

Mexican Beef Tacos

Yield: 9 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-food-beef-recipes>

Ingredients:

- ground beef (Beef Mince), 500gm (Half Kg) (I used fine beef mince)
- 1 teaspoon garlic (Chopped)
- seasoning Tacos, Homemade (See the recipe below)
- capsicum (Green Bell Pepper) - 1 small sized - cut into small dice shape
- red bell pepper half medium size - cut into small dice
- yellow bell pepper half medium size - cut into small dice
- 4 tablespoons cooking oil
- 1 tablespoon red chili powder (Leveled)
- 1 tablespoon garlic powder (Leveled)
- 1 teaspoon cumin powder (Leveled)
- 1 tablespoon paprika powder (Leveled)
- 1 teaspoon oregano
- 1 teaspoon onion powder (Leveled)
- salt as per taste
- black pepper freshly crushed, half teaspoon
- 1/2 teaspoon crushed red chilies
- 2 tomatoes Red Farmed (or organic), Big, fine chopped
- 1 onion Red) -Big fine chopped
- 1 green chili (or Jalapeno) - fine chopped
- 2 tablespoons parsley - (or fresh coriander)
- 3 tablespoons lemon juice
- salt to taste
- 2 avocado (Ripe) Mashed
- 2 tablespoons cream Fresh, (to make more creamy, Optional)
- 2 tablespoons lemon juice
- fresh cilantro Green Coriander, (Green Coriander) - (Optional, to garnish)
- salt to taste
- 1/2 onion fine chopped
- 1 tomato (Red Farmed) –small, fine chopped
- 10 taco shells Hard, Store bought (or soft if you desire)
- ground beef Tacos, Mince Filling, Homemade
- pico de gallo Tomato Salsa, Homemade
- guacamole Avocado Dip, Homemade
- iceberg lettuce Homemade

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 400 milligrams
9. Sugar: 4 grams

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