

Names _____ Kitchen # _____

One Pan Taco Dinner

½ lb. ground beef

1 cup rice

2 tbsp. taco seasoning mix (*homemade*)

½ cup grated cheddar cheese

½ cup salsa

Tortilla Chips

1 cup water

Cook ground beef in large WOK style frying pan over medium-high heat until no longer pink. Add one cup of water and taco seasoning mix to meat; stir and bring to a boil. Stir in salsa and rice. Sprinkle with grated cheddar cheese and cover. Turn stove to low and set time for 5 minutes. When timer rings, stir mixture and divide evenly among group members in cereal size bowls. See Mrs. Graybill at this point for your tortilla chips.

Prep Jobs:

Name: _____

Cook ground beef & set timer:

Measure water & seasoning mix & add to beef:

Measure rice & stir into mixture:

Measure salsa & stir into mixture:

Grate cheese & add to mixture:

Serve into bowls:

Clean Up Jobs:

Name: _____

Wash Dishes:

Dry Dishes & Sink:

Put Dishes Away:

Wipe Off Counters & Stove:

Empty Garbage & Food from Sink Drains:

Sweep Floor & Put Recipe on Mrs. G's Desk:

(See reverse side for pre-lab questions.....)



1. How do you know how long to cook the meat?
2. What temperature do you cook the meat at?
3. What kind of frying pan are you to cook the meat in?
4. Do you add all of the remaining ingredients at the same time?
5. Do you have to cover this mixture while it cooks?
6. How long do you have to set your timer for?
7. How much seasoning mix do you need?
8. What has to happen to the mixture before the rice is added?
9. What do you top the final product with?
10. What do you serve this in?

