

My Favorite Ground Beef Tacos From Paula Deen

Yield: 9 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/paula-deen-mexican-chili-recipe>

Ingredients:

- 1 pound ground beef
- 1/2 onion finely chopped
- 16 ounces tomato sauce
- 2 tablespoons fresh cilantro minced
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder chipotle, or regular chili powder if you want less heat
- 1 lime
- salt
- pepper
- 10 taco shells
- shredded cheese
- salsa
- sour cream
- shredded lettuce opt.

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 470 milligrams
9. Sugar: 6 grams
10. TransFat: 0.5 grams

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