

Taco Meat

- 1 lb. ground sirloin
- 1/2 cup of chopped onion
- 2 cloves of minced garlic
- (1) 4 oz. can of diced green chili peppers drained
- 1 to 2 teaspoons chili powder
- 1/2 teaspoon salt
- several dashes bottled hot pepper sauce (optional)*

***NOTE:** Instead of this last ingredient you may also use a product called El Pato Salsa de Chile Fresco. You can find it in the Spanish/Mexican food aisle at any grocery store. Add a little to taste to be sure it's not too spicy for you. I use 1/2 cup of this in place of the hot pepper sauce.

In a large skillet cook meat, onion and garlic until the meat is brown and the onion is tender. Drain the fat. Stir in chili peppers, chili powder, the El Pato salsa or hot pepper sauce and 1/4 teaspoon of salt. Heat through. This makes at least 4 servings of 1/2 cup each.

170 calories per serving