

Taco Tuesday



Ingredients

2 Tbsp oil
1 lb. ground chicken, turkey or beef
1/2 onion, chopped
1 garlic cloved, chopped
2 Tbsp chili powder
2 Tbsp cumin
1 Tbsp paprika
1 tsp salt
16 oz. tomato sauce

Directions

Heat oil in skillet. Add onions and garlic and cook until brown. Add chopped meat and spices. After 5 minutes add tomato sauce. Simmer 20 minutes.

You can add more seasoning to taste.

* Tip - Try using lettuce for your taco wraps.