

Beef to Tacos

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Beef Producers](#)



Raising Kids and Cattle on a Manitoba Century Farm

Melissa & Trevor are 4th generation farmers from southwestern Manitoba. They are raising their kids, Reese & Wyatt, in nature's playground, all the while passing down their love of animals and family tradition. Trevor's family has been stewarding these same grasslands for more than one hundred years. The cattle are a part of a healthy ecosystem they help maintain.

<https://youtu.be/mylQ12brZoE>

DID YOU KNOW?

68% of wildlife habitat on agricultural land can be protected by cattle, and many bird species would lose their home to overgrowth without them. Beef cattle's manure also provides fertilizer for plants and adds nutrients to soil.

Grasslands are important for long-term carbon storage and reducing greenhouse gases (GHGs) from CO₂. Grazing lands store about 1.5 billion tonnes of carbon that would otherwise be released into the atmosphere.

LEARN MORE:

[snapAG: Regenerative Agriculture](#)
[snapAG: Beef Protein & the Environment](#)
[snapAG: Protein & Nutrition](#)
[Manitoba Beef Producers](#)



Easy Weeknight Tacos

Ingredients

SPICE MIXTURE

3 tbsp chili powder
 ¾ tsp oregano
 2 tbsp cumin
 ½ tsp cayenne
 1 tsp garlic powder
 1 tsp onion powder
 ½ tsp salt
 ½ tsp ground pepper
 ¾ tsp paprika

TACOS

⅔ cup water
 1 lb ground beef 
 2.5 tbsp spice mixture
 Hard or soft taco shells
 2 cups shredded cheese of choice 
 Chopped tomatoes, shredded lettuce or cabbage, green onions, green peppers, cucumbers, avocado, as needed

Method

1. Combine spices in bowl and set aside
2. Place ground beef in non-stick pan over medium heat. Brown until no pink remains - about 10 minutes.
3. Drain the meat and wipe out pan if there is an excess of fat. Return meat to the pan and add your seasoning along with the water. Cook until the mixture thickens - about 5 minutes more.
4. Assemble tacos with shells, cheese, veggies as desired. Serve with salsa on the side, if you like.
5. Store remaining spice mixture in an airtight container for use the next time you want to make tacos, fajitas, taco salad, etc.



<https://youtu.be/3xGWwZaJdwg>

Servings **4** | Total time **30 minutes**

 Grown by Manitoba Farmers