**Tacos for 4**

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| 15 mL olive oil250 g lean ground beef1 clove garlic, minced½ onion, diced10 mL chilli powder4 mL ground cuminDash hot sauce2 green onion, sliced (white & light green parts only)½ green peppers, diced | 4 tortilla shells*Toppings:*125 mL salsa125 mL sour cream125 mL grated cheddar cheese1/3 iceberg lettuce, finely shredded2 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.