

Zucchini Bread Recipes

Easy Taco Cups

A simple, flavorful snack of taco-filled tortilla cups that come together in under 30 minutes.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 12 small flour tortillas (6-inch)
- [ ] 1 lb ground turkey or lean ground beef
- [ ] 2 tbsp taco seasoning (homemade or store-bought)
- [ ] 1 cup shredded cheddar cheese
- [ ] 1/2 cup diced tomato
- [ ] 1/4 cup chopped fresh cilantro
- [ ] 1 lime, juiced
- [ ] 1/4 cup sour cream
- [ ] 2 tsp olive oil

Optional Toppings

- [ ] Sliced avocado
- [ ] Pickled jalapeños
- [ ] Diced red onion

Instructions

1. Preheat the oven to 375°F (190°C). Lightly spray a muffin tin with oil.



2. Press each tortilla into a cup shape in the tin, gently folding the edges; bake for 8-10 minutes until the edges turn golden.



3. While the shells bake, heat olive oil in a skillet over medium heat. Add the ground turkey, sprinkle taco seasoning, and stir until browned, about 5-6 minutes. Finish with lime juice and stir.



4. Remove the tortilla shells from the oven. Sprinkle cheese inside each shell, spoon the seasoned meat, then top with tomato, cilantro, and a drizzle of sour cream.



5 Return the filled cups to the oven for an additional 3-4 minutes, just until the cheese melts.



6 Serve warm, adding avocado or jalapeños if desired. Pair with a crisp salad or cream cheese bites for extra fun.



Nutrition per serving

310 kcal	22 g	25 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, brush the tortilla tops with a bit more oil before baking.
- If using beans, add them to the meat mixture after seasoning for a heartier cup.
- A quick garnish of lime zest brightens the overall flavor.