

Stuffed Cheesy Taco Meltdown Mug: Your Quick Taco Fix

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TIME
2-4 min

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INGREDIENTS

1/2 lb ground beef (lean or regular)
1/2 packet taco seasoning (or about 1.5 tablespoons of your favorite blend)
1/4 cup water
1/4 cup salsa (mild, medium, or hot - your choice!)
1/2 cup shredded cheddar cheese (or a Mexican blend)
1/4 cup crushed tortilla chips
1/4 cup sour cream
1/4 cup diced tomatoes
1/4 cup chopped lettuce

DIRECTIONS

1. Let's get this taco meltdown started in your mug!
2. Cook the : Ground Beef: In a microwave-safe mug, add the 1/2 lb ground beef. Microwave on high for 2-4 minutes, breaking it up with a fork every minute, until it's fully browned. Cooking time will vary based on your microwave and the beef's fat content.
3. Drain : Excess Fat: Carefully drain any excess fat from the mug. You can do this by tilting the mug over a sink (with caution, it's hot!) or using paper towels to blot it up.
4. Season the : Beef: Add the 1/2 packet taco seasoning and 1/4 cup water to the mug with the cooked beef. Stir well to combine, ensuring the beef is thoroughly coated.
5. Heat : Seasoned Beef: Microwave for an additional 1-2 minutes until the sauce has thickened slightly and the beef is heated through. Stir halfway through.
6. Mix in : Salsa & Cheese: Stir the 1/4 cup salsa into the seasoned ground beef. Then, add half of the shredded cheddar cheese to the mixture and stir until it starts to melt and combine.
7. Top with : More Cheese: Sprinkle the remaining shredded cheddar cheese over the top of the beef mixture.
8. Melt the : Cheese: Microwave for about 30 seconds, or until the cheese on top is completely melted and bubbly. Watch it closely to prevent overcooking.
9. Add : Crunchy Topping: Sprinkle the 1/4 cup crushed tortilla chips on top of the melted cheese for a delightful crunch.

10. Finish with : Fresh Toppings: Finally, top your mug with generous dollops of sour cream, the diced tomatoes, and the chopped lettuce.
11. Enjoy! Grab a fork and dig into your delicious Stuffed Cheesy Taco Meltdown Mug! Be careful, as the mug will be hot.

SWAPS & NOTES

This recipe is super adaptable, allowing you to tailor it to your exact taco preferences: Ground Beef: You can easily swap ground beef for ground turkey, chicken, or a plant-based ground crumble for a different dietary need.

Taco Seasoning: Use your favorite brand, or make your own blend with chili powder, cumin, paprika, garlic powder, and onion powder.

Salsa: Any type of salsa works - chunky, smooth, mild, or spicy.

You could even use a spoonful of Rotel (diced tomatoes and green chiles) for extra flavor.

TIPS FOR SUCCESS

Choose the Right Mug: Use a generously sized microwave-safe mug (at least 16 oz) to prevent overflow, especially with all the layers and toppings.

Drain Fat Thoroughly: This prevents your taco mug from being greasy.

Don't Overcook Beef: Microwave ground beef can dry out quickly.

Layering Matters: The layers help create distinct textures and flavors in every bite, so try to follow them!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/stuffed-cheesy-taco-meltdown-mug-your-quick-taco-fix/>