

Fresh Tomato Salsa

- ❖ 2 tomatoes 300 grams
- ❖ small onion 1/2 onion
- ❖ cucumber 1 cucumber
- ❖ cilantro 1/2 bunch
- ❖ lime juice 1 tablespoon
- ❖ salt 1/2 teaspoon

1. Dice tomatoes into 2 cm pieces.
2. Finely dice purple onion.
3. Cut cucumber in half. Use spoon to remove seeds. Finely dice cucumber.
4. Chop cilantro.
5. Put tomatoes, onion, cucumber, and cilantro into a bowl, mix gently.
6. Stir in lime juice and salt.



Guacamole

- ❖ avocado 2 avocados
- ❖ diced onion 2 tablespoons
- ❖ minced cilantro 2 tablespoons
- ❖ salt 1/2 teaspoon
- ❖ minced garlic 1/4 teaspoon
- ❖ lime juice 1 tablespoon

1. Add diced onion, cilantro, garlic and salt to the suribachi.
2. Grind into a smooth paste.
3. Add peeled avocados. Grind until chunky.
4. Add salt and lime juice to taste.



Taco Meat

- ❖ ground beef and pork 250 grams
- cooking oil 1/2 tablespoon
- grated garlic 1/2 teaspoon
- cumin 1/2 teaspoon
- chili powder 1/2 teaspoon
- paprika 1/4 teaspoon
- oregano 1/4 teaspoon
- salt 1/2 teaspoon
- black pepper a little
- tomato paste 1 tablespoon
- beef broth 25 milliliters

1. Heat oil in fry pan until hot.
2. Add ground meat, fry until color changes.
3. Add garlic, cumin, chili powder, paprika, oregano, salt, black pepper. Stir to mix.
4. Stir in tomato paste and beef broth.
5. Simmer until sauce thickens, about 3 to 5 minutes.



Tortillas

- ❖ 10-12 flour tortillas

Extra Fillings

- ❖ shredded cheese
- ❖ shredded lettuce
- ❖ chopped cilantro
- ❖ thin sliced red onion
- ❖ lime for squeezing
- ❖ spicy sauce





Let's make Tacos!

1. Warm up the tortillas

- Heat a fry pan over medium-low heat.
- Place one tortilla in fry pan.
- Heat for about 30 seconds, or until tortilla is lightly toasted on one side.
- Flip the tortilla and toast the opposite side.
- Cover tortillas with a towel to keep warm.



2. Put fillings into a tortilla

- Put fillings in the center of a tortilla.
 - ❖ guacamole
 - ❖ taco meat
 - ❖ fresh tomato salsa
 - ❖ shredded cheese
 - ❖ thinly sliced red onion
 - ❖ shredded lettuce
 - ❖ cilantro
 - ❖ a squeeze of lime



3. Fold tortilla and enjoy!

- Fold the bottom of the tortilla up to cover the fillings slightly.
- Fold the right side of the tortilla over the filling.
- Fold the left side of the tortilla over the filling.
- Pick up your tortilla and enjoy!

