You Need:

- 1/4 lb. ground beef
- 1/2 cup lettuce
- 1/2 tomato
- 1/2 cup grated cheese
- 2 Tbsp. salsa
- Water
- 1/4 cup dry measuring cup
- 1/2 cup dry measuring cup
- Tablespoon
- Plate
- Cutting board
- 3 small bowls
- Wooden spoon
- Grater
- Sharp knife
- Frying pan
- Paper towels

1. Measure 1/4 lb. ground beef and place in frypan.
Put frypan on stove. Turn stove to MEDIUM heat. Brown meat stirring occasionally, add pinch of salt and pepper.

Turn stove OFF and remove from heat. SET ASIDE.

Wash lettuce and tomato under COLD water. Dry with paper towels.

Tear lettuce into bite-size pieces. Measure 1/2 cup. Put in a bowl. SET ASIDE.

Remove ends from tomato. Cut into small pieces on cutting board. Put in a bowl. SET ASIDE.
5. Grate cheese. Measure 1/4 cup. Put in a bowl. SET ASIDE.

6. Place taco shells on plate. Layer ingredients beginning with the cooked beef, cheese, lettuce and tomatoes.

7. Put 1 Tb. salsa on each taco if desired.
TACOS
(makes 2 tacos)

You Need:

1/4 lb. ground beef
1/2 cup lettuce
1/2 cup tomato
1/4 cup grated cheese
2 taco shells
salt & pepper
2 Tb. salsa
water
wooden spoon
plate
1/4 cup dry measuring cup
1/2 cup dry measuring cup
Tablespoon
knife
cutting board
frypan
grater
paper towels
3 small bowls

1. Measure 1/4 lb. ground beef and place in frypan. Put frypan on stove. Turn to MEDIUM heat. Brown meat stirring occasionally. Add pinch of salt and pepper. Turn stove OFF and remove from heat. SET ASIDE.

2. Wash lettuce and tomato under COLD water. Dry with paper towels.

3. Tear lettuce into bite-size pieces. Measure 1/2 cup. Put in a bowl. SET ASIDE.

4. Remove ends from tomato. Cut into small pieces on cutting board. Put in a bowl. SET ASIDE.

5. Grate cheese. Measure 1/4 cup. Put in a bowl. SET ASIDE.

6. Place taco shells on plate. Layer ingredients beginning with the cooked ground beef, cheese, lettuce and tomatoes.

7. Put 1 Tb. salsa on each taco if desired.