



## OMAR'S BEEF TACO WRAPS

A delicious shell shaped like a boat! You can fill it with all sorts of yummy things, like cheese, meat, lettuce, tomatoes, and even yummy sauces. You can use your hands to eat it and it's always a fun adventure!



## INGREDIENTS

Ground Beef  
Virgin Olive Oil  
Soft Tacos  
Firm Tomato  
Capsicum

Lettuce  
Green Onion  
Sour Cream  
Cheddar Cheese  
Salsa

# METHOD

First let us cook the beef – with the help of an adult

1. Place a skillet over medium heat, when hot add the oil and swirl to heat.
  2. Add onions and stir for 2 minutes or until it starts to turn golden. Onion should turn from “Opaque” to “Transparent”.
  3. Add the beef and cook for 2 minutes while stirring.
  4. Add garlic and continue cooking for 5 minutes or until meat is browned all over.
  5. Add the tomato paste and spices and stir to combine for a minute longer.
  6. Add salt, stir and adjust salt to taste. Transfer to a dish or bowl.
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We are done with the cooking part. Now let us assemble tacos.

1. Arrange all ingredients in suitable serving plates.
  2. Take one tortilla, spread some sour cream, add some cooked beef, add desired toppings.
  3. Finish with some cheese and salsa. Wrap and enjoy
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*Great Job,,,,, You Are All Set for a well-balanced meal that has protein, veggies, dairy, olive oil, and some carbs. Enjoy these with your loved ones.*