
Cook the meat mixture for about twelve minutes.
- \_\_\_\_\_ 11. Turn off stove.  
Turn off the stove burner.
- \_\_\_\_\_ 12. **Careful!** Put meat into taco shells.  
Using your one hand, hold the pan so that it's steady and safe.  
Using your other hand and the spoon, scoop up a spoonful of meat from the pan.  
Let go of the pan and use this hand to now hold the taco shell.  
Put the meat from the spoon into the taco shell (put the meat in the middle of the flour taco shell).  
You can put two or three spoonfuls of meat into each taco shell if your spoon is about tablespoon size.
- \_\_\_\_\_ 13. Put on toppings.  
Put on your choice of toppings (such as cheese, lettuce and tomatoes) to the meat in each shell.  
The hard shell tacos are now ready to eat.
- \_\_\_\_\_ 14. Roll up flour tacos.  
Roll up the soft, flour tacos from one side to the other so the meat and toppings are inside.