How to make a Taco Meal

Created By: Sofia and Jeanette Puritano
What is a Taco?

Is a Mexican dish made of a fried tortilla, usually folded, filled with various mixtures, such as seasoned meat, beans, lettuce, and tomatoes. A taco is a traditional Mexican dish with a small hand-sized corn or wheat tortilla topped with a filling. The tortilla is then folded around the filling and eaten by hand.
The 2 Kinds of Tacos are called...

- Soft or Hard shell Taco
- Taco Salad
Here are the ingredients that you need to buy.

- One pound of Ground Beef
- Chopped Onions
- Taco Seasoning
- \( \frac{2}{3} \) of Water
- Bag of Lettuce
- Tomatoes
- Bag of Cheese
- 8 oz. of Sour Cream
- Taco Shells
Making Choices at the Grocery Store
Making Choices at the Restaurant