6: Taco-bout It (breakfast/ dinner)

Tacos can be a family favorite dinner option because individuals have the liberty to pick and choose certain ingredients to build a perfect meal. Layering meat or beans, vegetables, and various dips, such as hummus or guacamole, onto a soft tortilla or hard shell is surely a delight! Try this typical taco recipe for dinner; but also explore the alternative breakfast taco recipe — breakfast tacos can be made with a crepe recipe filled with your favorite fruits, syrup, jams/jelly and whipped cream!

Recipes:

**Diner Tacos**

**Ingredients**
- 1 lb. 90% to 93% lean ground beef (as an alternative you could also use a can of your favorite beans such as black beans or kidney beans)
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/2 cup tomato sauce
- 1/4 cup water
- 12 taco shells — either hard shells or small 6-inch soft flour tortillas will work
- Favorite taco toppings (such as: shredded cheese shredded lettuce, shaved carrots, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.)

**Procedure**
1. Add the beef to a large skillet over medium-high heat. Break the meat apart with a wooden spoon. Add the chili powder, cumin, salt, oregano, garlic powder, and pepper to the meat. Stir well. Cook until the meat is cooked through, about 6-8 minutes, stirring
2. Reduce the heat to medium. Add the tomato sauce and water. Stir to combine. Cook, stirring occasionally, for 7-8 minutes, until some of the liquid evaporates but the meat mixture is still a little saucy. Remove from the heat.
3. If desired, warm the taco shells according to their package directions.
4. Fill the taco shells with 2 heaping tablespoons of taco meat or beans. Top with desired taco toppings and enjoy!
5. NOTE: If you choose to use beans, you can mix the beans with this taco seasoning or forgo the seasoning and simply build your taco with beans, a shell, and additional toppings.

**Breakfast Tacos**

**Ingredients**
- 2 cups all-purpose flour
- 2 cups milk
- 2 eggs
- 2 pinches of salt
- Butter, for cooking
- Favorite breakfast toppings (such as: diced strawberries, diced mangos, sliced peaches, blueberries, raspberries, cinnamon and sugar mix, maple syrup, whipped cream, jam/jelly, etc.)

**Procedure**
1. In a medium-size mixing bowl, whisk together the flour, milk, eggs, and salt.
2. Heat a large frying pan or wok over medium high heat. When the pan is hot add a teaspoon of butter and lightly coat the surface of the pan with the melted butter.
3. Pour one quarter cup of the batter into the pan and tilt the pan with a circular motion so that the batter coats the surface in a smooth and even layer.
4. After two minutes, lift up an edge of the crepe with a spatula to see if it is browning. When the underside has begun to brown, flip the crepe and cook the other side until it is also brown; about 2 minutes.
5. Repeat steps 3 and 4 to cook the remaining crepes.
6. Serve hot and layer with your desired toppings, or roll the crepe up and eat it plain!