



## *Insanely Delicious Beef Tacos*



### **Ingredients:**

- 1 lb ground beef 70-80% lean\*
- 1 tbsp chili Powder
- ½ tsp salt
- ¾ tsp cumin
- ½ tsp dried Mexican oregano
- ¼ tsp granulated garlic
- ¼ tsp granulated onion
- ½ cup tomato sauce

### **Taco Shells:**

- 8 white corn tortillas
- ½ cup oil avocado or vegetable

### **For Serving the Tacos:**

- Lettuce finely chopped
- Shredded Mexican cheese blend or cheddar cheese
- Tomatoes, finely diced
- Red onions, finely diced
- Fresh cilantro
- Sour Cream, optional
- Guacamole, optional
- Hot Sauce, optional
- Pico de Gallo, optional
- Thinly sliced Avocado, lengthwise, optional

### **Method:**

1. Heat a large skillet over medium heat. Add the ground beef; break it up with a wooden spoon while cooking. Cook until browned and no longer pink.
2. Drain excess grease from the skillet, then return to the stove and reduce the heat to low.
3. Add the ½ cup tomato sauce and taco seasoning. Stir together until the meat is coated in the sauce. Allow to simmer for 5 minutes.
4. Pour ½ cup oil in a medium size skillet, heat over medium high heat. Carefully dip a tortilla, if the oil sizzles and bubbles then it is hot enough. Gently lay the tortilla in the oil and fry each side for about 30 seconds, just enough to give some color and add some crispness.
5. Remove the tortilla to a paper towel to absorb oil, and carefully fold the tortilla over to create a taco shape using tongs, or two forks.
6. Fill the tortillas with the ground beef taco meat and add desired toppings