

Taco Bowls



INGREDIENTS

- 1 1/2 lbs. lean ground beef
- Taco Seasoning packet
- 15 oz. can black beans or refried beans
- 15 oz. can whole corn
- White or brown rice
- Prepared salsa and guacamole
- Optional toppings:
 - Pico de gallo
 - Cheddar cheese, grated
 - Cilantro, chopped
 - Sour Cream
 - Red Onion, diced
 - Tomatoes, diced
 - Lettuce, chopped
 - Picked sliced jalapenos

DIRECTIONS

1. Brown ground beef in a large skillet and drain. Add taco seasoning and follow directions.
2. Prepare rice according to directions.
3. Open canned beans and corn, drain.
4. Lay out all ingredients in a buffet line.
5. To build each bowl, add rice, ground beef, beans, and add desired vegetables. Top with salsa, sour cream, guacamole and dressing or taco sauce.

WHY THIS WORKS WITH KIDS

Kids love customizing their meal! Help them feel independent as they add the toppings and flavors they prefer. This is also a great make-ahead meal. Leftover meat and toppings can be used in other ways, adding versatility.