🌮 Taco Lab

Culinary 1 · Unit 12 · Level 2 · after the German Pancake Lab



Name: _____ Date: _____ Period: _____

Makes 8 servings. Mrs. Dyches' recipe: Ground Beef with Homemade Taco Seasoning Mix (allrecipes, her link).

🧺 Taco seasoning

- ☐ 🧅 **2 tsp** dried minced onion
- ☐ 🧂 **1 tsp** salt
- ☐ 🌶️ **1 tsp** chili powder
- ☐ 🌽 **½ tsp** cornstarch
- ☐ 🟤 **½ tsp** cumin
- ☐ 🔴 **½ tsp** red pepper flakes
- ☐ 🌶️ **¼ tsp** cayenne
- ☐ 🧄 **¼ tsp** dried minced garlic
- ☐ 🌿 **¼ tsp** oregano

🧺 Meat

- ☐ 🥩 **1 lb** ground beef
- ☐ 💧 **½ cup** water

🧺 Serve with

- ☐ 🌮 taco shells or tortillas
- ☐ 🧀 cheese
- ☐ 🥬 lettuce
- ☐ 🍅 tomato

👩‍🍳 Steps: check each box when you finish

- [ ] 1 🥣 Mix all 9 seasoning spices in a small bowl.
- [ ] 2 🍳 Heat the skillet on **medium-high**.
- [ ] 3 🥩 Cook and stir the beef until **brown and crumbly** (7-10 minutes).
- [ ] 4 🌡️ Check: **160°F**. No pink.
- [ ] 5 🥫 Drain the grease into the grease can (not the sink).
- [ ] 6 💧 Add the water and seasoning. Stir.
- [ ] 7 ⏲️ Simmer about **5 minutes** until thick.
- [ ] 8 🌮 Build your tacos. Photo!