

FOOD

Homemade Taco Seasoning Mix

Much lower salt than pre-made. Salt can be omitted. Great with half ground buffalo and half ground turkey breast or whatever you prefer. Recipe makes 2 tablespoons.

Directions:

Mix chili powder, paprika, onion powder, sea salt, garlic powder, cumin, oregano, black pepper, cayenne pepper, and red pepper flakes in a bowl.

Ingredients:

- 2 teaspoons hot chili powder
- 1 1/2 teaspoons paprika
- 1 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon freshly ground black pepper, or to taste
- 1 pinch cayenne pepper, or to taste (optional)
- 1 pinch red pepper flakes, or to taste (optional)

Best Fresh Tomato Salsa

Great with your favorite chips. Gets better as the flavors meld. Recipe makes 5 cups.

Ingredients:

- 3 cups chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1 cup onion, diced
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeno pepper (including seeds)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Directions:

Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl. Serve.



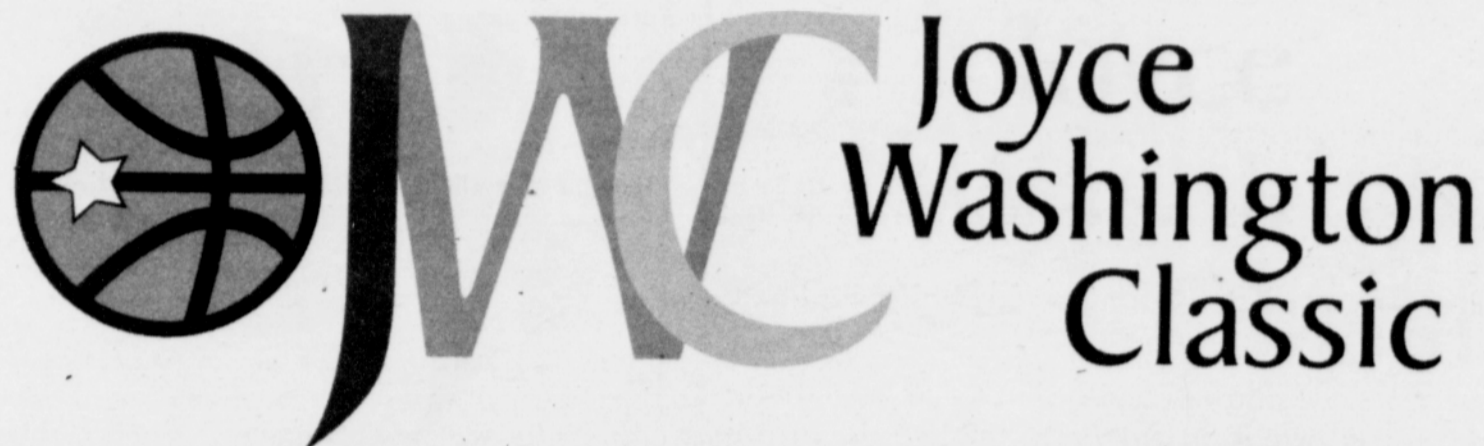
Taco Dinner

Ingredients:

- 1 pound ground beef with Homade Seasoning (as above recipe)
- 1 tablespoons
- 1 fresh salsa (see above recipe)
- 1 your favorite hot sauce (optional)
- 1 pack of taco shells
- 1/4 cup water
- 1/2 lb Shredded Cheddar (or other select cheese)
- Shredded lettuce
- 16 ounces of cooked corn kernals (canned or fresh cooked)
- 12 ounce can of sliced black olives

Directions:

1. Shred lettuce and set aside in a serving bowl. Shred cheese and put in a seperate serving bowl. Put Fresh Tomato Salsa in a third serving bowl. Also have separate serving bowls for the corn and black olives.
2. Brown ground beef in large nonstick skillet; drain fat.
3. Add Homemade Taco Seasoning Mix and water to ground beef; cook over medium-high heat, stirring occasionally; 5 minutes or until browned and fully seasoned throughout.
4. Serve in tortillas and taco shells topped with Fresh Tomato Salsa, taco sauce, shredded lettuce and shredded cheese.



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