**TACOS**

**Ingredients:**

1/2 lb. ground beef

2 Tbsp. onions, diced

1/2 c. tomato sauce

Pinch of cumin

Pinch of pepper

1/2 tsp. salt

1/2 tsp. chili powder

1/4 head of lettuce

1 tomato, chopped

1 c. cheese, shredded

1/2 c. sour cream

4-5 Taco shells, soft or hard

**Directions:**

1. Brown the ground beef with the onions until no longer pink.
2. Drain the grease and return to pan.
3. In a bowl, mix the tomato sauce, cumin, pepper, salt and chili powder together.
4. Add to meat mixture and simmer for 10 minutes.
5. Serve on taco shells with lettuce, tomatoes, cheese and sour cream.
6. Makes about 4 to 5 tacos.