

YIELD: 1 POUND

# Ground Beef for Tacos

Perfect ground beef for tacos; recipe from a real Texan!

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	15 minutes	20 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 pound ground beef (80% or 90% lean is perfect)
- 1 tablespoon tomato paste
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes (optional)

## Instructions

1. Preheat a 10" cast iron skillet over medium-high heat. Once hot, add the olive oil and heat until shimmering.
2. Add the ground beef, tomato paste, and all spices to the skillet.
3. Cook over medium-high heat while breaking it up with a spoon occasionally. After about 7-9 minutes, the beef will no longer be pink in the middle.
4. Serve immediately in crispy taco shells with taco toppings, or store in freezer-safe plastic bags for up to 3 months until ready to eat.\*

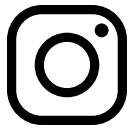
## Notes

\*To reheat frozen taco meat, place it in a hot skillet with a few tablespoons of water and heat through.



**Nutrition Information: YIELD: 6 SERVING SIZE: 1**

*Amount Per Serving:* CALORIES: 236 TOTAL FAT: 16g SATURATED FAT: 5g  
TRANS FAT: 1g UNSATURATED FAT: 8g CHOLESTEROL: 67mg SODIUM: 450mg  
CARBOHYDRATES: 2g FIBER: 1g SUGAR: 0g PROTEIN: 21g

**Did you make this recipe?**

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