

Beef Tacos with Homemade Tortillas

Tortillas:

2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
2 Tbsp. butter, softened
1/2 c. warm water

Filling:

1/2 lb. hamburger
1/2 pkg. taco seasoning
1/4 c. water

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. Place the 1/2 c. water into the microwave and heat for 30 seconds to 1 minute until warm.
2. Combine the flour, baking powder, salt and softened butter in the silver bowl attachment of the KitchenAid mixer.
3. Using a pastry blender, cut the butter into the flour mixture until the butter is small and crumbly.
4. Twist the silver bowl attachment securely into the base of the KitchenAid. Using the white flat paddle attachment, slowly add the warm water to the flour mixture while combining on a low speed.
5. Continue to mix until a soft dough forms. If the dough is too sticky, add small amounts of flour (about 1 Tbsp. at a time) until it is not sticky. If the dough is too dry, add small amounts of water (about 1 Tbsp. at a time) until it forms a soft dough.
6. Have the teacher CHECK OFF YOUR DOUGH before moving on.
7. Cut the dough into 8 to 10 pieces so that each group member will get two tortillas. Roll each piece into a ball and allow the dough to sit on the counter for 10 minutes. (It might be helpful to set a timer.)
8. After the dough is done resting, roll each dough ball into a thin circle with a rolling pin. You may need to sprinkle a little flour on the counter to prevent the dough from sticking.
9. Place the tortillas on the electric skillet and cook until the tortillas turn white, or about 2-3 minutes. Flip the tortillas over and the electric skillet and cook the other side for an additional 1-2 minutes.
10. After they are cooked, remove the tortillas from the electric skillet and place them on a plate. Cover them with a towel to keep them warm until serving.

To Make the Filling:

11. 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.
12. 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 a cereal bowl and allow to cool. When cool, pour the grease into the garbage can. Leave the hamburger in the skillet and keep the heat on high.
13. 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.

To Assemble the Tacos:

14. After the hamburger filling is made and the tortillas are cooked, evenly distribute the hamburger mixture over the beans on each of the tortillas.
15. Top the tacos with the topping ingredients. Eat and enjoy!

Equipment You Will Need On Your Tray