TEXAS-STYLE BEEF TACOS

5 servings

1 pound lean ground beef	**TOPPINGS:**
1 to 2 tablespoons chili powder	2 cups shredded Cheddar cheese
1/4 teaspoon garlic salt	Sour cream
3/4 cup canola oil	Shredded iceberg lettuce
10 corn or taco-size flour tortillas	2 vine-ripened tomatoes, diced
	Fresh Salsa (p. 125)

1. Put the meat in a medium saucepan and add water to make the meat a little mushy. Stir in the chili powder and garlic salt and place the pan over medium heat. When the mixture comes to a boil, decrease the heat and simmer until the meat is completely cooked. Add water if necessary; the meat should still be a little mushy when you serve it. Add salt to taste.

2. Meanwhile, heat the oil in a small skillet over medium-high heat and preheat the oven to 300 degrees. Fry one tortilla: With tongs turn it once to cook both sides, then quickly fold halfway over and cook for a few more seconds to make the taco shape. Drain on paper towels. Place the tortilla on a plate in the oven. Repeat with the remaining tortillas.

3. Put the cheese, sour cream, lettuce, tomatoes, and salsa in separate bowls for serving.

4. When ready to serve, fill each taco with the meat. Place the filled tacos on a platter. Pass with the toppings.

Serve with chips, **Mexican Rice with Fresh Tomatoes** (p. 123), and refried beans.

Variation: Brown and cook the meat, omitting the water, chili powder, and garlic salt; drain the fat. Stir in 1/4 cup ketchup and keep warm until ready to serve. Add salt and ground black pepper to taste.

I love a juicy, messy, crispy homemade taco! My friend Terri taught me how to make these ground beef tacos in Texas. Thanks, Terri.

For another tasty taco recipe, see Fish Tacos on page 95 in Wednesday's Fish & Meatless chapter.

CONVERSATION STARTER:

Did you know that Texas used to be part of Mexico? What do you remember learning about the Battle of the Alamo?

For more conversations about places in the world, have a globe near the table. Spin it and pick a place to talk about once a week.