



Mediterranean Tacos

1 lb ground beef
1 yellow onion, diced
4 cloves garlic, minced
1 tbs cumin
1 tsp cayenne pepper
½ tsp tumeric
1 cup uncooked lentils
2 cups chicken stock
2 tbs cilantro, chopped
1 zucchini, diced
1 red bell pepper, diced
3 green onions, diced
3 tomatoes, diced
Lettuce, chopped
½ lb feta cheese
1 package pita bread
Salt
Black pepper

Preparation:

1. Combine the lentils, 1 tbs of the diced onions and the chicken stock in a small pot. Bring to a boil, then turn down to simmer for 45 minutes.
2. In a large sauté pan, brown the ground beef, then drain off excess fat. Leave the beef in the pan.
3. Add remaining onions, garlic, zucchini and bell pepper to the beef. Add 1 ½ cups water, and the cumin, cayenne and tumeric. Mix together; bring to a boil, then reduce to a simmer for 15 minutes. Add salt and pepper to taste.
4. Add the cooked lentils, green onion and cilantro to the pan, continuing to simmer for another 5-10 minutes, or until liquid has been cooked off.
5. Crumble or dice the feta cheese. Cut the pita rounds in half. Serve the tacos buffet style, with the lettuce, tomatoes and feta as fillings for the tacos.

Serves 4.

We came up with this recipe while needing something simple to eat while watching the San Francisco Giants in the playoffs. We served it with a 2008 Occasio Zinfandel, Livermore Valley, Del Arroyo Ranch, which worked great.

Recipe developed October 2010 by Lori and Larry. Enjoy!