



# Ground beef tacos

15'  
Hands on

10'  
Cook Time

8  
Portion(s)

1  
Difficulty



## Ingredients

- 8 tortillas, small
- 3-4 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 tablespoon(s) rosemary
- 1 chili pepper
- 300 g ground beef
- 1 tablespoon(s) tomato paste
- salt
- pepper
- 50 g red wine
- 200 g tomatoes, grated
- 50 g gruyere cheese, grated
- 1/2 bunch coriander
- 1 spring onion
- 150 g strained yogurt

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Get a [12-cup muffin pan](#) and flip it over.
- Fold the tortillas and place them between the cups of the muffin pan.
- Bake for 3-5 minutes and set them aside to cool.
- Place a [frying pan](#) over high heat and add the olive oil.
- Finely chop the onion, the garlic, and add them to the pan. Add the rosemary and sauté.
- Add the chili pepper finely chopped, the ground beef, and sauté well until golden brown.
- Add the tomato paste, mix, and season with salt and pepper. Deglaze the pan with the wine, add the tomatoes, and simmer at low heat, for 5-6 minutes, until the sauce is cooked and its water evaporated.
- Add the cheese, mix until it melts, and remove from the heat.
- Fill each tortilla with the filling, add 1 teaspoon of yogurt into each one, finely chopped coriander and spring onion, and [serve](#).

## Διατροφικός πίνακας

Nutrition information per portion

265 Calories (kcal)	11.0 Total Fat (g)	5.2 Saturated Fat (g)	24.0 Total Carbs (g)
13%	16%	26%	9%
5.1 Sugars (g)	14.0 Protein (g)	2.5 Fibre (g)	0.85 Sodium (g)
6%	28%	10%	14%