Plate Dream

Easy Taco Cups Recipe

Crispy taco cups loaded with seasoned beef, melted cheese, lettuce, and a dollop of sour cream—ready in

15 min	15 min	30 min	4	Easy	Mexican
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 packet taco seasoning (or homemade blend)
- [ ] 12 small corn tortilla shells
- [ ] 1 cup shredded cheddar-Monterrey Jack blend
- [ ] 1/2 cup diced red onion
- [ ] 1 cup shredded lettuce
- [ ] 1/4 cup chopped fresh cilantro
- [ ] 2 tbsp lime juice
- [ ] 1/2 cup sour cream

Optional Toppings

- [ ] Sliced avocado
- [ ] Pickled jalapeños
- [ ] Diced tomatoes
- [ ] Cotija cheese crumbles

Instructions

1. Preheat the oven to 375°F (190°C). Place the corn shells on a parchment-lined baking sheet and bake for 5-7 minutes, just until they turn golden and stiff.
2. While shells bake, heat a skillet over medium-high heat. Add the ground beef, break it up, and cook until browned, about 5 minutes.
3. Stir in the taco seasoning and a splash of water (or broth); let it simmer for 2 minutes. Add lime juice, then drain any excess liquid.
4. Remove the shells from the oven, fill each with a spoonful of seasoned beef, sprinkle shredded cheese on top, and return to the oven for another 2-3 minutes until cheese melts.
5. Take the cups out, top with lettuce, red onion, cilantro, and a dollop of sour cream. Add any optional toppings you like.

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 to avoid excess moisture.
> - If you prefer a spicier bite, add a pinch of cayenne or a dash of hot sauce to the meat.
> - Serve immediately for maximum crunch; leftovers can be reheated in a hot oven for 5 minutes.