

# Ground Beef Tacos

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-twice-cooked-beef-tacos-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 pound lean ground beef
- salt
- freshly ground black pepper
- 2 teaspoons minced garlic
- 2 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 cup tomato sauce
- 1/3 cup low sodium chicken broth
- 8 corn tortillas 5 - 6 inch
- 3/4 cup cheddar cheese or shredded Mexican cheese blend
- 2 Roma tomatoes or 1 cup grape tomatoes, diced
- 2 cups iceberg lettuce or shredded romain
- guacamole
- avocados
- sour cream
- Cholula
- hot sauce
- green onions or Chopped red
- cilantro

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 95 milligrams
4. Fat: 23 grams
5. Fiber: 7 grams
6. Protein: 35 grams

7. SaturatedFat: 9 grams
  8. Sodium: 790 milligrams
  9. Sugar: 6 grams
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