



BEEF TACOS

Makes 4 servings

INGREDIENTS

1 pound ground beef
1 tablespoon chili powder
2 teaspoons cumin
1/2 teaspoon paprika
1/4 teaspoon turmeric
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon oregano
3/4 - 1 teaspoon fine sea salt
1 teaspoon corn starch or arrowroot powder
2/3 cup water

INSTRUCTIONS

Mix all spices and salt together until well blended. If you're using corn tortillas, you can begin warming them until pliable on a dry griddle or skillet or over a low flame on the stovetop. I like to keep all of them warm in a clean kitchen towel.

Heat a large skillet over medium heat. Add the beef to the skillet and cook, breaking up beef into small pieces (I like to do this by pressing against the meat with a slotted spoon), just until cooked through. If there is any liquid in the pan, drain before proceeding.

Dissolve the corn starch in 2/3 cup cold water. Add the spice mixture to the meat and cook over medium heat for a minute. Pour the water and dissolved arrowroot over the beef and cook until thickened, stirring occasionally.

Serve with corn tortillas, guacamole, pico de gallo, shredded cheese, refried black beans, cilantro-lime slaw, or shredded lettuce.