

MICROWAVE TACOS

1 lb. ground chuck
1/2 c. chopped onions
1 clove garlic
1/2 c. tomato juice
1 pkg. taco seasoning mix
8 shells

In a 2 quart microwave dish, break the ground chuck with a fork. Microwave on high for 4 minutes. Microwave until done. Stir in rest of ingredients and microwave on high 3 minutes. Microwave shells 1 minute on high. Top with favorites like lettuce, tomato, olives, onions, etc. Serves 8.