

# Ground Beef Taco

Easy ground beef tacos with perfectly seasoned meat. Simple recipe using 80/20 ground beef, taco seasoning, and fresh toppings for delicious homemade tacos.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 3 tbsp olive oil
- 2 clove garlic
- 0.5 onion
- 1 tbsp cumin
- 3 lb ground beef
- 2 pack taco seasoning

## Instructions

- 1 Prepare the aromatics**

Heat 3 tablespoons oil in a large skillet or high-sided pan over medium heat until it shimmers and moves freely when you tilt the pan.
- 2** Add 2 cloves minced garlic, 0.5 diced onion, and 1 tablespoon cumin to the hot oil. Cook, stirring frequently, until the onions are soft and translucent and the mixture smells very fragrant, about 3-4 minutes.
- 3 Cook the ground beef**

Add 3 pounds ground beef to the pan, breaking it into smaller chunks with your hands as you add it.
- 4** Cook the beef over medium-high heat, breaking it up with a wooden spoon or spatula as it cooks, until no pink remains and the meat is completely browned, about 8-10 minutes.
- 5 Season the meat**

Drain the cooked beef in a fine-mesh strainer or colander to remove excess fat, then return it to the pan over low heat.

6 Add 2 packs taco seasoning to the drained beef and stir to coat evenly. Gradually add 1/2 to 3/4 cup water, stirring constantly, until the seasoning is fully absorbed and the mixture reaches your desired consistency.

7 **Assemble and serve**

Spoon about 1/4 cup of the seasoned beef mixture into each taco shell or tortilla, add your desired toppings, and serve immediately while the meat is still hot.

## Tips

Always sweat your aromatics first - cooking garlic, onions, and cumin in oil before adding the beef creates a flavorful foundation that elevates the entire dish.

Add ground beef to the pan in small portions rather than dumping it all at once. This technique ensures even cooking and better browning for superior flavor development.

Drain the cooked beef thoroughly before adding seasoning to prevent greasy, unappetizing tacos and ensure proper seasoning adherence.

Use store-bought taco seasoning for convenience and consistent results, but be mindful of salt content and add water gradually for best texture.

Make extra beef for future meals - double the recipe and freeze half for quick weeknight dinners later.

Add a squeeze of fresh lime juice to finished tacos for brightness that cuts through the rich beef and enhances all the flavors.

Let the seasoned beef rest for a few minutes after cooking to allow the flavors to meld before serving.

Warm your tortillas before assembling for the best texture and eating experience.