

MEALTIME HELPER

MAKING MEALTIME EASY

Beef Tacos - Shopping List

- **Protein**
 - 1 lb (450 g) ground beef (80/20 recommended)
- **Produce**
 - 1 small onion
 - 2–3 garlic cloves
 - 1–2 limes (for juice/wedges)
 - **Optional toppings:**
 - Shredded lettuce
 - Tomatoes or ingredients for pico de gallo (tomato, onion, cilantro, lime)
 - Avocado(s) or guacamole
 - Fresh cilantro
 - Radishes
 - Fresh jalapeño (or pickled jalapeños)
- **Dairy**
 - Shredded cheddar or Mexican blend cheese
 - Sour cream or Mexican crema (optional)
- **Pantry & Staples**
 - 8 small corn or flour tortillas (6–8 inch)
 - 1 packet taco seasoning
 - **OR ingredients for homemade seasoning:**
 - chili powder (1 tbsp)
 - ground cumin (1 tsp)
 - smoked paprika (1 tsp)
 - onion powder (1/2 tsp)
 - garlic powder (1/2 tsp)
 - crushed red pepper flakes (optional)
 - kosher salt (1 tsp)
 - black pepper (1/4 tsp)
- **Liquids & Broth**
 - 1/2 cup (120 ml) beef or chicken broth (or water)
 - Olive oil (1 tbsp, optional)
- **Optional extras / finishing**

- Salsa or hot sauce
- Lime wedges (from above limes)

Notes:

- If you prefer, buy a rotisserie chicken or plant-based ground substitute instead of beef.
- Quantities for optional toppings depend on preference—adjust as needed.