

# Beef Puffy Tacos

Yield: 8 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-recipe-fresh-masa-chalupas-recipe>

## Ingredients:

- 2 pounds fresh masa available at Mexican markets\*
- vegetable oil
- kosher salt
- 1 white onion chopped
- 1 jalapeño pepper seeded and minced
- 2 garlic cloves minced
- 2 tablespoons vegetable oil
- 1 pound ground beef
- 2 plum tomatoes chopped
- 4 teaspoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons kosher salt
- 1/2 cup Mexican beer
- shredded cheese
- salsa
- lettuce
- sour cream
- guacamole

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 12 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 830 milligrams
9. Sugar: 3 grams

10. TransFat: 0.5 grams

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