

Taco Meat Recipe

- 1 lb. ground sirloin
- ½ 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
- ½ 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. Use ½ cup instead of the hot pepper sauce if you like it.

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 ¼ teaspoon of salt. Heat through.

Add taco meat recipe to a bed of lettuce, tomatoes, a little grated cheddar cheese and whatever raw veggies you like to make a taco meat salad. Some suggestions are red bell pepper, some grated zucchini or grated carrot.

You can make a sprouted wheat taco using this taco meat recipe and low glycemic sprouted wheat tortillas made by Alvarado Farms.