



# Uncle Paul's

Non-Traditional  
Sweet & Spicy  
Tacos



This recipe is not quick; it may take 3 hours from start to finish. I do not recommend speeding this recipe along. The many spices and flavors must slow cook so that they will blend together. I call this selection of spices sneak attack spices because if not properly cooked, they may cause gastro-intestinal problems. This warning aside, I find that 98% of the people who have tried my Non-Traditional Sweet & Spicy Tacos have enjoyed them without injury or harm. I have improved upon this recipe for over 14 years to bring it to its present state of perfection.

## Materials & Food:

### Advanced preparations and table setting:

Sharp knife and cutting board  
3 cups shredded cheddar cheese  
    You may mix Monterey Jack cheese  
3 cups shredded lettuce  
2-3 cubed tomatoes  
8 oz sour cream  
1-2 packages hard and or soft taco shells  
    I use large burrito soft-shells  
Other taco toppings that your family likes  
Serving spoons & eating utensils as needed  
Plates, bowls, & cups as needed  
NOTE: The amounts will vary from family to family  
Adjust the amounts to fit your family's needs

### Section 2:

Large skillet or frying pan  
Spatula  
1lb-1¼lb thawed ground beef  
1 packet of taco seasonings  
½ cup hot water in a mug

### Section 1:

Sharp knife and cutting board  
Medium saucepan  
Cooking spoon  
Medium cubed yellow or white onion  
Medium cubed green pepper  
¼ cup vegetable oil spread  
½ cup light brown sugar

### Section 3:

Large sauce pan with lid  
Cooking spoon  
18-oz bottle of favorite BBQ sauce  
½ cup hot water  
1 TBS onion powder  
1 TBS cinnamon  
1-tsp. chili powder  
1½ tsp. curry  
½ tsp. cayenne  
Additional water up to ¾ cup,  
¼ cup increments while cooking

## Procedure:

### Advanced preparations:

Thaw frozen ground beef for use in Section 2. Prepare your taco toppings in your accustomed manner. Shred the cheese and rip washed lettuce. Cut washed tomatoes in small cubes on a cutting board with a sharp knife. Put these fixings in separate bowls, cover with plastic wrap, and set in the refrigerator until time to serve. Rinse the cutting board and knife, but keep them for use in Section 1. Do not set the table at this time.

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## Non-Traditional

### Sweet & Spicy Tacos

Continued

#### Section 1:

Remove outer leaves and then cut the onion in cubes. Make the pieces medium sized. Wash the green pepper with fit to remove the wax. Cut a hole in the top of the pepper to remove the seeds, and then cut the pepper length-wise into strips. Cube the pepper by cutting the strips in pieces across the width of the strip. Again, make the pieces medium sized.

Melt the ¼ cup vegetable oil spread in the medium saucepan. Add the ½ cup light brown sugar and stir with the cooking spoon. Add the prepared onion and green pepper. Stir and simmer the onion and green pepper on low heat for 12 minutes. Remove the pan from heat and set aside for use in Section 3.

#### Section 2:

Mix the taco seasonings in ½ cup hot water in a mug. NOTE: Do not use a full cup of water as per instructions on the seasoning packet. Brown the 1lb-1¼lb thawed ground beef in a large skillet or frying pan. Chop the ground beef chunks into small parts with a spatula. After the beef is browned, drain the skillet. Add the prepared taco seasonings and cook for 5 more minutes. Stir with spatula to prevent burning. Remove from heat and save for Section 3.

#### Section 3:

In a large saucepan dump the 18-oz bottle of your favorite BBQ sauce. Put ½ cup hot water in the empty BBQ sauce bottle, cap it, and swish the water around. Dump the BBQ washings into the pan. Heat pan on low. Add the spices: 1 TBS onion powder, 1 TBS cinnamon, 1-tsp. chili powder, 1½ tsp. curry, and ½ tsp. cayenne. Stir the sauce and continue to cook. After 5 minutes, dump in the onion, green pepper, and entire contents of the saucepan (or drain liquid to make a little lighter) from Section 1. Stir the sauce and continue to cook. Dump in the seasoned browned beef from Section 2. Stir the sauce, cover the pot, and continue to cook for at least 1 hour up to 1 ¼ hour.

During this time, do the dishes, put stuff away, clean the counters, and set the table. Remember to return to the stove to stir the pot each 5 minutes or so. If the mixture looks too thick add ¼ cup of water. Replace the pot lid. Continue this process until the hour is finished. I use ¾ cup of water during this process. You must judge the thickness for yourself. If you put too much water in, cook without the lid until it is the proper thickness.

### Final notes:

This recipe should make enough for 5-6 average adults. Two burrito size portions are more than enough for the average adult. These tacos sit heavy and are rich. Most people get very full and do not want dessert. Chips with salsa, cheese dip, bean dip, or cheese and salsa dip are nice compliments to this meal.

Assemble the burritos by laying a wide row of filler. Put sour cream next, and then add cubed tomatoes, shredded lettuce, and shredded cheese. Roll and eat with a fork. Or you may choose the more fun messier eat by hand method. Enjoy!

A Paul D. Anderson Original