**Tacos for 4**

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| 15 mL olive oil  250 g lean ground beef  1 clove garlic, minced  ½ onion, diced  10 mL chilli powder  4 mL ground cumin  Dash hot sauce  2 green onion, sliced (white & light green parts only)  ½ green peppers, diced | 4 tortilla shells  *Toppings:*  125 mL salsa  125 mL sour cream  125 mL grated cheddar cheese  1/3 iceberg lettuce, finely shredded  2 tomatoes, finely chopped |

1. Wash and prepare all vegetables.

2. In a large frying pan over medium heat, heat oil slightly. Add ground beef, garlic and diced onion, cook until beef is fully cooked.

3. Add spices, green onion and green peppers. Reduce to low and stir.

4. Prepare all toppings. To warm tortilla shell in microwave 4 shells (30 seconds).

5. Divide meat evenly between tortilla shells and add desired toppings.