

# The Best Ground Beef Tacos

Yield: 5 min  
Total Time: 40 min

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

## Ingredients:

- 2 tablespoons canola oil
- 3/4 cup chopped onion
- 1 pound ground beef or ground turkey
- 3 garlic cloves
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 8 ounces tomato sauce
- 1 jalapeno seeded and minced fine, alternately, you can add hot pepper sauce to taste or canned jalapenos OR just leave out the heat a...
- taco shells

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 65 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 500 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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