

# Beef Taco filling

**Serves:** 4

**Preparation time:** 15 minutes

**Recipe source:** n/a

**Cooking time:** 10 minutes

## Ingredients:

500g beef mince

1 tablespoon taco seasoning

1/3 cup water

## What to do:

1. Put a small amount of oil in a hot frypan.
2. Cook beef mince until browned.
3. Add taco seasoning and mix.
4. Add water and cook until water has evaporated.

## Notes

- Serve in a tortilla or taco shell with Guacamole, sour cream, Salsa Fresca, lettuce and cheese. Black bean taco filling and toasted corn may also be included.
- In class we used 1 teaspoon to 1 tablespoon of taco seasoning for 500g of beef mince. The original taco seasoning recipe ([gimmedelicious.com](http://gimmedelicious.com)) states about 2 tablespoons of taco seasoning are equivalent one 1 taco packet you purchase in a shop, however this was too spicy hot for class.