

Best Ground Beef Taco

Yield: 1 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/real-mexican-ground-beef-taco-recipe>

Ingredients:

- 1 pound ground beef 70-80% lean*
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 3/4 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 cup tomato sauce
- taco shells
- 8 white corn tortillas
- 1/2 cup oil canola or vegetable

Nutrition:

1. Calories: 2020 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 250 milligrams
4. Fat: 153 grams
5. Fiber: 14 grams
6. Protein: 81 grams
7. SaturatedFat: 30 grams
8. Sodium: 1710 milligrams
9. Sugar: 11 grams
10. TransFat: 3.5 grams

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