

BREAKFAST SKILLET BEEF TACOS

INGREDIENTS

8 ounces cooked (leftover) beef Steak or Roast, chopped (about 1-1/2 cups)
2 teaspoons vegetable oil
4 large eggs, beaten
1 cup frozen Mexican vegetable blend
8 small flour tortillas or taco shells (about 6-inch diameter), warmed
Crumbled queso blanco or shredded reduced-fat Mexican cheese blend (optional)

Toppings (optional):

Salsa, guacamole, dairy sour cream, chopped fresh cilantro, chopped avocado

INSTRUCTIONS

1. Heat oil in large nonstick skillet over medium heat until hot. Add eggs and vegetables; cook 1 to 3 minutes or until eggs are scrambled and just set, stirring occasionally.
2. Stir in beef Steak; cook and stir 1 minute or until beef is just heated through.
3. Evenly divide beef mixture between tortillas; top evenly with cheese, if desired. Serve with Toppings, if desired.



Timmy loves beef! He also loves when he gets to help cook. You can make beef breakfast tacos like Timmy! Be sure to ask your mom or dad, follow the recipe and enjoy this yummy beef dish!