

Supreme Nachos or Tacos

(Gluten Free, Serves 4)

- 1 Yellow Onion, diced
- 1 Green, Red and Yellow Bell Pepper, diced into small pieces
- 1/4th head of Fresh Lettuce
- 3 Fresh Jalapeno Peppers, sliced then diced
- 1lb lean Ground Beef
- 1/4th cup Finely Shredded Monterey Jack Cheese - (per serving)
- 1 Large Bag of Blue Corn Chips, 1 package Yellow Taco Shells or 1 bag of Street Taco Flour Tortillas
- (Optional): 2 tablespoons Sour Cream - (per serving)
- (Optional): 1/8th cup diced black olives - (per serving)
- (Optional): 1/8th cup diced tomatoes - (per serving)

1: Brown hamburger in a large frying pan or wok. Crumble the hamburger until it is relatively fine.

2: Dice the bell and jalapeno peppers into small pieces and mix well in a bowl. Shred the lettuce into small strips and set aside in its own bowl. Dice the onion into small pieces and set aside.

2: Mix your sauce in a small bowl in the order presented below. Wisk it until there are no lumps and the sauce has a watery texture and reddish-brown color.

3: Add the sauce and onions to the hamburger, and simmer about six minutes or until the sauce begins to reduce at medium heat.

4: Stir in the peppers into the hamburger and sauce, then cook until the peppers begin to soften - but not turn mushy.

5: Spoon several scoops over a plate of blue corn chips. Sprinkle the cheese evenly over the nachos, then heat for 15 seconds in the microwave. Add Lettuce and other condiments to taste. If using Tacos, simply fill the shells about 1/4th full of meat and add your choice of condiments.

Taco Seasoning Instructions:

- 2 tablespoons Onion Powder
- 2 teaspoons Garlic Powder
- 1 tablespoon Salt
- 1 tablespoon Chili Powder
- 1 1/2 teaspoons Crushed Red Pepper
- 1 1/2 teaspoons Ground Cumin
- 1 teaspoon Dried Oregano Flakes
- 1 1/2 teaspoons Cornstarch
- 1 teaspoon Sugar
- 1/3 cup Water