

## Tacos

Makes 12 individual servings

### Filling

- 1 x 14½oz can kidney beans
- cooking spray
- ½lb lean ground beef 4% fat
- 1 teaspoon crushed garlic (in jar)
- ½ cup onion finely diced
- 1 x 14½oz can no-salt-added diced tomatoes
- 4 tablespoons no-salt-added tomato paste
- 1 teaspoon granulated beef bouillon (low sodium)
- 2 tablespoons 30% less sodium taco seasoning

### Taco

- 12 taco shells medium size
- ⅓ cup shredded sharp 2% milk reduced-fat cheese
- 1½ cups fresh tomatoes chopped
- 3 cups lettuce finely shredded

### Add on extras per taco

- 1 teaspoon no-fat sour cream
- 1 teaspoon avocado mashed (add 1.1g fat)



**To make filling** Drain and rinse kidney beans. In a non-stick frypan that has been generously coated with cooking spray, sauté ground beef and garlic until browned. Add onion and cook for 2 minutes. Add canned tomatoes, tomato paste, bouillon and taco seasoning stirring well. Fold in kidney beans and simmer for 3 minutes.

**To assemble** In each taco shell spoon one twelfth of meat filling, top with 1 teaspoon of cheese, about 2 tablespoons of fresh tomato and ¼ cup of lettuce, repeat this process for each taco shell.

### Variations

Replace beef with extra lean 99% fat-free ground turkey.

### Dietitian's tip

These tacos are packed with vitamins, minerals and antioxidants. Family members will enjoy being involved in assembling their own meals. A great introduction for children to the art of healthy cooking.

Taco filling suitable to be frozen.

### Nutritional Information

PER SERVE	BEEF	TURKEY
CALORIES	136	132
FAT TOTAL	4.8g	4.3g
SATURATED	1.3g	1.0g
SODIUM	271mg	268mg
CARBS	15.2g	15.2g
SUGAR	4.3g	4.3g
FIBER	3.9g	3.9g
PROTEIN	8.4g	8.8g
GI RATING	Medium	Medium