



## Taco Tuesday

1 lb. 93% lean ground beef  
½ Sweet onion chopped  
1 yellow pepper chopped (optional)  
1 T. olive oil  
¼ t. chipotle chili pepper  
¼ t. garlic powder  
¼ t. dried oregano  
½ smoked paprika  
1 t. sea salt  
1 t. cracked black pepper

1 ½ t. chili powder  
1 ½ t. cumin  
2 med. Tomatoes diced (optional)  
1 c. shredded lettuce or other greens  
1 c. finely shredded Mexican style cheese  
Fresh cut salsa (store made)

### [Easy Guacamole](#)

4 T. Greek Yogurt or light sour cream  
Fresh cilantro  
8 Taco shells

Heat fry pan on medium high, add olive oil, onion and peppers. Sauté until tender. Add ground beef and sprinkle in all the dry spices. (or use a packet of 50% Reduced Taco seasoning) and continue to stir fry until all beef is thoroughly cooked.

Layer beef mixture, cheese, diced tomatoes, lettuce, salsa, [Easy Guacamole](#), yogurt or sour cream and garnish with fresh cilantro.

You can also use other protein sources, chicken, lean pork, tuna, salmon. When using fish, cut into strips or cubes, sprinkle with seasoning mixture and fry pieces after removing the onions and peppers.

Serves 4 (two tacos each) I quadruple the dry spice mixture as it can be used when grilling other meats and vegetables.