

TACO & BURRITO FILLINGS (page 2)



SEASONED MEAT

INGREDIENTS:

- 1 pound ground turkey (beef, chicken, or impossible meat)
- 2 teaspoons oil (if using turkey or chicken)
- 2 tablespoons chili powder
- 1 1/2 tablespoons cumin
- 1/2 teaspoon salt
- 1 (14.5 oz) can of diced tomatoes, drained (optional)

INSTRUCTIONS:

1. Measure out chili powder, cumin, and salt in a small bowl and whisk to combine.
2. Heat a skillet with oil (if using) over medium heat. Once hot, add meat and cook, breaking it up with a wooden spoon or spatula. When meat is almost cooked through, sprinkle the seasoning on top and stir to combine. Cook an additional few minutes until the meat is fully cooked (no longer pink).
3. If desired, add tomatoes and stir to combine.

RICE

INGREDIENTS:

- 1 cup dry white or brown rice

INSTRUCTIONS:

1. Add one cup of rice and 2 cups of water to a pot. Cover with a tight-fitting lid and bring to a boil. Once the water begins to boil, turn the heat down to a simmer and set the timer for 15 minutes. At the end of time, turn off the heat and let the pot sit for an additional 10 minutes.

TOPPINGS OR ADD-INS

INGREDIENTS:

- Shredded cheese
- Sour Cream
- Guacamole

TIP

- Shred your own cheese to avoid the added anti-caking agents in pre-shredded cheese; they are hard on some people's digestive systems.

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