

## Cheesy Rotel Beef Tacos: The Creamy, Crowd-Pleasing Taco Night Recipe

1 to 2 tablespoons olive oil, for sautøing



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### INGREDIENTS

3 pounds ground beef  
1 to 2 tablespoons olive oil, for sautøing  
1 medium onion, diced  
Taco seasoning, for both the beef and the sauce  
2 tablespoons butter  
1/3 cup all-purpose flour  
2 1/2 cups milk  
2 cans (10 ounces each) Rotel diced tomatoes with green chilies, undrained  
Likely Serving Additions:  
Taco shells or tortillas  
Shredded cheese  
Lettuce  
Sour cream  
Salsa  
Jalapeños  
Cilantro

### DIRECTIONS

- 1. Brown the Beef:** Heat a large skillet or Dutch oven over medium-high heat. Add a little olive oil if needed, then cook the ground beef until browned, breaking it up as it cooks. Drain excess grease if necessary.
- 2. Cook the Onion:** Add the diced onion to the beef and cook for a few minutes until softened. Sprinkle in taco seasoning and stir well so the meat mixture is fully coated and flavorful.
- 3. Start the Cheese Sauce:** In a separate saucepan, melt the butter over medium heat. Whisk in the flour and cook for about a minute to form a roux.
- 4. Add the Milk:** Slowly whisk in the milk, stirring constantly so the mixture stays smooth. Let it cook until it begins to thicken.
- 5. Add the Rotel and Seasoning:** Stir in the undrained Rotel and more taco seasoning to taste. Let the sauce simmer until it is creamy, well blended, and lightly thickened.
- 6. Combine or Layer:** At this point, you can either stir some of the Rotel sauce directly into the beef mixture for extra creamy tacos, or keep the beef and cheese sauce separate so everyone can build their own tacos.
- 7. Assemble the Tacos:** Fill taco shells or tortillas with the seasoned beef, spoon over the cheesy Rotel sauce, and add any toppings you like.
- 8. Serve Hot:** Serve right away while the filling is hot and the sauce is creamy.

## SWAPS & NOTES

This recipe is built on pantry-friendly ingredients, which is one of the reasons I like it so much.

Ground beef gives it that classic taco-night flavor, but ground turkey or even shredded chicken could work if you want to change it up.

Rotel is key here because it adds both tomatoes and green chilies in one easy ingredient, giving the sauce a little zip without requiring much extra prep.

The milk, butter, and flour create a quick stovetop cheese-sauce base, and taco seasoning pulls the whole thing together.

### TIPS FOR SUCCESS

The biggest key here is keeping the sauce smooth.

Add the milk gradually and whisk well so you do not end up with lumps.

Once the Rotel goes in, let the sauce simmer gently rather than boil hard, which helps it stay creamy and balanced.

Because this recipe uses a lot of beef, season in layers.

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

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