

Lighter Beef Tacos

For the best flavor, warm the tortillas briefly in the microwave before serving.

Serves 4. Prep time: 20 minutes. Total time: 20 minutes

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| <ul style="list-style-type: none"> ▪ 1 teaspoon safflower or canola oil ▪ 1 large onion, chopped ▪ 2 red bell peppers (ribs and seeds removed), chopped ▪ 3 garlic cloves, minced ▪ 2 tablespoons tomato paste | <ul style="list-style-type: none"> ▪ 2 teaspoons chili powder ▪ 1 ½ teaspoons ground cumin ▪ course salt and ground pepper ▪ ¾ pound of ground sirloin ▪ 12 soft corn tortillas (6 inch) ▪ store-bought salsa and shredded iceberg lettuce, for serving |
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1. In a large non-stick skillet, heat oil over medium heat. Add onion and bell peppers; cook until crisp-tender; 3 to 5 minutes. Add ¼ cup water; cook until water has evaporated and vegetables are softened, 3 to 5 minutes.
2. Add garlic, tomato paste, chili powder, and cumin; season with (a pinch of) salt and pepper. Cook, stirring 1 minute. Add beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Season taco filling with (a pinch of) salt and pepper. To serve, spoon filling onto tortillas; top with salsa and lettuce and fold to enclose.

* **Healthy Habit:** These soft tacos **use lean ground sirloin** and **low-fat corn tortillas** as sensible substitutions. Skip the sour cream and guacamole – opt for a fiery salsa instead.

Nutritional breakdown (per 3 tacos serving):

Calories: 325	Fat: 7.8 g Sat Fat: 2.1 g	Carbohydrates: 45.2 g	Cholesterol: mg	Protein: 22.8 g	Sodium: mg
Fiber: 7.9 g	Sugars: g				

*Taken from Everyday FOOD: A Martha Stewart Magazine, “Eat Smart”
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