



Beef and Veggie Tacos

Yield: 4 servings; 8 tacos

Ingredients

- 2 teaspoons extra virgin olive oil
- 1 cup diced onion
- 8 ounces minced mushrooms
- 1 cup diced red bell pepper
- 8 ounces ground beef, 90/10
- 1/4 cup salt-free taco seasoning (see recipe)
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon kosher salt
- 8 corn tortillas
- 1/2 cup shredded cheddar cheese
- 2 cups chopped romaine lettuce
- 1 cup diced tomato

Instructions

1. Heat a medium sauté pan over medium-high heat and add oil. Once oil is hot, add the onion and sauté until translucent and begins to brown, about 4 minutes.
2. Add the mushrooms, red bell pepper, beef, taco seasoning, Worcestershire sauce, and salt. Cook the beef until pink is no longer visible.
3. If desired, warm the tortillas by placing them on a plate, cover with a damp paper towel and microwave in 30-second bursts until warmed.
4. Assemble the tacos by placing 1/3 cup of the filling on a tortilla then top with 1 tablespoon cheese, 1/4 cup lettuce and 2 tablespoons tomato.

Nutrition Information

Serving Size: 2 tacos
 Calories: 403
 Total Fat: 17 g
 Saturated Fat: 5.8 g
 Monounsaturated Fat: 4.5 g
 Polyunsaturated Fat: 0.9 g
 Sodium: 618 mg
 Total Carbohydrate: 39 g
 Dietary Fiber: 6.8 g
 Sugars: 5.8 g
 Protein: 25.5 g

Source: Health meets Food



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