



# Taco Bar

## Ingredients:

- 1 package of hard or soft taco shells
- 1 lb ground beef
- 1 can black beans
- 1 can mild salsa
- Brown rice
- 1 ripe avocado (optional)
- 2-3 bell peppers, sliced
- 1 onion, sliced
- Lettuce
- Shredded cheese (optional)

## Directions:

1. Boil water; Add rice and reduce to a simmer; Cook for about 45 minutes
2. Cut peppers and onions; Saute until soft
3. Cook ground beef in a pan over the stove until cooked completely through
4. Prepare remaining toppings; Add to individual small bowls
5. Enjoy!

## Cookware needed:

- Pot
- Pan
- Cutting boards
- Small serving bowls
- Plates

Cost: \$ \$

Ease:



**Health Benefit:** This meal has tons of fiber from veggies and brown rice that will help keep us fuller for longer, as well as complete protein from ground beef that supports overall growth and functioning. Avocados are an excellent source of fat and vitamin E which is great for skin, hair, and nail health. Cheese supplies calcium for strong bones!