

Better Than Taco Bell Beef Chalupa Recipe You Can Make at Home

Better Than Taco Bell Beef Chalupa



BETTER THAN TACO BELL BEEF CHALUPA

YOU WILL NEED

- * 1 lb ground beef
- * 1 tablespoon olive oil
- * 1 packet taco seasoning
-

TIME

5 to 7 min

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INGREDIENTS

For the beef filling:

- 1 pound ground beef
- 1 tablespoon olive oil
- 1 packet taco seasoning, or 2 tablespoons homemade taco seasoning
- 2/3 cup water

For the chalupa shells:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon vegetable oil
- 3/4 cup milk

Vegetable oil, for frying

For topping:

- 1 cup shredded lettuce
- 1 cup diced tomatoes
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream

DIRECTIONS

1. Cook the beef. Heat the olive oil in a skillet over medium heat. Add the ground beef and cook until browned, breaking it apart with a spoon as it cooks. Drain any excess fat.
2. Season the filling. Stir in the taco seasoning and water. Let the mixture simmer for 5 to 7 minutes, or until thickened and flavorful. Remove from heat and set aside.
3. Make the dough. In a medium bowl, whisk together the flour, baking powder, and salt. Add the vegetable oil and milk, then stir until a soft dough forms.
4. Divide and roll. Divide the dough into 4 equal portions. Roll each piece into a thin circle on a lightly floured surface.
5. Fry the chalupa shells. Heat about 1 inch of vegetable oil in a skillet over medium heat. Fry each dough round for 1 to 2 minutes per side, or until golden and puffed.
6. Shape while warm. Transfer the fried dough to paper towels to drain. While still warm and flexible, gently fold each one slightly to create a chalupa shape.
7. Assemble. Fill each shell with the seasoned beef. Top with shredded lettuce, diced tomatoes, cheddar cheese, and sour cream.
8. Serve right away. These are best enjoyed immediately while the shells are still warm and crispy.

SWAPS & NOTES

Ground beef: An 85/15 or 90/10 ground beef works well here.

You can also use ground turkey or ground chicken if you want a lighter option.

Taco seasoning: A store-bought packet keeps things easy, but

homemade taco seasoning works beautifully if you want more control over the spice level and salt.

Milk for dough: Whole milk gives a slightly richer dough, but any standard milk should work.

TIPS FOR SUCCESS

Roll the dough fairly thin so the chalupa shells puff nicely and fry up with the right balance of crisp edges and soft center.

If the dough is too thick, the shells may feel more like fry bread than chalupas.

Medium heat is ideal so the outside turns golden without burning before the inside cooks through.

Shape the chalupas while they are still warm.

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