



## Ground Peanut & Beef Taco / Mini Quesadilla

**Maintenance to be mixed into your taco:** peanut

### Ingredients:

- Peanut maintenance
- Ground beef
- 1 tsp salt, ½ tsp black pepper
- 2 tsp Chili powder
- 1 tsp Garlic powder
- ¼ tsp Smoked paprika
- 1 tsp Cumin
- ⅛ tsp Cayenne pepper powder
- 2 tbsp Tomato paste
- 3 cups Shredded Mexican cheese blend (use vegan cheese if dairy allergic)
- 12 Street taco size white corn tortillas
- Optional toppings: shredded lettuce, diced tomatoes, chopped cilantro, diced avocados



### Instructions:

1. Preheat the oven to 425F. Then combine salt, black pepper, chili powder, garlic powder, smoked paprika cumin, and cayenne pepper in a small bowl
2. Mix tomato paste and water in a separate bowl and set to the side
3. Crush up your peanut maintenance and set aside
4. Heat a frying pan over medium heat and add ground beef to the pan
5. Allow the ground beef to brown for 5 minutes and break it into crumbles as it browns
6. Reduce the heat to medium-low and add the spice mixture and tomato paste and water to the pan
7. Mix in tomato paste and seasonings and saute until completely cooked about 2-3 min
8. Line a baking sheet with parchment paper and lay 6 corn tortillas on the baking sheet and cover with shredded cheese - do this twice to make 12 tacos
9. In a small bowl, combine your ground peanut maintenance with 2–3 tablespoons of taco meat then place onto one side of the tortillas.
10. Place the baking sheet in the oven to cook for 3 minutes
11. Remove tacos from the oven, fold each in half, and press down lightly to ensure the tacos stay folded.
12. Return the baking sheet to the oven and cook for 5 minutes
13. Remove the baked tacos from the oven and repeat steps 8-12 to make 6 more tacos.
14. Allow tacos to cool, then add your toppings of choice and serve.

### Storage:

- Store in freezer for 1 month.
- Store in the refrigerator for 1 week.



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Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: peanuts, dairy.**