

Ground Beef Tacos



5 from 1220 votes

These Ground Beef Tacos are filled with juicy flavorful taco meat made with my homemade taco seasoning - it's an easy weeknight recipe for the whole family!

 Course	Main Course
 Cuisine	Mexican
 Prep Time	15 minutes
 Cook Time	10 minutes
 Total Time	25 minutes
 Servings	8 servings
 Calories	142kcal
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Equipment

- [Anodized Nonstick Cookware](#)

Ingredients

- 1 tablespoon [olive oil](#)
- 1 pound lean ground beef
- 2 teaspoons [chili powder](#)
- 2 teaspoons [cumin](#)
- ½ teaspoon [oregano](#)
- ½ teaspoon [garlic powder](#)
- ½ teaspoon [salt](#)
- ½ teaspoon [black pepper](#)
- 2 tablespoons [tomato paste](#)
- ½ cup water

For serving the tacos

- 8 Corn or flour tortillas
- Lettuce **finely chopped**
- Shredded Mexican cheese blend or cheddar cheese
- Tomatoes **chopped**
- Chopped red onions

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 any fat.
2. Add the chili powder, cumin, dried oregano, garlic powder, salt, pepper, 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 warm over tortillas with lettuce, tomatoes, cheese and red onions, or your other desired toppings.

Notes

Storage: Store any leftovers in an airtight container. They will last up to 4 days and can be reheated on the stovetop. To reheat, add a splash of water so the taco meat doesn't dry out.

Freezing Instructions: Allow the taco meat to cool down completely, then place in freezer-safe storage containers or ziplock bags for up to 3 months.

Substitutes: For best results, follow the recipe as is. However here are some common substitutes that would work well in this recipe.

- *Instead of tomato paste* and water, you can simply use tomato sauce.
- *Instead of chili powder*, you can use paprika.

Nutrition

Calories: 142kcal | Carbohydrates: 13g | Protein: 14g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 35mg | Sodium: 236mg | Potassium: 304mg | Fiber: 2g | Sugar: 1g | Vitamin A: 216IU | Vitamin C: 1mg | Calcium: 36mg | Iron: 2mg