



Here we grow together

## Blended Mushroom and Beef Tacos

This quick, simple recipe will quickly become a family favorite! Mushrooms add texture, moisture, and vitamins while reducing fat and sodium. A kid-friendly way to eat mushrooms!

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### Ingredients

(Makes about 12 Tacos)

8 oz White Mushrooms	½ tsp Salt
8 oz Baby Bellas Mushrooms	½ tsp Black Pepper
1 lb Ground Beef	
2 tbsp Olive Oil	12 Corn Tortillas
2 cups Diced Onions	6 oz Grated Cheese
1 tbsp Minced Garlic	1 Cup Shredded Lettuce
3 tbsp Chili Powder	½ Cup Chopped Onions
2 tsp Ground Cumin	1 Cup Pico de Gallo
2 tbsp Lime Juice	2 tbsp Chopped Cilantro



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### Directions

- Heat a sauté pan over medium-high heat. Cook the ground beef, seasoned with salt and pepper, for 3-5 minutes until browned.
- Chop mushrooms to the size and texture of ground beef. Heat a second sauté pan over medium-high heat and add olive oil. Sauté chopped mushrooms for 3-5 minutes.
- Combine meat and mushrooms and set aside
- In the pan used for the ground beef, sauté onions until softened and golden brown. Add garlic and cook until fragrant.
- Add beef and mushroom mixture back into the pan, along with chili powder and cumin. Sauté for 2-3 minutes, stirring and adding lime juice, salt, and pepper to taste.
- To serve, place 2 tablespoons of shredded lettuce into each taco shell, topped with 2 tablespoons of beef and mushroom mix. Add chopped onions, pico de gallo, and grated cheese. Garnish with cilantro.

In every package, you receive the highest quality product...fresh mushrooms we are proud to put the Buona name on!

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