

MUSHROOM BEEF TACOS



Serves 8

Serving Size: 4 ounces
(1/2 cup)

Prep Time: 10 minutes

Cook Time: 15-20 minutes

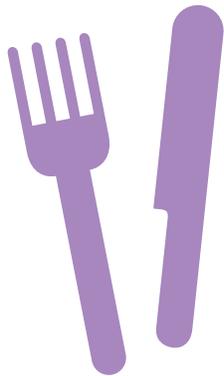
Total Time: 25-30 minutes

Ingredients

- 4 cups (approximately 8 ounces) white mushrooms
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 tablespoons chili powder
- dash cayenne (optional)
- 4 tablespoons tomato paste
- 1 pound ground beef (97% lean), cooked and well-drained (can also use turkey or chicken)

Directions

1. Chop the mushrooms finely. This can be done in a food processor.
2. Cook the chopped mushrooms in a hot skillet over medium-high heat until well done and no moisture remains, approximately 5–7 minutes. Remove the mushrooms from the pan and set aside.
3. Heat the oil in the skillet and add the onions. Cook for 1–2 minutes stirring frequently.
4. Add the seasoning and the tomato paste. Stir to combine.
5. Add the cooked mushrooms and the cooked and well-drained hamburger.
6. Add a little water if needed for everything to be well combined. Serve on corn or whole wheat tortillas.



Eat Smart

Nutrition information Per Serving

98 calories		Fiber	5 g	Fat	5 g
Carbohydrates	9 g	Protein	10 g	Sodium	288 mg



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH