



# Troyer's Tulsa Tacos - USA



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This is the recipe that has been in my family for over 50 years. I call this Troyer's Tulsa Tacos because I was born in Tulsa Oklahoma (USA) and my family name is Troyer and we ate tacos prepared like this for as long as I can remember.



It is simple and easy to prepare. Party food or Sunday dinner this is a perfect meal to share.



Every family that makes tacos has their own recipe. People usually think this is a Mexican or Latino type of food but these days

I would call it a fusion type of dish as it can be adapted to any culture or palate.

A person can choose any type of meat pork/beef/poultry/fish as a base or go vegetarian.

This is a great treat for groups of people as each person can choose how to put together their own unique taco.

### Base

400 g Ground beef  
Seasoning  
Corse chilli/  
red pepper, salt  
Tricolor pepper kernels  
Worcestershire sauce  
Tabasco sauce



### Taco filling

Kidney beans  
Bean puree from black or red beans (black bean puree is really good)  
Cheddar cheese  
Avocado  
Sour cream  
Iceberg or available Lettuce  
Tomato  
Chopped black olives (I don't use these but my mom loves them)  
Salsa pre or home made

**Tortilla wraps** I get them pre made you can find simple recipe on line

### Directions

Grind dry seasonings, to taste, over the beef as it is being browned in a skillet over medium heat.

Stir and fold mixture as it browns adding sauces a little at a time also to taste.

### Prepare toppings

Shred or chop lettuce  
Grate cheese  
Slice avocado or make a guacamole  
Slice tomatoes into thin wedges  
With the beans usually  
I open the can and drain off the water



Place the desired ingredients onto an open tortilla wrap, fold in half and eat.