



Beef tacos are such a fun meal! My kids love it when I make them. I simply put all of the toppings in bowls at the table and let them all assemble their own. Here is what I do for mine:

- 1 lb ground beef
- 1/2 white onion, finely chopped
- 2 garlic cloves, minced
- 1 large tomato finely chopped
- 2 TBS chopped cilantro
- 2 TBS taco seasoning
- 1/2 cup water
- Chopped lettuce
- Chopped tomatoes
- Refried beans - I used canned beans that I heat
- Sliced olives
- Shredded Cheddar cheese
- Sour cream
- Extra chopped cilantro for garnish - opt.
- 8 crunchy taco shells

Place the beef in a large skillet and brown it. Drain it. Return to skillet and add onions, garlic, tomato and cilantro. Cook for 4 to 5 minutes. Add the taco seasoning and mix well. Add the water and cook, simmering, for 10 minutes until liquid has evaporated almost completely. Place in a bowl.

Heat the beans and place in a bowl - as well as all the other toppings.

Let everyone prepare their own. I like to smear the bottom of mine with beans and add - in this order - meat, lettuce, cheese, sour cream and tomatoes. However you decide to do it, have fun!