

MEALTIME HELPER

MAKING MEALTIME EASY

Beef Tacos - Recipe

Prep time: 10 minutes

Cook time: 10–15 minutes

Total time: 20–25 minutes

Servings: 4 (about 8 tacos)

Ingredients

- 1 lb (450 g) ground beef (80/20 for best flavor)
- 1 tablespoon olive oil (optional — for leaner beef)
- 1 small onion, finely chopped
- 2–3 garlic cloves, minced
- 1 packet (or 2 tablespoons) taco seasoning, or homemade (see below)
- 1/2 cup (120 ml) beef or chicken broth (or water)
- 8 small corn or flour tortillas (6–8 inch)
- Salt and black pepper, to taste
- 1 tablespoon lime juice (optional, for finishing)

Optional toppings (choose your favorites):

- Shredded lettuce
- Diced tomatoes or pico de gallo
- Shredded cheddar or Mexican blend cheese
- Sliced or diced avocado / guacamole
- Sour cream or Mexican crema
- Chopped cilantro
- Sliced radishes
- Lime wedges
- Pickled jalapeños or fresh sliced jalapeño

Optional homemade taco seasoning (yields ~2 Tbsp):

- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp smoked paprika (or regular)

- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4–1/2 tsp crushed red pepper flakes (optional)
- 1 tsp kosher salt
- 1/4 tsp black pepper

Directions

1. **Prepare ingredients:** Chop the onion, mince the garlic, and arrange toppings. If using homemade seasoning, mix the spices in a small bowl.
2. **Heat the pan:** Warm a large skillet over medium-high heat. Add olive oil if using (skip if fat content of beef is sufficient).
3. **Cook onion and garlic:** Add the chopped onion and cook 2–3 minutes until softened. Add the minced garlic and cook 30 seconds until fragrant.
4. **Brown the beef:** Add the ground beef, breaking it up with a spatula. Cook 5–7 minutes until browned and no longer pink. Drain excess fat if there's a lot, leaving a tablespoon for flavor. Season with salt and pepper.
5. **Add seasoning and liquid:** Sprinkle the taco seasoning over the beef, stir to coat, then pour in the broth or water. Bring to a simmer and cook 2–3 minutes until the sauce thickens and coats the meat. Stir in lime juice if using. Taste and adjust seasoning.
6. **Warm the tortillas:** While the beef simmers, warm tortillas by wrapping in a damp cloth and microwaving 20–30 seconds, or heat individually in a dry skillet 15–20 seconds per side, or directly over a gas flame for charred edges. Keep wrapped to stay pliable.
7. **Assemble tacos:** Spoon seasoned beef into each tortilla. Top with your chosen toppings (cheese, lettuce, tomato, avocado, sour cream, cilantro, etc.). Finish with a squeeze of lime.
8. **Serve:** Serve immediately while warm. Leftover filling keeps 3–4 days refrigerated; reheat on the stove or microwave.

Tips

- For extra flavor, sauté a little diced bell pepper with the onion.
- Add a splash of salsa or a spoonful of tomato paste when simmering for deeper tomato notes.
- For crunchy tacos, brown the filled tortillas in a skillet with a little oil until crisp.

Enjoy a fast, customizable weeknight classic — bright toppings make all the difference.