

Beef Taquitos

INGREDIENTS

- 1 lb ground beef
- ½ small yellow onion, finely diced
- 1/2 green pepper, finely diced
- 2 cloves garlic, minced
- 2 tbsp taco seasoning (store-bought or homemade)
- ½ cup tomato sauce (or mild salsa)
- 1½ cups shredded Mexican cheese (or cheddar/jack blend)
- 12 small flour tortillas (or corn for gluten-free)
- Avocado oil spray or olive oil spray

Optional Add-ins

- 2 tbsp chopped green chilies
- ¼ cup chopped cilantro
- Dash of hot sauce

DIRECTIONS

1. Preheat the oven or air fryer:
 - a. Oven: 425°F
 - b. Air fryer: 400°F
2. Place parchment paper on a baking sheet and lightly spray it with oil.
3. Heat a skillet over medium heat. Add diced onion and bell pepper. Cook for 2-3 minutes until softened.
4. Stir in minced garlic and cook for another 30 seconds.
5. Add ground beef to the skillet and cook until mostly browned, breaking it up as it cooks.
6. Stir in taco seasoning and tomato sauce. Simmer for 3-4 minutes until thickened. Remove from heat.
7. Wrap tortillas in a damp paper towel and microwave for about 30 seconds to make them easier to roll.
8. Spoon about 2 tablespoons of the beef mixture onto each tortilla. Add a sprinkle of shredded cheese.
9. Roll each tortilla tightly and place seam-side down on the prepared baking sheet or air fryer basket.
10. Lightly spray the tops of the taquitos with oil to help them crisp up.
11. Cook the taquitos:
 - a. Bake: 12-15 minutes, until golden and crisp.
 - b. Air fry: 6-8 minutes, until golden and crisp.
12. Serve with guacamole, salsa, sour cream, or Greek yogurt for dipping. Optional sides: rice, beans, or a simple salad.