



Taco Cups

Tacos allow for a lot of versatility and kids can choose what fillings and toppings they want. Making them in a cup cake tin increases the fun factor. You can choose to omit the meat and do a vegetarian option, just use the beans. Or vice versa.

Ingredients

- Seasonings: ½ tsp each of salt, pepper, garlic powder, smoked paprika, cumin, onion powder, oregano, chili powder
- Alternatives: premade taco seasoning mixture, you can adjust the spice by increasing or decreasing the amount of chili powder
- 2 slices of whole wheat bread
- Alternatives: flour tortillas, corn tortillas or whole wheat pita bread
- ½ red bell pepper- chopped – omitting meat increase to one whole pepper
- Alternatives: hot peppers, green, yellow or orange bell pepper
- 1 small onion – chopped
- 1 tablespoon Olive oil plus additional for brushing on bread
- 1 15 oz can black beans
- Alternatives: you can omit the beans or use lentils, kidney beans, white beans or pink beans
- 1/2 pound 90 or 95% lean ground beef if omitting beans increase meat to 1 pound
- Alternatives: ground turkey or left over protein - chop or shredded into small pieces , or omit the meat and just use beans.
- 1 cup salsa
- 1 ½ cup shredded cheese – choose a Monterey jack or taco blend
- Optional toppings: sour cream or plain Greek yogurt, additional cheese, hot sauce, green onion, jalapenos, avocado, additional salsa

Equipment

Small mixing bowl

Measuring cups

Large mixing spoon

Muffin tin

Butter knife

Rolling pin*

Skillet or fry pan

Measuring spoons

Knife and cutting board

Pastry brush*

**can be done with out*

Directions

1. Preheat oven to 350 degrees
2. Place all seasonings in a small bowl and stir to combine – set aside. Allow kids to smell the different spices.
3. Chop onion and peppers into a small dice.
4. Place a large skillet over medium heat and add 1 tablespoon olive oil. Add peppers and onions and cook until fragrant and starting to soften.
5. Add spice mixture to onion mixture and heat for 5 to 10 seconds; until you can smell the spices.
6. Place your choice of meat into a skillet with onions. Break up ground beef or ground turkey and cook until no longer pink and browned through. If using a precooked meat add to the pan and heat until warmed.
7. Add beans (drained and rinsed) and stir to combine, continue heating until warmed through.
8. Set mixture aside.



9. Use a butter knife to remove crusts from bread and use a rolling pin to flatten the bread slices. Brush one side with olive oil and place oil side down in muffin tin, use your hands to press bread slices into the tin. – Great job for the kids to do while grown-ups cook the meat mixture.
10. Fill each bread slice with meat/bean mixture. Top with 1-2 tablespoons of salsa and 1 tablespoon shredded cheese.
11. Place muffins into 350-degree oven for 25-30 minutes
12. Allow to cool slightly before removing from the muffin tin. Top with desired toppings and enjoy!

😊 Little helpers: Kids can mix the spice mixture, allow them to smell the different spices. Have them roll out the bread slices and place in the muffin tin, they can also fill the muffin tins with the filling and toppings.

🍏 Health benefits: Serve these with a side salad and they are a complete meal – protein from the meat and beans, calcium and protein from the cheese and healthy carbs from the beans and whole wheat bread. Lean ground beef or ground turkey add a low-fat source of protein and also some essential iron and zinc. The beans are a great source of fiber, protein, carbohydrates and minerals like iron and phosphorus. The tomatoes in the salsa provide vitamin and the phytochemical lycopene, you also get some vitamin C, vitamin A, folate and potassium from the bell peppers.