

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mini Taco Cups

From www.melskitchencafe.com

I like to use sprouted grain tortillas, but if you can't find those, you can also use Rudi's spelt tortillas (you can find these in the natural food aisle of some Dierberg's stores). If you can't get your hands on 10-inch tortillas, feel free to use smaller tortillas, just plan on needing more than 4-5 since you'll get fewer circles out of each tortilla.

Makes about 16 taco cups

4-5 large 10-inch flour tortillas
1 pound ground beef (free range is best)
1 tsp salt
½ tsp pepper
1 Tbsp chili powder
1 tsp cumin
1 (8-ounce) can tomato sauce
1 cup shredded cheese (raw is best) – optional
Toppings like lettuce, tomatoes, olives, salsa, guacamole, etc.

1. Preheat the oven to 375°.
2. Lightly grease two muffin tins. Cut 4-inch circles (using a cookie cutter or a round shape, like a lid, you can cut around with a knife or kitchen shears) from the tortillas. You'll need about 16. Warm the cut tortillas until pliable. Nestle one tortilla in each muffin tin, pressing the tortilla into the bottom and corners of the tine. Set aside.
3. In a large nonstick skillet, cook the ground beef, salt and pepper over medium heat, breaking up the meat into small pieces, until cooked through 5-8 minutes. Drain any excess grease. Stir in the chili powder, cumin, and tomato sauce. Bring the mixture to a simmer and cook for 3-5 minutes.
4. Scoop a spoonful of the meat mixture into each tortilla cups. Top with a sprinkle of cheese (if using). Bake for 10-12 minutes until the tortillas are lightly golden around the edge and the filling is hot and bubbly. Carefully remove the cups from the muffin tin and serve with any taco toppings of your choice.