



20-Minute Tacos with Hidden Veggies

Ingredients:

For The Taco Meat:

- 2 tbsp olive oil
- 1 lb ground beef
- 3 tbsp homemade taco seasoning
- 2 tsp salt
- 1/2, 14.5oz can petite diced tomatoes, drained (with or without green chiles) – save the rest for queso!
- 1/2 yellow onion
- 1/2 zucchini, peeled
- 1/2 red bell pepper
- 1, 8oz can tomato sauce

Taco Topping Ideas:

- shredded cheddar cheese
- romaine lettuce
- diced tomatoes
- taco sauce – the boys like Ortega
- hot sauce
- queso fresco
- cilantro
- guacamole
- pico de gallo
- salsa
- sour cream

Your choice of Taco Shells:

- crunchy corn taco shells
- flour tortillas
- corn tortillas
- lettuce – if you can't have corn or wheat

Directions:

The first step to make these tacos is to puree your vegetables. Add **zucchini, onion and bell pepper to a food processor with a pinch of salt, and puree until smooth.** In the pictures below, I added extra diced onions to my tacos.

Prepare toppings for tacos, and place in a divided dish.

In a large pan, over medium high heat, **add olive oil and heat until shimmering.** If you're adding extra diced onions like we did, add them now, and cook with a pinch of salt until translucent, about 5–8 minutes, and follow remaining steps of recipe. **Add ground beef and 1 tbsp of taco seasoning to pan** and cook, breaking up any large chunks of meat with a wooden spoon, until no pink remains – about 10 minutes.

Add diced tomatoes, pureed veggies and tomato sauce. Stir to combine, and cook, stirring frequently for another 10 minutes.

While you're at this stage, add your crunchy taco shells to a preheated oven, and cook according to package directions – if you're using soft shells, wait until you're ready to serve and cover tortillas with a damp paper towel and then throw them in the microwave for 30–45 seconds.

Reduce heat, and **let simmer 5 minutes.**

To serve, transfer meat to a large bowl, and serve family style with a spoon for scooping in to taco shells along side prepared toppings and your shells of choice!