



# Beef Tacos

**Yield: 4 servings; 8 tacos**

## Ingredients

- 2 teaspoons extra virgin olive oil
- 1 cup diced onion
- 1 pound ground beef, lean 90/10
- ½ cup water
- ¼ cup store bought taco seasoning
- 8 flour tortillas
- 1 cup shredded cheddar cheese

## Instructions

1. Heat a medium sauté pan over medium-high heat and add oil. Once oil is hot, add the onion and sauté until translucent and begins to brown, about 4 minutes.
2. Add the beef and cook until no more pink is visible in the beef.
3. Add water and seasoning to the beef and simmer for 4 minutes, stirring occasionally.
4. If desired, warm the tortillas by placing them on a hot, non-stick dry skillet, over medium heat until warm to the touch.
5. Assemble the tacos by placing 1/3 cup of the beef filling and 2 tablespoons of cheese, evenly on each tortilla.

## Nutrition Information

**Serving Size:** 2 tacos  
Calories: 726  
Total Fat: 31.5 g  
Saturated Fat: 11.7 g  
Monounsaturated Fat: 11 g  
Polyunsaturated Fat: 1.8 g  
Sodium: 1755 mg  
Total Carbohydrate: 59 g  
Dietary Fiber: 1.4 g  
Sugars: 1.8 g  
Protein: 48 g

Source: Health meets Food

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