



# taco meat

*choose your own meat*

## SERVINGS

4

## TIME

20 minutes  
total

## INGREDIENTS

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

## DIRECTIONS

- Combine chili powder, cumin, and salt in a small bowl and whisk to combine.
- Heat a skillet over medium heat. Once hot, add oil if using turkey or chicken. 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 meat is cooked all the way (no longer pink).
- If using, add drained diced tomatoes and stir to combine.

## EQUIPMENT

- Medium-sized skillet + wooden spoon or spatula
- Small bowl
- Measuring spoons and small whisk or fork

## TIPS TO INVOLVE THE KIDS

- Wash your hands! Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have your child help measure out the spices. When possible, remove the cap and insert the measuring spoon into the spice jar to minimize spills. Have your child whisk the spices to combine.
- If appropriate, have your child help cook the meat on the stove, and add spices. Encourage slow stirring to minimize spills.

## EXTRA!

- Make homemade tortillas to go with it!
- Top with corn, diced peppers and tomatoes, and salsa or guac!

