



MRE PUZZLE ACTIVITY

Beef Taco



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Directions

1. Print the MRE (Meal, Ready-To-Eat) puzzle on the following page and cut along the black lines to create the individual puzzle pieces. The puzzle will have 20 pieces.

2. Piece together the image of the iconic MRE dish eaten by Marines in the field all around the world.

3. With the help of your family, make the dish using the recipe from the AFRS (Armed Forces Recipe Service) below.



Beef Taco

For the Taco Meat

- 2 lbs. Ground Beef
- 1 tsp. Salt
- ¼ tsp. Red Pepper
- ¼ tsp. Cumin
- ¼ tsp. Garlic Powder
- ¾ tbsp. Chili Powder
- 4 tbsp. Flour

For the Assembly

- Taco Shells
- Cheese
- Lettuce
- Chopped Onions
- Taco Sauce

1. Cook beef until beef loses its pink color; stir to break apart. Drain fat.
2. Combine salt, red pepper, cumin, garlic, chili powder, and flour; add to beef. Saute 5 minutes.
3. Arrange taco shells on sheet pans. Using an oven, bake 2 to 3 minutes at 325 degrees.
4. Place 1/4 cup meat filling in each taco.
5. Just before serving, top each taco with 2 tablespoons cheese, 2-1/3 tablespoons lettuce, 2 teaspoons onions, and 1 tablespoon taco sauce.



