

## THE MUNCHSTERS Munchster Recipes

Allow your child to do as many of the steps of the recipes as possible. Be sure to remind your child to wash his or her hands before beginning any cooking activity, and after handling certain foods such as raw meat and poultry.

### Munchster Tacos

Makes 8 tacos

#### INGREDIENTS:

1 pound lean ground beef  
1 package (1 1/4 ounces) taco seasoning mix  
Water  
8 prepared taco shells or medium flour tortillas  
Shredded Cheddar or Monterey Jack cheese  
Thinly sliced lettuce  
Chopped tomatoes  
Light dairy sour cream  
Taco sauce or prepared mild salsa



#### PROCEDURE:

1. In a skillet, brown ground beef over medium heat 8 to 10 minutes or until meat is no longer pink, stirring occasionally. Pour off drippings. Add seasoning mix and water; cook according to package directions. Transfer meat filling to serving bowl.
2. Show your child one way to "build" a taco by spooning some of the meat mixture and toppings of choice into a taco shell or onto a tortilla. Let your child "build" his/her own taco.

### Munchster Pizza

Makes 12 pizzas

#### INGREDIENTS:

1/2 pound lean ground beef  
6 English muffins, split and toasted  
1 cup prepared pizza sauce  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups shredded mozzarella cheese  
Grated Parmesan cheese  
Optional toppings: sliced ripe olives, jarred sliced mushrooms



1. In a large skillet, brown ground beef over medium heat 8 minutes or until beef is no longer pink, stirring occasionally. Pour off drippings. Season with salt and pepper; set aside.
2. Let your child spoon sauce onto muffin halves and spread it with the back of the spoon. Let your child top the muffin with cooked ground beef, cheeses and toppings, as desired.
3. Place pizzas on baking sheet. Broil 3 to 4 inches from heat until cheese is melted. Let cool slightly before eating.