

Payday Recipes

Easy Beef Tacos

Seasoned ground beef, warm tortillas, and fresh toppings — ready in 25 minutes. The homemade spice blend makes all the difference.

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

- [ ] 1 lb (450 g) ground beef (80/20)
- [ ] 1 tablespoon chili powder
- [ ] 1 teaspoon ground cumin
- [ ] 1 teaspoon smoked paprika
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1/2 teaspoon dried oregano
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 1/4 teaspoon cayenne pepper (optional)
- [ ] 1/2 cup water or tomato sauce
- [ ] 8 small corn or flour tortillas

Toppings

- [ ] Shredded lettuce
- [ ] Diced tomato
- [ ] Diced white onion
- [ ] Shredded cheddar cheese
- [ ] Sour cream
- [ ] Lime wedges
- [ ] Pickled jalapeños or hot sauce (optional)

Instructions

1. Heat a large pan over medium-high heat. Add the ground beef and cook, breaking it into small crumbles, for 6-7 minutes until browned. Let it sit undisturbed for a minute at a time so it browns instead of steaming.
2. Drain off most of the fat, leaving about a tablespoon in the pan.
3. Stir in the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt, pepper, and cayenne if using. Cook for 1 minute until fragrant.
4. Pour in the water or tomato sauce and simmer for 3-4 minutes until the sauce thickens and coats the beef. Taste and adjust salt.
5. While the beef simmers, warm the tortillas in a dry pan for 30 seconds per side, or over a gas flame for a few seconds.
6. Spoon the beef into the tortillas and add toppings. Serve with lime wedges.

Nutrition per serving

480 kcal	30 g	32 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

Warm the tortillas in a dry pan for 30 seconds per side — cold tortillas crack and the taco falls apart. Do not overfill: 2-3 tablespoons of beef per taco is enough.