

Jazzed Up Tacos

Yield: 10 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-style-okra-recipe>

Ingredients:

- 4 ears fresh corn shucked and silks removed
- 16 spears okra fresh
- 1 teaspoon olive oil
- salt
- pepper
- 3 Roma tomatoes fresh, ripe, diced
- 1/2 onion medium, finely diced
- 1 jalapeno pepper fresh, finely diced
- 1/4 cup fresh cilantro chopped
- 1 lime
- 1/2 teaspoon salt
- 1 taco dinner kit Old El Paso Stand 'n Stuff
- 1 pound ground beef
- shredded lettuce

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 230 milligrams
9. Sugar: 1 grams

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