

Beef Tacos with Homemade Corn Tortillas

Tortillas:

2 c. instant corn masa flour
1 1/2 c. water
2 gallon sized Ziplock bags

Filling:

1/2 lb. hamburger
1/2 pkg. taco seasoning
1/2 c. water
1/2 c. refried beans

Toppings:

1/2 c. shredded cheese
1/2 c. shredded lettuce
1 small tomato, chopped
1/4 c. sour cream
1/4 c. salsa

1. Preheat the electric skillet to 400°.

To Make the Tortillas:

1. Put the corn flour and water into the bowl attachment of the Kitchen Aid mixer. Using the white flat paddle attachment, mix together the flour and water until combined. Set a timer and mix the dough for 1 minute.
2. After one minute of mixing, remove the dough from the Kitchen Aid and roll into a ball. Divide the dough into 10 to 12 small pieces and roll them into balls. Place the dough balls into one of the Ziplock bags and keep it sealed so that the dough does not dry out.
3. Cut the zip side off of the other Ziplock bag and cut down both sides. Do not cut the bag completely in half.
4. Place the cut Ziplock bag on the tortillas press and open the top half. Place one of the dough balls in the center of the tortilla press. Fold the other half of the Ziplock bag over the dough ball.
5. Press the top of the tortilla press over the dough and flatten the tortilla.
6. Carefully peel the tortilla off the Ziplock bag and place it on the warm electric skillet. Cook the tortilla for about 1 minute, or until golden brown. Then, flip the tortilla over and cook for an additional minute or until golden brown.
7. Repeat the process with all of the dough balls until all of the tortillas are cooked. Keep them on a plate under a couple of paper towels to keep them warm.

To Make the Filling:

8. Cook the hamburger in a skillet over high heat, breaking the meat into small pieces as it cooks. Cook until it is no longer pink inside and out.
9. Drain off the grease from the cooked hamburger by pushing the hamburger to one side of the skillet. Then, carefully tilt the skillet so that the grease drains to one side. Using a spoon, spoon the grease into an empty refried beans can. Leave the hamburger in the skillet and keep the heat on high.
10. Add the taco seasoning and the water to the hamburger in the skillet and cook for an additional 3-4 minutes. Try to get most of the water evaporated during the cooking process.
11. Place the refried beans in a cereal bowl and heat them in the microwave for about 30 seconds to 1 minute. Place a paper towel on top of the bowl while cooking to prevent splattering.

To Assemble the Tacos:

12. Spread the warm beans on each of the tortillas. Evenly distribute the hamburger mixture over the beans on each of the tortillas.
13. Top the tacos with the topping ingredients. Eat and enjoy!

Equipment You Will Need On Your Tray

1 Custard Cup

1 Cup Dry Measuring Cup

1/2 Cup Dry Measuring Cup

Spatula

Cereal Spoon