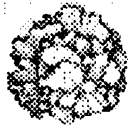



**Tacos**  
 (Makes 2 tacos)

**You Need:**



1/4 lb.  
ground beef



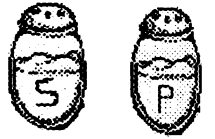
1/2 cup lettuce



1/2 tomato



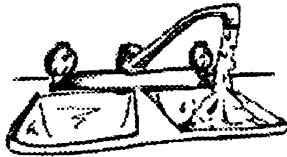
1/2 cup  
grated cheese



salt & pepper



2 Tb. salsa



water



1/4 cup dry  
measuring cup



1/2 cup dry  
measuring cup



Tablespoon



plate



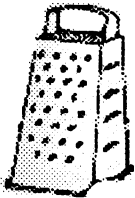
cutting board



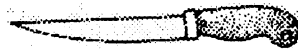
3 small bowls



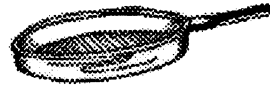
wooden spoon



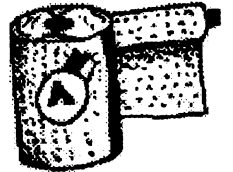
grater



sharp knife

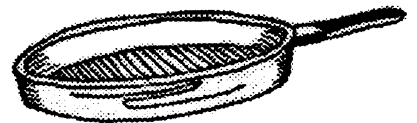
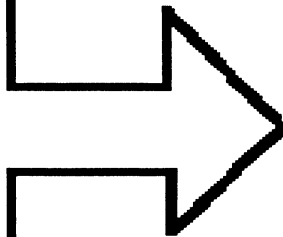
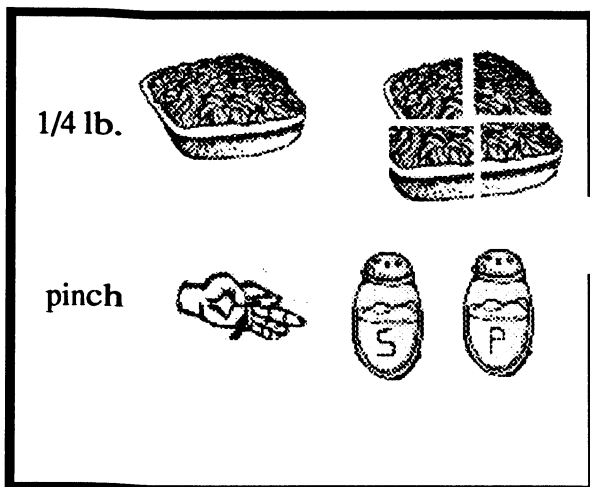


frying pan

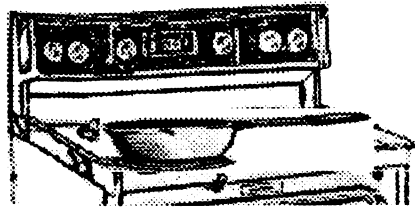


paper towels

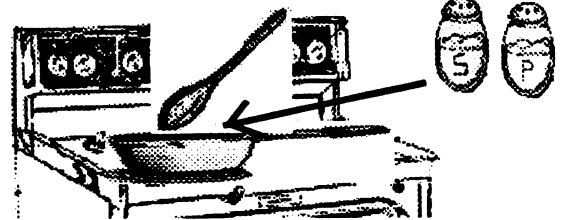
**1.**



105  
Measure 1/4 lb. ground beef and place in frypan.



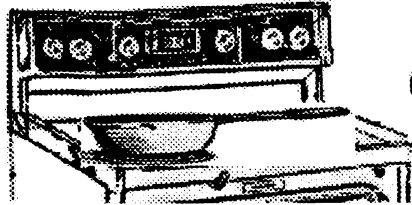
MEDIUM



BROWN

Put frypan on stove. Turn stove to MEDIUM heat. Brown meat stirring occasionally, add pinch of salt and pepper.

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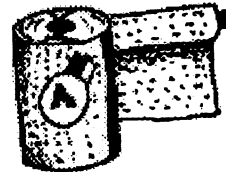
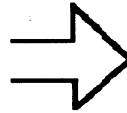
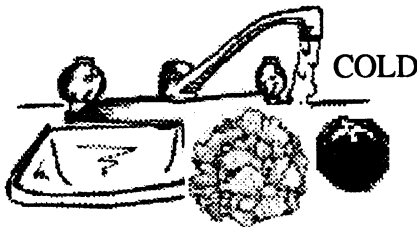


SET ASIDE

Turn stove OFF and remove from heat. SET ASIDE.

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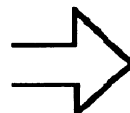
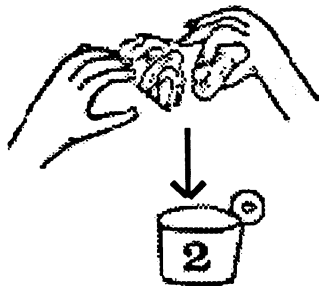
2.



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

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3.

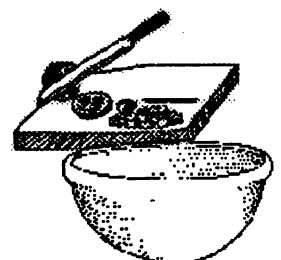
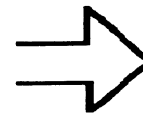
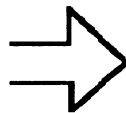
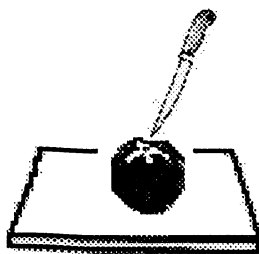


SET ASIDE

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

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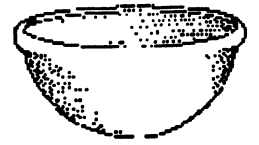
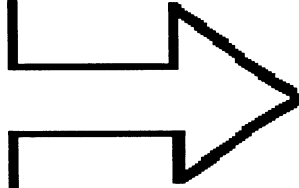
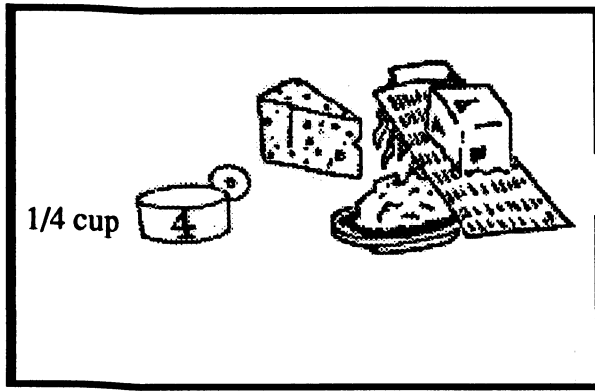
4.



SET ASIDE

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

5.

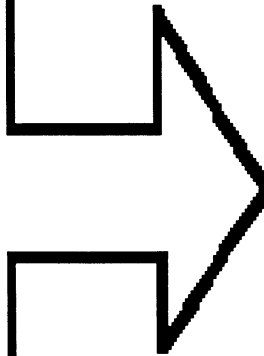
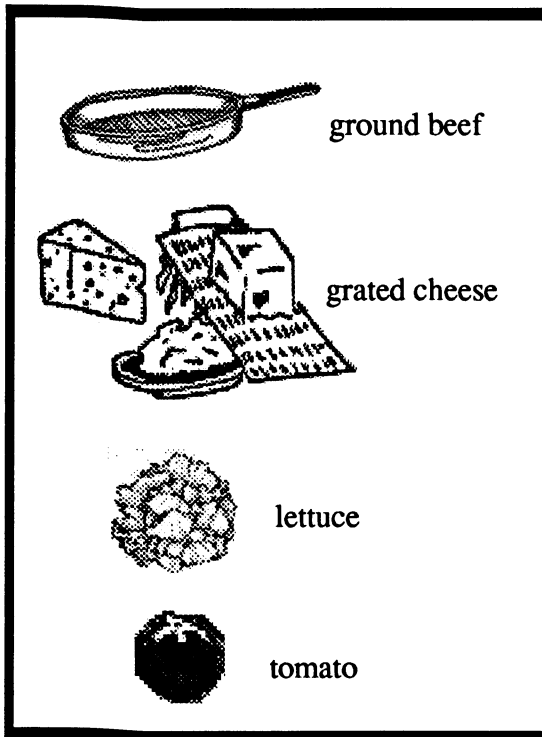


SET ASIDE

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

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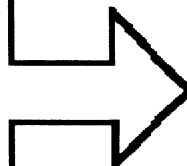
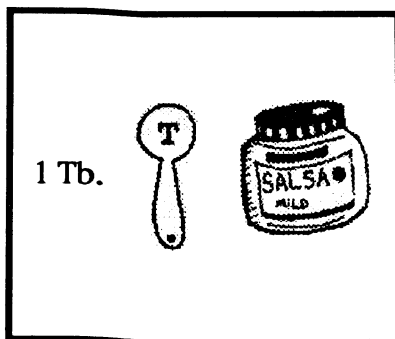
6.



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

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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.