

# HEALTHY AFFORDABLE MEALS

## Beef Tacos (6 Serves)

### Ingredients

- 1 tablespoon canola or olive oil
- 500g beef mince
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 2 tablespoon tomato paste
- ¼ cup water
- 1 teaspoon dried oregano
- 1 teaspoon onion powder,
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon pepper
- 2 cups iceberg lettuce, shredded
- 2 tomatoes, diced
- 2 avocados, mashed
- 2 cups cheddar cheese, shredded
- 8 soft tacos

### Method

1. Heat oil in a frying pan and cook onion and garlic for 2 minutes.
2. Add mince and seasoning and break up while gently stirring until minced is cooked.
3. Add water and tomato paste to combine.
4. Serve with tacos and toppings and enjoy.

### Recipe change for your little one:

#### From around 6 months

- Lightly season, remove taco shell and puree the cooked meal.



#### From around 7-8 months

- Lightly season and remove taco shell.
- Food texture is fork-mashed or finely chopped and soft.



#### From around 8-9 months

- Remove taco shell.
- Mash mince and avocado and give bite-sized pieces of lettuce, tomato and cheddar cheese.



#### From 12 months onwards

- The meal can be the same texture as the family diet.

