

# TONY'S TACOS



Straight from a kitchen in Moose Factory, this healthy and easy taco recipe shows that wholesome meals can be quick and tasty!

**Prep Time:**

15 min.

**Cook Time:**

15 min.

**Serves:**

4 people (2 tacos each)

## INGREDIENTS

- 8 tortillas
- 1 pound ground moose or beef
- ½ cup water (cold)
- 1 tsp. cornstarch

### Spices

- 1 onion, diced OR  
2 tbsp. onion powder
- 2-3 cloves of garlic OR  
1 tsp. garlic powder
- 1 tsp. salt
- ½ tsp. pepper
- 1 tsp. chili powder
- 1 tsp. ground cumin
- ¼ tsp. dried oregano
- ½ tsp. red pepper flakes (optional)
- ¼ tsp. cayenne pepper (optional)

### Toppings

- Lettuce
- Cheese
- Tomatoes
- Salsa
- Beans (optional)

## INSTRUCTIONS

1. In a large skillet over medium heat, cook meat until browned, about 6–8 mins, breaking it up as it cooks.
2. Drain excess fat if needed.
3. Add spices, stir and cook for another 2–3 mins.
4. In a small bowl, mix cornstarch with cold water until smooth. Then pour it into the pan with the meat and spices.
5. Simmer for 2–3 mins, stirring, until the mixture thickens slightly.
6. Chop lettuce and tomatoes, and grate cheese for toppings.
7. Warm tortillas in a dry pan or microwave for 20–30 seconds until soft.
8. Assemble and enjoy!