

Beef & Mushroom Tacos with Lime Crema

skillet meal 

Recipe adapted from: *Harvest of the Season - Utah Agriculture in the Classroom* Serves 6

Ingredients

10 whole grain tortillas
1 cup sour cream
3 T. Lime Juice
1 t. Paprika
1 t. Salt
1 c. Diced Cilantro
1lb. Mushrooms
1 c. Onion
2 T. Oil
2 lbs. Ground Beef
1 T. Garlic
1.5 T. Chili Powder
1.5 T. Cumin
1 t. Salt
3/4 C Salsa

Directions

1. Prepare the crema: In a small bowl, mix together the low-fat sour cream, lime juice, paprika, salt, and half of the chopped cilantro to make the lime crema.
2. Preheat a large skillet over medium-high heat. Add the oil and mushrooms, and sauté until the mushrooms are browned and tender. Remove from the skillet and set aside.
3. In the same skillet, add the ground beef and cook until browned and cooked through. Drain any excess fat from the skillet.
4. Add the onion and garlic to the skillet with the ground beef and cook until the onion is translucent.
5. Add the chili powder, cumin, and salt to the skillet with the beef and onion mixture, and stir to combine.
6. Add the cooked mushrooms to the skillet and stir to combine with the beef mixture.
7. Warm the tortillas in a microwave or on a hot griddle.
8. Serve the beef and mushroom mixture on top of the warm tortillas, and top with a dollop of the lime crema and a sprinkle of cilantro.

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