

Quick Tex-Mex Beef Tacos

About:

This is a classic, quick easy meal in Texas, part of Tex-Mex cuisine. Early Texans cooked with a mix of American and Mexican ingredients and methods, creating an interesting cuisine of their own.

Ground beef, chicken, or any meat can be used. Shrimp, fish, and sauteed bell-pepper & onions are also great. Adding sauteed zucchini is also a great way to use up summer veggies!

Ingredients

	<u>Ground Beef</u>	<u>500 gm</u>	*drain grease from meat if not lean
	<u>Olive Oil</u>	<u>1 TB</u>	
SPICES	<u>Chili Powder</u>	<u>2 tsp</u>	
	<u>Cumin</u>	<u>2 tsp</u>	
	<u>Garlic Powder</u>	<u>1 tsp</u>	
	<u>Paprika (spice)</u>	<u>1 tsp</u>	
	<u>Salt</u>	<u>1/2 tsp</u>	
	<u>Black Pepper</u>	<u>1/2 tsp</u>	
	<u>Tomato Paste</u>	<u>2 TB</u>	
	<u>Water</u>	<u>1/2 cup</u>	
	<u>Corn Tortillas</u>	<u>3 or 4 ea</u>	*flour tortillas acceptable if corn unavailable

Toppings

Salsa
Diced Onion
Cilantro

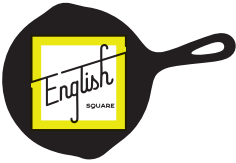
Diced Onion
Sour Cream/Greek Yogurt
Lime

✂️

.....

.....

.....



Quick Tex-Mex Beef Tacos

Instructions:

1. Heat the olive oil in skillet over medium high heat. Add the ground beef and cook until browned, about 5-7 minutes. Drain fat if needed.
2. Mix spices together. Sprinkle in spices, add tomato paste and water. Stir to combine and continue cooking over medium-low heat until the sauce has thickened, about 3-5 minutes
3. Serve in warm tortillas with your other desired toppings. Best enjoyed outside on a patio with friends and a cold drink!

✂ ☞

.....

.....

.....

.....

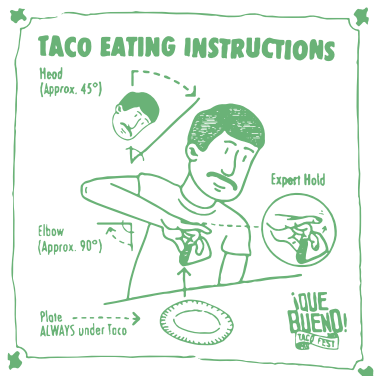
.....

.....

.....

.....

.....



Note: Freeze leftover taco meat on a tray and put in an airtight container for quick tacos anytime. Serve with chips and salsa. Experiment!