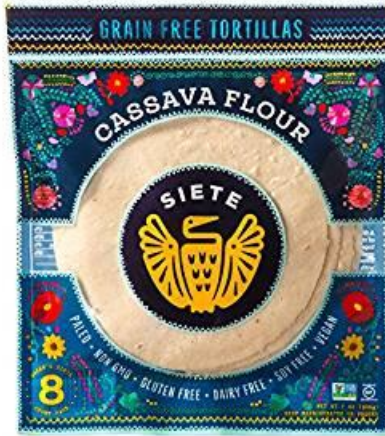


# Mom's Dinner Tacos



This fun-to-make recipe can be changed each time by varying the chopped vegetables and/or meats. You can also add sour cream if you like. I've found these tortillas in the refrigerated cases located next to produce in the Whole Foods.

## *Ingredients*

- 2 Siete tortillas
- Ground meat/fish, sautéed and chopped. I usually use organic, ground turkey.
- Mushrooms and choice of vegetables, chopped
- 1/4 cup organic taco spices (dehydrated onion, chili powder, dehydrated garlic, cumin, paprika, lemon peel, oregano, cayenne)
- Chopped lettuce
- Salsa
- 1 avocado (large)

## *Directions*

1. Add ingredients.
2. Wrap-it-up.
3. Enjoy!