

# Ground Beef Soft Tacos

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-soft-tacos-recipe>

## Ingredients:

- 1 teaspoon olive oil
- 1 onion sliced
- 1 pound lean ground beef preferably 95 percent lean, Vegetarians: Substitute 14 to 16 ounces crumbled firm tofu
- 1/4 teaspoon salt
- 1 cup canned black beans preferably low sodium or no-salt-added, drained and rinsed
- 3/4 cup salsa with no more than 85 mg sodium per 2 tablespoons
- 8 corn tortillas about 6 inches in diameter, warmed
- 1 cup romaine lettuce chopped
- 1 cup fresh cilantro optional
- 1/4 cup sour cream reduced fat or “light”

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 80 milligrams
4. Fat: 12 grams
5. Fiber: 9 grams
6. Protein: 32 grams
7. SaturatedFat: 4 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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