

Beef Tacos

4-6 Servings • 1 Serving = 2 Tacos



INGREDIENTS

- 1 Tablespoon extra virgin olive oil, divided
- 1 pound extra lean ground beef (95%)
- ¼ white onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ red bell pepper, finely chopped
- 1 (15 ounce) can low sodium or no salt added crushed tomatoes
- 1 large carrot, diced into ½" cubes
- Optional: ½ cup low sodium chicken broth or water
- ½ cup cilantro, chopped
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- 8-12 corn tortillas
- Optional: cheddar cheese (shredded), tomatoes (chopped), avocado, lettuce, and salsa

DIRECTIONS

1. Heat a large skillet over medium-high heat. Add ½ Tablespoon oil and ground beef. Cook, separating with a spatula, until browned. Remove the beef from the skillet with a slotted spoon and set aside. Remove excess grease left in the skillet with a paper towel.
2. Add the remaining oil to the skillet, along with onion, garlic, and ground cumin. Sauté until the onion is translucent, about 5 minutes. Add the bell pepper and continue to sauté for another minute. Add the tomatoes, beef, and carrots to the skillet. Stir gently, bring to a boil, then turn down heat to a simmer.
3. Add chicken broth or water if the mixture gets too dry. Continue to simmer for 15 minutes or until the carrots have cooked through. Add the cilantro, salt, and pepper. Stir, then remove the skillet from the heat.
4. Warm tortillas and split beef among them. Top with cheese, tomatoes, avocado, lettuce, and salsa.

Nutrition Facts	
5 servings per container	
Serving size	2 Tacos
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 270mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 116mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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