- Prep Time: 20 minutes
- Cook Time: 15-20 minutes
- Total Time: 35-40 minutes
- Servings: 6 (3 rolls per serving)
- Cuisine: Tex-Mex / American Fusion
- Course: Main Course / Appetizer

Table of Contents

- Ingredients
- Instructions
    - Step 1: Prepare the Beef Filling (Intensity: Medium)
    - Step 2: Create the Cheesy Filling (Intensity: Low)
    - Step 3: Assemble the Tortilla Rolls (Intensity: Low)
    - Step 4: Bake to Golden Perfection (Intensity: High Heat)
    - Step 5: Serve and Enjoy (Intensity: Low)
- Recipe Notes, Tips & Variations
- Nutrition Information (Estimated)

Ingredients

For the Filling:

- 1 lb (450g) ground beef (80/20 or 85/15 is ideal for flavor)
- 1 tablespoon olive oil
- 1 small yellow onion, finely diced
- 2 cloves garlic, minced
- 1 packet (1 oz / 28g) taco seasoning mix (or 2-3 tablespoons of homemade blend)
- 1/2 cup water
- 1 cup (115g) shredded cheddar cheese
- 1 cup (115g) shredded Monterey Jack cheese (or a Mexican cheese blend)
- 1/2 cup (125g) cream cheese, softened
- Salt and black pepper to taste

For the Rolls:

- 18 small (6-inch) flour tortillas
- 2 tablespoons melted butter or cooking spray

For Serving (Optional):

- Salsa
- Sour cream
- Guacamole
- Diced green onions and fresh cilantro for garnish

Instructions

Step 1: Prepare the Beef Filling (Intensity: Medium)

1. Heat the Pan: Heat the olive oil in a large skillet over medium heat. Once the oil is shimmering, add the diced onion and cook for 3-4 minutes until it becomes soft and translucent.

2. Cook the Beef: Add the minced garlic and cook for another 30 seconds until fragrant.

Add the ground beef to the skillet. Break it up with a wooden spoon or spatula and cook until it is completely browned and no longer pink, about 6-8 minutes. Carefully drain off any excess fat.

3. Season the Meat: Sprinkle the taco seasoning mix over the browned beef. Pour in the 1/2 cup of water. Stir well to combine, ensuring all the meat is coated. Bring the mixture to a simmer and let it cook for 3-5 minutes, or until the liquid has mostly evaporated and the meat is thick and saucy. Remove from heat and set aside to cool slightly.

Step 2: Create the Cheesy Filling (Intensity: Low)

1. Combine Cheeses: In a large mixing bowl, combine the softened cream cheese, shredded cheddar, and shredded Monterey Jack cheese.

2. Mix with Beef: Add the slightly cooled beef mixture to the cheese bowl. Stir everything together until it is uniformly combined and forms a cohesive, cheesy filling. Taste and season with a pinch of salt and pepper if needed.

Step 3: Assemble the Tortilla Rolls (Intensity: Low)

1. Prepare the Tortillas: If your tortillas are stiff, warm them briefly in the microwave (about 15-20 seconds) to make them more pliable. This helps prevent them from cracking when rolled.

2. Fill and Roll: Lay a tortilla flat on a clean work surface. Spoon about 2-3 tablespoons of the beef and cheese filling onto the lower third of the tortilla, spreading it slightly but leaving a 1/2-inch border on the sides.

3. Tighten the Roll: Fold the bottom edge of the tortilla over the filling, then fold in the left and right sides. Gently but firmly, roll the tortilla away from you to form a tight cylinder. Place the roll, seam-side down, on a baking sheet lined with parchment paper or a lightly greased wire rack. Repeat with the remaining tortillas and filling.

Step 4: Bake to Golden Perfection (Intensity: High Heat)

1. Preheat and Prepare: Preheat your oven to 400°F (200°C). Lightly brush the tops of the tortilla rolls with melted butter or spray them with cooking spray. This is key for achieving a beautiful, crispy golden-brown exterior.

2. Bake: Place the baking sheet in the preheated oven and bake for 15-20 minutes. The rolls are done when they are heated through and the exterior is golden, crispy, and slightly puffed. Keep an eye on them towards the end to ensure they don’t burn.

Step 5: Serve and Enjoy (Intensity: Low)

1. Rest and Garnish: Remove the baking sheet from the oven and let the rolls cool for a few minutes. This allows the cheese to set slightly, making them easier to handle.

2. Serve: Transfer the Cheesy Ground Beef Tortilla Rolls to a serving platter. Garnish with fresh cilantro and diced green onions if desired. Serve immediately with your favorite dipping sauces like salsa, sour cream, and guacamole.

Recipe Notes, Tips & Variations

- Make-Ahead: You can assemble the rolls up to 24 hours in advance. Place them seam-side down on a baking sheet, cover tightly with plastic wrap, and refrigerate. When ready to bake, brush with butter and add 5 minutes to the baking time.

- Freezer-Friendly: Freeze assembled, unbaked rolls on a baking sheet until solid, then transfer to a freezer-safe bag. Bake directly from frozen at 400°F (200°C) for 25-30 minutes, or until golden and heated through.

- Cheese Variations: Feel free to experiment with other cheeses like pepper jack for a spicy kick, or a smoked gouda for a deeper flavor.

- Vegetable Add-Ins: Finely dice bell peppers or add a can of drained black beans or corn to the beef mixture for extra texture and flavor.

- Tortilla Choice: While small flour tortillas are recommended, you can also use corn tortillas. If using corn tortillas, you will need to soften them first by heating them on a dry skillet for a few seconds on each side to prevent them from breaking during rolling.

Nutrition Information (Estimated)

Disclaimer: The following nutritional information is an estimate and is provided for informational purposes only. The actual values can vary based on specific ingredients and portion sizes used.

- Per Serving (3 rolls):
    - Calories: 680 kcal
    - Total Fat: 38g
    - Saturated Fat: 18g
    - Cholesterol: 115mg
    - Sodium: 1250mg
    - Total Carbohydrates: 45g
    - Dietary Fiber: 3g
    - Sugars: 3g
    - Protein: 35g