

Marie Saba

from my kitchen to yours

Beef Tacos

Makes about 15 rolled tacos

Ingredients:

For the taco meat:

- 1 lb. grass-fed ground beef
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon cumin
- 1 teaspoon Kosher salt

To make the tacos:

- Light olive oil
- 15-20 corn tortillas
- 2 cups Mexican Blend grated cheese



Instructions:

1. Heat a [large pan](#) over medium to medium-high heat. Add the ground beef and sear, chopping beef with a spatula into small pieces. Sprinkle the seasonings over the beef. Continue to cook, tossing and chopping with a spatula, until beef is cooked through and brown. Remove from heat and let cool about 5 minutes.
2. Put the cheese in a bowl and set it next to the pan of beef. Place a few paper towels on top of a [large cutting board](#)– this will be your rolling station.
3. Heat oil in a small pan over medium heat. Gently slide a tortilla into the oil – it should float and sizzle in the oil. Count to 5 and then, using [tongs](#), flip the tortilla and let it float and sizzle on the other side. Count to 5 and then move the tortilla to the paper-towel-lined cutting board. Repeat with 5 more tortillas, so you have six tortillas on the cutting board. Then working in an assembly-line fashion, fill each tortilla with a bit of beef and cheese, and roll up. Move rolled tacos to a serving platter.
4. Continue making tacos until you run out of beef and cheese. Serve warm, or store in an air-tight container in the refrigerator. Reheat in the microwave before serving.

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