

T A C O B O W L S

This family-friendly dinner recipe is a way to connect at the table. It includes two budget-saving tips—because feeding your family should feel nourishing, not stressful.

Ingredients:

- 1 lb ground beef or turkey
- 1 packet taco seasoning
OR homemade mix:
 - 1 tbsp chili powder
 - 1 tsp cumin
 - 1 tsp garlic powder
 - 1 tsp paprika
 - 1/2 tsp onion powder
 - 1/2 tsp salt
 - 1/4 tsp black pepper
- 1 can black beans, rinsed (adds fiber and fills tummies)
- Toppings: shredded lettuce, cheese, salsa, plain Greek yogurt (as sour cream)



Base options:

- Cauliflower rice (low-carb, veggie boost)
- Lettuce cups (fresh and crunchy)
- Small flour tortillas (for soft tacos)
- Regular rice (budget-friendly and filling)

Instructions:

1. Cook ground meat in a skillet over medium heat until browned. Drain excess fat if needed.
2. Add taco seasoning and a splash of water. Simmer for 5 minutes.
3. Stir in black beans and warm through.
4. Set up a toppings bar with small bowls—kids can help by placing toppings in bowls and assembling their own meals!

Safety tip: For younger kids, keep them away from the stove; their help is perfect for the toppings bar and meal assembly.

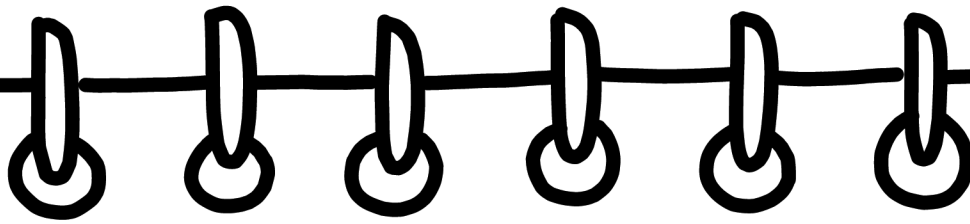


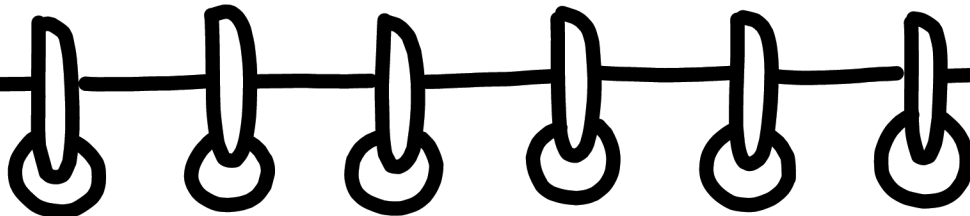
TABLE TALK

At dinner, invite everyone to share:

- “What’s one fun thing you did today?”
- “What’s something kind you did for someone today?”
- “What’s something kind someone did for you today?”



Small moments like these build big family connections.



GROCERY HACKS TO STRETCH YOUR BUDGET

- Buy store-brand basics. They’re often 20–30% cheaper and just as good.
- Freeze extras. Cook double batches when on sale and freeze portions for no-stress future meals.



*Nourishing your family doesn’t have to be complicated,
it just needs love.*