



Kidney-friendly

Tacos

Makes 12 servings

**2 lbs. lean ground beef or
lean ground chicken**

½ head of lettuce, shredded

2 tomatoes, chopped

1 onion, diced

½ cup sour cream

3 tbsp of chili powder

1 tbsp of ground cumin

¾ tsp of onion powder

¾ tsp of garlic powder

Hard or soft corn tortillas

Make the taco seasoning by mixing the chili powder, ground cumin, onion powder, and garlic powder in a small bowl until well-blended.

Brown ground beef or chicken and stir in taco seasoning (all or to taste).

Fill a tortilla with 2 oz ground beef or chicken, 1 tbsp of tomatoes, 1 tbsp of onion, lettuce, and a small amount of sour cream.

Enjoy!

Nutrition Facts Per Serving Serving Size: 1 taco	
Calories	325
Potassium	352 mg
Phosphorus	191 mg
Sodium	120 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.