

# Tacos

- [tortillas](#) <sup>[1]</sup>
- [salsa](#) <sup>[2]</sup> or diced tomato
- hot sauce
- [refried beans, warm](#) <sup>[3]</sup>
- option: meat ground or chopped and warmed up with onion, garlic and spices
- chopped onion
- lettuce, shredded
- shredded cheese (mild cheddar, Monterey jack)
- sour cream or yogurt, maybe some guacamole

Place everything on table, buffet style, except for the tortillas.

Either warm the tortillas in tin foil in a medium oven for about 10 minutes, or let each person warm his/her own tortilla in a preheated warm skillet.

If you want to use meat: Grind or dice the meat, brown it in oil with onions and garlic, than add your favorite ground chili powder, white pepper, black pepper, and white sugar to taste. Cook til done.

Preparation time: 15 minutes (more, with preparation of beans, salsa, meat, etc.)

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