

Treasure Barrel

Easy Taco Cups – Quick Comfort Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 packet taco seasoning (or 2 tsp cumin, 1 tsp chili powder, 1/2 tsp smoked paprika, 1/2 tsp garlic powder)
- [ ] 12 small corn taco shells
- [ ] 1 cup shredded cheddar-Monterey Jack blend
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 1 lime, cut into wedges
- [ ] 1/2 cup diced tomato
- [ ] 1/4 cup diced red onion

For the Taco Cups

- [ ] 2 tbsp olive oil
- [ ] Optional: hot sauce or sliced jalapeños for extra heat

Instructions

1. Preheat the oven to 375°F (190°C). Arrange the corn taco shells on a baking sheet, point side up.
2. Heat olive oil in a skillet over medium-high heat. Add the ground beef, breaking it up, and cook until browned, about 5-7 minutes.
3. Stir in the taco seasoning (or homemade blend) and a splash of water; let it simmer for 2 minutes until the flavors meld.
4. Fill each shell with a spoonful of seasoned beef, then top with shredded cheese. Bake for 8-10 minutes, until the cheese melts and the shells turn golden.
5. Remove from oven, add fresh diced tomato, red onion, and cilantro. Finish with a squeeze of lime and, if desired, a dash of hot sauce.

Nutrition per serving

320 kcal	18 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cooked beef with a paper towel if there's excess grease; this keeps the shells crisp.
- If you prefer a milder flavor, reduce the chili powder or omit the smoked paprika.
- Feel free to add black beans or corn for extra texture.