

Skillet Tacos

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1 pound ground beef
- 1/2 small red onion chopped
- 1 1/2 cups frozen corn
- 10 corn tortillas 6 inches, cut into 1-inch pieces, I use my pizza cutter to do this
- 8 ounces taco sauce I used mild
- 1/4 cup shredded cheddar cheese divided

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 55 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 410 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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