

BEEF TACOS

Adapted from cooksillustrated.com

INGREDIENTS

1 tablespoon olive oil
1 onion, minced
3 garlic cloves, minced
2 tablespoons chili powder
1 teaspoon cumin
½ teaspoon oregano
¼ teaspoon cayenne pepper
¼ teaspoon salt
1 pound extra-lean ground beef or ground turkey
½ cup tomato sauce
½ cup chicken broth
2 teaspoons cider vinegar
1 teaspoon light brown sugar
salt to taste

optional garnishes:
tortillas or taco shells
chopped lettuce
shredded cheese
avocado
sour cream
salsa

METHOD

Heat the oil in a medium skillet over medium heat until shimmering. Add the onion and cook until softened, about 5 minutes. Stir in the garlic, spices, and 1 teaspoon salt and cook until fragrant about thirty seconds.

Stir in the ground beef and cook, breaking it up with a wooden spoon until no longer pink, about five minutes.

Stir in the tomato sauce, broth, vinegar, and sugar. Simmer until thickened, about 10 minutes. Season with salt to taste. Serve with tortillas and toppings.