

Taco Meat

(Scott Briggs [father of Sylvia Bauer-Briggs])

Ingredients:

- Salt
- Apple Cider Vinegar
- Tomato paste/sauce/pasta sauce/salsa
- Ground turkey or chicken, diced small
- Fresh Garlic (optional)

Spices (in order of importance):

- chili powder
- cumin
- coriander
- garlic powder
- smoked paprika

Veggies:

- Onions
- Zucchini,
- Peppers

Liquid:

- water is fine, but chicken broth, vinegar, Worcestershire sauce, hot sauce or lime juice according to your taste and what's available

Instructions:

- Dice Veggies
- Saute Veggies in oil with a little salt and a little vinegar
- Add a tablespoon of tomato paste, more if pasta sauce.
- Stir and saute a little longer.
- Add ground turkey or chicken and cook, stirring occasionally, until the meat is cooked through
- Add liquid as you go to keep moist.
- At the end taste it and add salt, hot sauce for spiciness, fresh garlic for flavor, vinegar or lime juice for zing... As you like.