



All American Beef Taco

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 12 6-inch corn tortillas yellow ()
- 2 teaspoons cornstarch
- 0.5 cup cilantro leaves fresh
- 2 cloves garlic minced
- 1 teaspoon ground coriander
- 1 tablespoon ground cumin

- 16 ounces ground sirloin
- 1 cup iceberg lettuce shredded
- 12 slices pickled jalapeño
- 6 servings kosher for seasoning, plus 1 teaspoon for beef
- 2 teaspoons kosher salt
- 0.7 cup beef broth low-sodium
- 1 medium onion chopped
- 6 ounces panela cheese crumbled
- 0.8 cup vegetable oil; peanut oil preferred
- 1.5 teaspoons paprika smoked hot
- 1 large tomatoes seeded chopped

Equipment

- frying pan
- oven
- wire rack
- pot
- kitchen thermometer
- aluminum foil
- rolling pin
- tongs

Directions

- Watch how to make this recipe.
- Special equipment: heavy duty aluminum foil
- Make a taco mold by rolling out aluminum foil and folding it over in 10-inch increments until you have a 4-sheet-thick piece of foil. Fold the large foil square in half horizontally, bringing the bottom to the top, and then turn 90 degrees. Crimp over the top and bottom edges by 1 inch, and then fold over the sides by 1 inch.

- Place the aluminum foil roll or a narrow rolling pin into the center of the foil square and bring the sides together to create a hollow, narrow tube to mold the taco, making sure it can stand up on the long side.
- Heat the oven to 250 degrees F.
- Heat the peanut oil in a 12-inch cast iron skillet over medium heat until it reaches 350 degrees F on a deep-fry thermometer, about 5 minutes. Adjust the heat to maintain the temperature.
- Shape 1 tortilla around the aluminum foil mold, forming a taco shape. Use tongs to hold up the sides against the mold and put the bottom of the tortilla into the hot oil and fry for 20 seconds.
- Lay 1 side of the tortilla down in the hot oil and fry for 30 seconds. Flip the tortilla over and fry for an additional 30 seconds.
- Remove the taco shell to a cooling rack set over a newspaper lined half sheet pan and cool for 30 seconds before removing the mold.
- Sprinkle the hot tortillas with kosher salt, to taste. Repeat frying procedure with the remaining tortillas. Keep the taco shells warm in the heated oven while preparing the filling.
- Drain all but 2 tablespoons of the peanut oil from the skillet and return to medium heat. Once the oil shimmers, add the onion and cook until softened and lightly browned around the edges, about 3 to 4 minutes.
- Add the ground meat, 1 teaspoon salt, and garlic. Cook until browned, about 3 to 4 minutes, stirring occasionally, to break up the meat.
- Add Taco Potion and beef broth. Bring to a simmer and cook, uncovered, until sauce is slightly thickened, 2 to 3 minutes.
- Assemble each taco with meat mixture, panela, jalapeno slices, lettuce, tomatoes, and cilantro.
- Serve immediately.
- Put all of the ingredients in a small jar and shake to combine. Store in an airtight container for up to 1 month.

Nutrition Facts

 PROTEIN **19.93%**  FAT **48.63%**  CARBS **31.44%**

Properties

Glycemic Index:54.25, Glycemic Load:13.29, Inflammation Score:-10, Nutrition Score:35.986086829849%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

Nutrients (% of daily need)

Calories: 528.83kcal (26.44%), Fat: 29.43g (45.28%), Saturated Fat: 11.33g (70.79%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 31.81g (11.57%), Sugar: 10.12g (11.25%), Cholesterol: 79.76mg (26.59%), Sodium: 1138.61mg (49.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.27%), Vitamin C: 220.32mg (267.06%), Vitamin A: 3764.85IU (75.3%), Vitamin B6: 1.3mg (65.02%), Vitamin E: 9.58mg (63.87%), Vitamin K: 54.14µg (51.56%), Phosphorus: 504.34mg (50.43%), Fiber: 11.02g (44.07%), Zinc: 5.71mg (38.09%), Vitamin B3: 7.32mg (36.62%), Selenium: 24.91µg (35.59%), Calcium: 325.93mg (32.59%), Vitamin B12: 1.94µg (32.35%), Potassium: 1069.47mg (30.56%), Manganese: 0.6mg (29.93%), Vitamin B2: 0.46mg (27%), Magnesium: 104.93mg (26.23%), Iron: 4.6mg (25.57%), Folate: 77.7µg (19.42%), Copper: 0.31mg (15.35%), Vitamin B1: 0.21mg (13.74%), Vitamin B5: 1.28mg (12.75%), Vitamin D: 0.25µg (1.64%)