

Foodnity Recipes

Beef Tacos With Teriyaki Glaze

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1 pound lean ground beef (450 g)
- [ ] 1 tablespoon vegetable oil
- [ ] 1 small red bell pepper, diced
- [ ] 1/2 medium onion, diced
- [ ] 1 teaspoon ground cumin
- [ ] 1/2 teaspoon smoked paprika
- [ ] Salt and black pepper to taste

For the Teriyaki Glaze

- [ ] 1 cup store-bought teriyaki sauce
- [ ] 3 tablespoons honey
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon grated fresh ginger
- [ ] 1 clove garlic, minced
- [ ] 1 tablespoon cornstarch
- [ ] 1 tablespoon water

Tacos and Toppings

- [ ] 12 small corn tortillas
- [ ] 1 cup shredded lettuce
- [ ] 1 cup diced ripe tomato
- [ ] 1 avocado, sliced
- [ ] 1/4 cup chopped fresh cilantro
- [ ] 1/2 cup shredded cheddar cheese
- [ ] 2 lime wedges
- [ ] 1/4 cup sour cream (optional)

Instructions

1. Start by heating your skillet over medium-high heat. Add the 1 tablespoon vegetable oil and wait just a moment until it's shimmering—that's how you know it's ready.

2. Toss in your diced onion and bell pepper. Sauté them for about 3-4 minutes until they've softened up nicely. Now, add the minced garlic and stir constantly for about 30 seconds; you don't want it to burn, just get fragrant.

3. Push those lovely veggies to the side of the pan and add the 1 pound lean ground beef. Use your spoon to break it apart as it cooks, about 5–6 minutes until it's all browned. Honestly, make sure to drain any excess grease so the tacos aren't too oily.

4. Now we season. Stir in the 1 teaspoon ground cumin, 1/2 teaspoon smoked paprika, salt, and black pepper. Cook for just 1 minute—this toasts the spices and really wakes up the flavor.

5. In a small saucepan, whisk together your 1 cup store-bought teriyaki sauce, 3 tablespoons honey, 1 tablespoon rice vinegar, 1 teaspoon grated fresh ginger, minced garlic, 1 tablespoon cornstarch, and 1 tablespoon water until smooth. Pour this over the beef, stir it well, and bring it to a gentle simmer. Lower the heat and cook for 3-4 minutes until the sauce thickens into a beautiful glaze that hugs the meat.

6. Time for the tortillas. You can pop them in a dry skillet for 30 seconds per side or, if you're in a rush, wrap them in a damp paper towel and microwave for 15 seconds. I like to keep them wrapped in a clean towel or foil to stay soft.

7. Divide that glazed beef among the 12 small corn tortillas. I usually spoon about 3–4 tablespoons of meat into each one.

8. This is the fun part. Top your tacos with shredded lettuce, diced tomato, avocado slices, chopped fresh cilantro, shredded cheddar cheese, a little squeeze of lime, and a dollop of 1/4 cup sour cream if you're feeling it.

9. Serve these immediately. They go so well with a bit of cilantro-lime rice or corn salsa, and maybe a splash of hot sauce for those who like a little kick.

10. If you happen to have leftovers, just let them cool to room temperature—but don't leave them out more than 2 hours—before putting them in an airtight container.

Nutrition per serving

385 kcal	22 g	24 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a cast-iron skillet gives the beef a deeper sear and richer flavor.
- If you prefer a spicier taco, sprinkle a pinch of red pepper flakes when seasoning the beef.
- Whisk the cornstarch with cold water first; this prevents lumps when you add it to the hot glaze.