

Tex-Mex American-Style Taco Meat

From the Kitchen of [Deep South Dish](#)

INGREDIENTS

For the Seasoning:

- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander or dried oregano flakes
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Creole or Cajun seasoning
- 1/2 teaspoon granulated sugar
- Salt and pepper, to taste, only as needed

For the Tacos:

- 12 pre-formed crunchy taco shells, fresh corn tortillas or soft taco flour tortillas
- 1 pound ground beef or ground turkey
- 2 cups water
- 1 heaping tablespoon beef base (like Better than Bouillon)
- Toppings: Shredded lettuce, shredded cheese, chopped tomato, sliced black olives, raw chopped red, yellow or sweet onion, sour cream, sliced avocado, guacamole, salsa or pico de gallo, sliced pickled jalapenos and/or chopped cilantro are a few suggestions.

INSTRUCTIONS

1. Combine seasonings and set aside.
2. Add beef to a lidded deep skillet and break apart using a masher.
3. Add water and beef base to meat and bring to a boil; blend in base and seasonings.
4. Reduce to a low simmer, cover and let cook for 1 hour, using masher to continue breaking down the meat periodically.
5. Uncover and continue to simmer until almost all of the liquid has been absorbed, about another 15 to 20 minutes. Taste and add pepper and salt, only if needed. Adjust other seasonings as desired.
6. While the beef is braising, fry corn tortillas, warm flour tortillas or bake pre-formed taco shells and prep all of the toppings you plan to use, placing on a tray or if entertaining, into small bowls on a serving tray. Shredded lettuce, shredded cheese, chopped tomato, sliced black olives, raw chopped red, yellow or sweet onion, sour cream, sliced avocado, guacamole, salsa or pico de gallo, sliced pickled jalapenos and/or chopped cilantro are a few suggestions.

7. Distribute the meat mixture evenly among the taco shells and add toppings as desired. Serve immediately.

NOTES

While this can technically serve about four, depending on appetites and if you also serve sides, I highly recommend doubling the recipe! Use for lettuce wraps, tacos, nachos, burritos, enchiladas, stuffed peppers, or stuff into an avocado half. May also substitute beef or chicken stock/broth for the water with beef base. Depending on the type of ground beef you use, there may be some residual fat left in the skillet. Simply use a slotted spoon to drain off any excess before loading into the taco shells.

For Soft Corn Tortillas: While the beef is braising, preheat fryer to 365 degrees F or heat about 1 inch of oil in a heavy skillet over medium to medium-high heat. Set aside a rack placed over a paper towel covered tray and some salt. Frying one corn tortilla at a time, use tongs to place it flat into the hot oil. Fry for 10 to 15 seconds, flip and fold in half, holding with the tongs. Fry for 10 to 15 seconds longer, or until crisp. Do not over fry or the shells will be more chewy than crisp. Remove and transfer to prepared tray; sprinkle with salt immediately. Repeat for remaining corn tortillas. Fill and serve right away.

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