Bite Spoon

Easy Taco Cups Recipe

Quick, crunchy taco cups filled with seasoned meat, cheese, and fresh toppings—perfect for a snack or light

15 min	15 min	30 min	4	Easy	Mexican
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 tbsp olive oil
- [ ] 12 small tortilla shells (or 12 mini corn tortillas)
- [ ] 1 cup shredded cheddar cheese
- [ ] 1/2 cup diced tomatoes
- [ ] 1/2 cup shredded lettuce
- [ ] 2 tbsp lime juice
- [ ] 1/4 cup sour cream

Seasoning

- [ ] 2 tsp chili powder
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1/4 tsp smoked paprika
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Arrange the tortilla shells on a parchment-lined baking sheet and bake for 5-7 minutes until lightly golden and crisp.
2. While the shells bake, heat olive oil in a skillet over medium heat. Add the ground beef, breaking it up with a spoon, and cook until browned.
3. Stir in the chili powder, cumin, garlic powder, onion powder, smoked paprika, salt, and pepper. Cook for another 2 minutes, then splash in the lime juice and remove from heat.
4. Fill each baked shell with a spoonful of seasoned beef, sprinkle with shredded cheddar, then top with diced tomatoes, lettuce, and a drizzle of sour cream.
5. Serve immediately, perhaps alongside a side of taco bites for extra fun.

Nutrition per serving

320 kcal	18 g	22 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter option, substitute ground turkey for the beef.
- For extra crunch, sprinkle a pinch of crushed tortilla chips on top just before serving.
- A quick squeeze of additional lime over each cup brightens the flavors right before eating.