

## My Favorite Cheesy Rotel Tacos for the Ultimate Taco Tuesday

(Serves 8-10, depending on taco size)



**OVEN**  
**350°F**

**TIME**  
**5 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

3 lbs ground beef  
1-2 tablespoons olive oil (for sautéing)  
1 medium onion, diced  
Taco seasoning (for both beef and sauce, about 3-4 tablespoons total)  
2 tablespoons butter  
1/3 cup all-purpose flour  
2 1/2 cups milk  
2 small cans Rotel (diced tomatoes & green chilies, undrained)  
2 blocks cheddar cheese, freshly shredded  
1/3 cup sour cream  
A few dashes of hot sauce, to taste  
Nacho cheese flavored hard taco shells  
Optional for serving: Spanish rice

### DIRECTIONS

- 1. Cook the : Beef:** In a large pot or Dutch oven, heat the olive oil over medium heat. Add the diced onion and sauté for 5 minutes until softened. Add the ground beef and a generous amount of taco seasoning. Cook, breaking up the beef with a spatula, until it is browned and cooked through. Drain any excess fat, then remove the cooked beef and onions from the pot and set them aside, leaving a little of the drippings behind for flavor.
- 2. Make the : Cheesy Rotel Sauce:** In the same pot, melt the butter over medium heat. Sprinkle in the flour and whisk constantly for 1-2 minutes to form a light roux. Gradually pour in the milk, whisking continuously until the mixture is smooth and slightly thickened.
- 3. Add the : Cheese:** Add both cans of undrained Rotel to the pot, then stir in your freshly shredded cheddar cheese. Continue stirring until the cheese is completely melted and the sauce is velvety and smooth.
- 4. Finish the : Sauce:** Mix in the sour cream, a few dashes of hot sauce, and a pinch more taco seasoning to taste. Stir everything together until well-combined.
- 5. Combine the : Beef & Sauce:** Return the cooked ground beef and onions to the cheesy Rotel sauce. Stir everything together and let it simmer on low for about 10 minutes, allowing the mixture to thicken and for the flavors to deepen.
- 6. Prep the : Taco Shells:** While the beef mixture is simmering, preheat your oven to 350°F (175°C). Arrange the nacho cheese taco shells on a baking sheet and warm them in the oven for about 5 minutes to make them extra crisp.

7. Assemble and Serve: Generously fill each warm taco shell with the cheesy Rotel beef mixture. Serve hot, and don't be afraid to let a little of that cheesy goodness spill out. Serve with Spanish rice on the side for a complete meal.

## SWAPS & NOTES

Cheese: Freshly shredded cheddar is a non-negotiable for that smooth, velvety sauce.

Pre-shredded cheese is coated in an anti-caking agent that prevents it from melting properly.

You can also use a combination of cheddar and Monterey Jack cheese.

Meat: While ground beef is classic, you can use ground turkey or chicken for a lighter version.

## TIPS FOR SUCCESS

Freshly Shredded Cheese: I can't stress this enough.

Using cheese from a block and shredding it yourself is the secret to a smooth, non-grainy sauce.

Season the Beef Well: The taco seasoning on the beef is what gives it that classic taco flavor.

Warm the Shells: Warming the taco shells makes them crispy and delicious and prevents them from breaking as you fill them.

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

Original recipe: <https://chefmaniac.com/my-favorite-cheesy-rotel-tacos-for-the-ultimate-taco-tuesday/>