

Betty's Beef and Cheese Tacos



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In this video, Betty demonstrates how to make Beef and Cheese Tacos. These tacos are composed of crisp taco shells filled with a picante-flavored meat sauce, covered by a blend of cheese and sour cream, and then topped with lettuce and tomato, served with assorted side accompaniments. YUM!

Ingredients:

1 pound lean ground beef
½ large green bell pepper, chopped
8-oz. jar picante sauce (or use 8-oz. homemade Perky Picante Sauce from bettyskitchen)
1/3 cup plain yogurt (You may substitute 1/3 cup mayonnaise, if you prefer.)
8-oz. container sour cream
1 cup shredded sharp Cheddar cheese
shredded lettuce and chopped tomatoes for toppings
sour cream with pickled jalapeno slices and guacamole for accompaniments (You will find a recipe for South of the Border Guacamole in bettyskitchen.)
12 fresh yellow corn taco shells

In a large skillet over medium-high heat, brown 1 pound ground beef and ½ chopped large green pepper, until beef is crumbly and no longer pink. Remove from heat and drain any excess fat. Stir in 8-oz. picante sauce and set aside. In a medium-sized bowl, stir together 1/3 cup plain yogurt, an 8-oz. container of sour cream, and 1 cup shredded Cheddar cheese and set aside. Now, fill your taco shells as follows: place 1/12 of the meat and green pepper mixture in the bottom of a taco shell. Spoon 1/12 of the cheese and sour cream mixture over the top. Place in a shallow baking pan, upright. Use a nonstick pan, or spray the pan with cooking oil spray. Continue filling the taco shells until all 12 of them are filled, and the meat and green pepper mixture and the cheese and sour cream mixture are completely used. Place aluminum foil over the pan of tacos to prevent the tops from over-browning. Bake at 375 degrees (F) for 10 to 15 minutes, and then remove the aluminum foil and bake or broil about 5 minutes longer, until lightly browned. (You should check the tacos while they are in the oven to make sure they don't get over-done.) Remove from oven, and serve tacos immediately. These tacos are nice when served on a plate containing shredded lettuce and chopped tomatoes, which can be used as toppings for the tacos. Sour cream with pickled jalapenos and guacamole are great accompaniments. You can also serve any leftover picante sauce alongside. I hope you enjoy these Beef and Cheese Tacos! Love, Betty ☐