

## Tacos tonight, taco soup and enchiladas in a few weeks



### Recipe for Tacos

#### Brown Hamburger

This recipe will give you leftovers for making enchiladas and [taco soup](#). (Recipes linked).

- ½ C or so of onion
- 2 pounds lean hamburger
- 3 cans green chilies
- 2 packs taco seasoning
- 1 can refried beans

To the skillet with onion, add 2 pounds of lean hamburger and brown meat, breaking up as it cooks.

Drain off fat.

Add 3 cans of green chilies and 2 packs of taco seasoning.

Remove 1/2 of mixture to a freezer bag labeled "taco soup".

Add 1 can of refried beans to what remains in the pan.

If you only need 4 tacos, remove ½ of what remains to a separate freezer bag and label it "enchiladas" (otherwise, use as much as you need and save the rest for leftovers).

Put both freezer bags into the freezer to be removed one to two days before use.

#### Assemble Tacos

To assemble 4 tacos:

- 4 tortillas
- Grated Cheese
- Lots of Veggies
- Salsa/Sour Cream (optional)
- Add cheese, veggies, sour cream, and salsa (opt).

To see how to incorporate this recipe into a healthy eating plan, click [here](#).

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Marcy Vogler is a lifestyle makeover coach, personal trainer, and mother of three. Marcy is passionate about helping women make over their lives from the inside out. To learn more about the courses Marcy offers, check out our partner website at [www.thegoodlife4u.club](http://www.thegoodlife4u.club). For daily inspiration, join Marcy's [Facebook Group: Love Your Day, Love Your Life](#).