

Ground Beef Tacos



Servings: 4

Filling

1 Tbsp olive oil

1 lb lean ground beef

Salt and freshly ground black pepper

2 tsp minced garlic

*2 1/2 tsp chili powder**

1 tsp ground cumin

1/2 tsp onion powder

1/2 cup tomato sauce

1/3 cup low-sodium chicken broth

Tacos

8 corn tortillas (5 - 6 inch)

3/4 cup cheddar cheese or shredded Mexican cheese blend

2 Roma tomatoes or 1 cup grape tomatoes, diced

2 cups shredded romain or iceberg lettuce

Cuisine: Mexican

Heat 1 Tbsp olive oil in a 12-inch non-stick skillet over medium-high heat. Add beef in large chunks to skillet spacing apart. Season with salt and pepper.

Let brown on bottom, about 3 minutes then flip, break up beef and continue to cook until almost cooked through, about 2 minutes.

Add garlic, chili powder, cumin, onion powder and continue to cook until beef is just cooked through, about 1 minute.

Pour in chicken broth and tomato sauce. Simmer over medium-low heat until sauce has reduced and thickened, about 3 - 5 minutes.

Serve warm over warmed tortillas with lettuce, cheese, tomatoes and other desired toppings.

Per Serving (excluding unknown items): 201 Calories; 9g Fat (42.9% calories from fat); 25g Protein; 3g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 86mg Sodium; 1g Total Sugars; trace Vitamin D; 24mg Calcium; 3mg Iron; 519mg Potassium; 245mg Phosphorus. Exchanges: .