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Popular Meals



Pasta is a type of food typically made from an unleavened dough of wheat flour mixed with water or eggs, and formed into sheets or other shapes, then cooked by boiling or baking.



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WELCOME

SEA Lifestyle tackles issues of overeating, and obesity by helping the user maintain a healthy lifestyle. After registering for an account and signing in, the user would be able to get nutritional facts on the food they consume. The user would also be able to view previous meals, as well as view the ingredients needed to make a meal.





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Mexican Tacos



Ingredients

1 lb. 90% to 93% lean ground beef
1 Tablespoon chili powder
1 teaspoon ground cumin
3/4 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/2 cup tomato sauce
1/4 cup water
12 taco shells - either hard shells or small 6-inch soft flour tortillas will work
Optional Taco Toppings: shredded cheese shredded lettuce, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.

Nutritional Facts

Cook

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Start Cooking



- 1) Add the beef to a large skillet over medium-high heat. Break the meat apart with a wooden spoon. Add the chili powder, cumin, salt, oregano, garlic powder, and pepper to the meat. Stir well. Cook until the meat is cooked through, about 6-8 minutes, stirring occasionally.
- 2) Reduce the heat to medium. Add the tomato sauce and water. Stir to combine. Cook, stirring occasionally, for 7-8 minutes, until some of the liquid evaporates but the meat mixture is still a little saucy. Remove from the heat.
- 3) Warm the taco shells according to their package directions.
- 4) Fill the taco shells with 2 heaping tablespoons of taco meat. Top with desired taco toppings: shredded cheese, shredded lettuce, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.

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Nutritional Facts



Serving: 1/12th | Calories: 129kcal |
Carbohydrates: 9g | Protein: 9g | Fat: 6g |
Saturated Fat: 2g | Cholesterol: 25mg |
Sodium: 265mg | Potassium: 199mg | Fiber:
1g | Sugar: 1g | Vitamin A: 240IU | Vitamin
C: 0.7mg | Calcium: 23mg | Iron: 1.4mg
Course: Dinner, Main Course
Cuisine: American, Mexican
Keyword: fish taco
recipe, homemade tacos, the best tacos