

Tacos (Ground Beef)

8 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 500 g Beef (ground, lean, raw)
- 120 g Taco shells (baked)
- 1 cup cherry tomatoes Tomatoes (red, ripe, raw, year round average)
- 144 g Lettuce (iceberg, raw)
- 113 g Cheese (cheddar)
- 1/2 cup, sliced Onions (raw)
- 1 tbsp Spices (chili powder)
- 1 tsp Spices (cumin seed)
- 1/2 tsp Spices (paprika)
- 2 clove Garlic (raw)
- 3/4 tsp Salt (table)
- 1 tbsp Vegetable oil (olive)

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add the diced onion and cook 3 minutes.
2. Add the garlic, chili powder, cumin, and paprika. Stir 30 seconds until fragrant.
3. Add the ground beef and break it apart. Cook 6–8 minutes until browned. Drain excess fat.
4. Add 1/4 cup water and salt. Simmer 5 minutes until the liquid is mostly absorbed.
5. Warm the taco shells according to package directions.
6. Fill each shell with seasoned beef, then top with diced tomatoes, shredded lettuce, and shredded cheddar.