

Foodnity Recipes

Taco Tortilla Roll-Ups Recipe

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

Ingredients

Main Ingredients

- [ ] 4 small flour tortillas
- [ ] 1/2 lb ground beef
- [ ] 1 tsp chili powder
- [ ] 1/2 tsp cumin
- [ ] 1/4 tsp garlic powder
- [ ] Salt and pepper to taste
- [ ] 1/4 cup shredded cheddar cheese
- [ ] 1/2 cup shredded lettuce
- [ ] 1 small tomato, diced
- [ ] 2 tbsp sour cream
- [ ] 1 tbsp lime juice

Optional Fillings

- [ ] Sliced avocado
- [ ] Pickled jalapeños
- [ ] Fresh cilantro leaves

Instructions

1. Heat a skillet over medium heat, add the ground beef, and crumble it as it cooks.
2. Stir in chili powder, cumin, garlic powder, salt, and pepper; cook until the meat is browned and fragrant.
3. While the meat simmers, warm the tortillas for a few seconds; then spread a thin layer of sour cream and sprinkle shredded cheddar on each.
4. Add a spoonful of the seasoned meat, followed by lettuce, tomato, and a drizzle of lime juice. For a subtle twist, think of a taco rice bowl learn more flavor profile.
5. Roll each tortilla tightly, slice in half if desired, and serve immediately.

Nutrition per serving

320 kcal	18 g	28 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra heat, add a few dashes of hot sauce inside each roll.
- For a vegetarian version, swap the meat with seasoned black beans.
- These also pair nicely with taco stuffed sweet potatoes learn more as a hearty side.