

[weeknight](#), [mexican](#), [beef](#), [gluten free](#), [complete](#), [TVP](#)

Tacos Dorado

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Ingredients

Tacos

- 1 large yellow onion, diced
- 1 lb ground beef, or Prepared TVP (See ingredient list below)
- 1/3 cup water
- hard shells
- 1/2 head iceberg lettuce shredded
- shredded mexican cheese
- (optional) sour cream
- (optional) hot sauce

Taco Seasoning

- 1 T cornstarch
- 1 T chili powder
- 3 tsp. ground cumin
- 1 tsp. smoked paprika
- 1/2 tsp. crushed red pepper
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. dried mexican oregano
- 1/4 tsp. black pepper

TVP for Tacos

- 1 cup TVP
- 1 1/3 cup water

- 2 tsp Minors Beef Base
- 1 tbsp yeast flake

Method

1. Finely dice onion and saute in a large frying pan over medium high heat until soft.
2. Add ground beef and brown.
3. While beef is cooking combine all ingredients for taco seasoning in a bowl.
4. When beef is done, reduce heat to medium and add taco seasoning. Stir beef to coat evenly with spice mixture. Add 1/3 cup water and stir to create a small amount of gravy that will coat the meat and onion mixture.
5. To serve, spoon into taco shells and add desired toppings.

TVP Method



Either write a new method, or work it in above.

Notes

Inspired by: <https://altonbrown.com/recipes/homemade-taco-seasoning-19/>
<https://www.thepioneerwoman.com/food-cooking/recipes/a83222/how-to-make-taco-seasoning/>

TVP Variation: For method, microwave as usual for tvp before frying in bacon fat in onion pan. No

Cornstarch with TVP



From:

<https://wiki.cookiemountain.org/> - **Recipe Book**

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