



SMASH BURGER TACOS

March 21

National Crunchy Taco Day



INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 8 Tortilla, Soft, Flour (enriched or whole grain rich; about 6" each)
- 1 Cup Shredded Cheddar Cheese (about 4 ounces)
- 1 Cup Shredded Lettuce
- ½ Cup Medium Red Onion (diced)
- 24 Dill Pickle Chips
- Thousand Island Dressing (to serve)

DIRECTIONS

1. Divide the beef into 8 portions (about ¼ cup each). Place one portion onto each tortilla, and press the beef to flatten to about ¼-inch thick (should cover most of the tortilla). Season the beef with salt and pepper.
2. Heat a 12-inch skillet over medium-high heat. Add 2 to 3 tortillas, beef-side down, to the hot skillet. Cook for 2 minutes or until the beef is done. Turn the tortillas over and top each with 2 tablespoons cheese. Cover and cook for 1 minute or until the cheese is melted. Repeat with the remaining tortillas.
3. Top with the lettuce, onion and pickles and drizzle with the sauce before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

8 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taco	1 Taco	2 Tacos	2 Tacos