

Easy Low Carb Beef Tacos with Enchilada Sauce

Crispy Low Carb Beef Tacos (High Protein & Cheesy!)



TIME
2 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

4 small low carb tortillas
8 oz extra lean ground beef Seasoned with onion powder, garlic powder, paprika, chili powder, salt, and pepper
... cup enchilada sauce
2/3 cup fat free shredded cheese
Fillings of choice (pico de gallo, chipotle guacamole, lettuce, sour cream, etc.)
Low fat butter (for crisping tortillas)

DIRECTIONS

1. Step 1: Cook the Beef: Heat a skillet over high heat. Add the extra lean ground beef and season with onion powder, garlic powder, paprika, chili powder, salt, and pepper.
2. Cook until browned and fully cooked through. Stir in ... cup enchilada sauce and let simmer for 1-2 minutes until everything is well combined.
3. Remove from heat.
4. Step 2: Heat the Tortillas: In a separate large pan, heat to low-medium. Add a small amount of low fat butter and allow it to melt.
5. Place the low carb tortillas into the pan.
6. Step 3: Fill and Fold: Add seasoned beef to one half of each tortilla. Top with shredded fat-free cheese.
7. Fold the tortilla over to create a taco shape.
8. Step 4: Crisp to Perfection: Cook until the bottom becomes golden and crispy. Carefully flip and cook the other side until crisp and the cheese is melted.
9. Step 5: Add Fresh Toppings: Open slightly and add pico de gallo, chipotle guacamole, or any toppings you love.
10. Serve immediately while hot and crispy.

SWAPS & NOTES

Here are some easy variations: Protein Swap: Ground turkey or ground chicken work beautifully.

Cheese Options: Reduced-fat Mexican blend, pepper jack for heat, or even dairy-free cheese.

Sauce Swap: Taco sauce or salsa can replace enchilada sauce.

Spice Level: Add cayenne or hot sauce if you love heat.

TIPS FOR SUCCESS

Don't overfill the tacos -it makes flipping difficult.

Cook on medium, not high when crisping to prevent burning.

Use a nonstick pan for best results.

Let them sit for 1 minute before serving so the cheese sets slightly.

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

Original recipe: <https://chefmaniac.com/easy-low-carb-beef-tacos-with-enchilada-sauce/>