

Muffin Tin Tacos by Lynn's Recipes



Lynn demonstrates how to make Muffin Tin Tacos. These would make a great appetizer, but can be used for a lunch or dinner. Very kid friendly and you can garnish them with your favorite taco toppings.

Makes 12 individual tacos.

Ingredients:

- 1 pound ground beef
- ½ onion, diced
- 1 large jalapeno, diced
- ¾ cup water
- Seasoning Mix (see recipe below)
- 12 flour tortillas
- 2 cups shredded cheese
- Shredded lettuce and diced tomatoes for topping (or use your favorite toppings for tacos)

Taco Seasoning Blend (for 1 pound of ground beef)

- 1 Tablespoon flour
- 2 teaspoons chili powder
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon oregano
- ¼ teaspoon cayenne pepper
- Pinch of salt, if desired

Muffin Tin Tacos by Lynn's Recipes

Mix all of the above ingredients above and set aside.

Cook the ground beef, onion and jalapeno thoroughly, drain, if necessary and return to skillet.

Blend in the seasoning mix, that you set aside, and toss to coat.

Heat the mixture on high and add water; reduce and let simmer on med/low for about 10 minutes. Stir occasionally to prevent sticking.

Cut 4" diameter circles out of the flour tortillas.

Wrap tortilla circles (3-4 at a time) in a wet paper towel and microwave for 30 seconds to soften.

Mold the circles into a lightly greased muffin tin.

Add a layer of shredded cheese in the bottom, add about 2 Tablespoons of meat mixture, then top with cheese.

Bake in a preheated oven at 350° for 20 minutes.

When they're done, just pop them out and add your favorite toppings, including lettuce and tomato, if desired. Add a dollop of salsa and sour cream, if desired.

[Comment or watch this Recipe on You Tube](#)



Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes: April 2014
www.lynnrecipes.com

[Click here for a handy Conversion Chart](#)