

Cooks Illustrated Beef Tacos

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Tacos:

1 tablespoon vegetable oil

1 onion, minced

3 garlic cloves, minced

2 tablespoons chili powder

1 teaspoon cumin

1/2 teaspoon oregano

1/4 teaspoon cayenne pepper

Salt

1 pound extra-lean ground beef or ground turkey

1/2 cup tomato sauce

1/2 cup chicken broth

2 teaspoons cider vinegar

1 teaspoon light brown sugar

8 taco shells

Directions:

Heat the oil in a medium skillet over medium heat until shimmering.

Add the onion and cook until softened, about 5 minutes.

Stir in the garlic, spices, and 1 teaspoon salt and cook until fragrant about thirty seconds.

Stir in the ground beef and cook, breaking it up with a wooden spoon until no longer pink, about five minutes.

Stir in the tomato sauce, broth, vinegar, and sugar until thickened, about 10 minutes.

Season with salt to taste.