

Hard Shell Tacos

Ingredients

For the filling

- 1 Tbsp olive oil
- 1 onion, chopped (optional)
- 2 lbs **ground beef**
- 2 Tbsp tomato paste
- 1/3 cup taco seasoning

For the tacos

- 12 taco shells
- 1 cup shredded Mexican cheese mixture
- 1 large tomato, chopped
- 1 cup shredded iceberg lettuce
- salsa, sour cream and/or guacamole to taste

Directions

In a sauté pan, heat olive oil over medium high heat. Add the onion, if using, and cook until soft. Add the ground beef and cook until it starts to brown. Stir in the tomato paste. Add the taco seasoning and a cup of water. Mix well, bring heat down to low and cook for 10 minutes, stirring occasionally.

Meanwhile, warm taco shells according to manufacturer instructions.

Add the ground beef to the shells. Top with cheese, tomato, lettuce, salsa, sour cream and/or guacamole and serve.