

Prep (chopping, measuring)	10 minutes	Low
Beef filling cook time	12-15 minutes	Medium
Cheese sauce cook time	5-7 minutes	Low-Medium
Assembly	5 minutes	Low
Total Time	30-35 minutes	Medium overall

Skill level: Easy to moderate — no special techniques required, but you'll need to stir the cheese sauce constantly to prevent scorching.

Table of Contents

- ◆
 - [Instructions](#)
 - [Step 1: Prep the Ingredients \(10 minutes — Low Intensity\)](#)
 - [Step 2: Brown the Beef \(5-7 minutes — Medium Intensity\)](#)
 - [Step 3: Build the Filling \(7-8 minutes — Medium Intensity\)](#)
 - [Step 4: Make the Cheesy Rotel Sauce \(5-7 minutes — Low-Medium Intensity\)](#)
 - [Step 5: Assemble the Tacos \(5 minutes — Low Intensity\)](#)
 - [Step 6: Serve & Enjoy](#)
 - [Recipe Notes & Tips](#)
 - [Nutrition Information \(Per Serving — 2 Tacos, Without Optional Toppings\)](#)

Instructions

Step 1: Prep the Ingredients (10 minutes — Low Intensity)

Dice the onion, mince the garlic, and cube the Velveeta into 1-inch pieces so it melts evenly. Open both cans of Rotel and measure out your seasonings. Warm the tortillas according to package directions (or wrap them in foil and place in a 300°F/150°C oven for 10 minutes) so

they stay soft and pliable.

Step 2: Brown the Beef (5-7 minutes — Medium Intensity)

Heat a large skillet over medium-high heat (setting 7 of 10). Add the ground beef and diced onion. Cook, breaking the meat apart with a wooden spoon, for 5-7 minutes until the beef is browned and no pink remains. The onions should turn translucent. Drain excess grease, leaving about 1 tablespoon in the pan for flavor.

Intensity note: Keep the heat at medium-high and stir frequently — the beef should sizzle steadily but not smoke.

Step 3: Build the Filling (7-8 minutes — Medium Intensity)

Add the minced garlic to the skillet and cook for 30 seconds until fragrant (don't let it burn). Stir in the taco seasoning packet, the full can of Rotel (undrained), and $\frac{1}{4}$ cup water. Bring to a gentle simmer, then reduce heat to medium-low (setting 3-4 of 10). Simmer uncovered for 5-7 minutes, stirring occasionally, until the liquid reduces slightly and the flavors meld. Taste and season with salt and pepper. Remove from heat and cover to keep warm.

Step 4: Make the Cheesy Rotel Sauce (5-7 minutes — Low-Medium Intensity)

In a small saucepan over low heat (setting 2 of 10), combine the cubed Velveeta and $\frac{1}{2}$ can of Rotel. Stir constantly with a silicone spatula for 5-7 minutes until the cheese is fully melted and smooth. If the sauce looks too thick, stir in milk 1 tablespoon at a time until it reaches a pourable consistency. Do not let it boil — high heat makes Velveeta grainy. Keep warm over the lowest possible heat, stirring occasionally.

Step 5: Assemble the Tacos (5 minutes — Low Intensity)

Spoon about $\frac{1}{4}$ cup of the beef filling into each warm tortilla. Drizzle 1-2 tablespoons of the cheesy Rotel sauce over the beef. Add your favorite toppings — shredded lettuce, diced

tomatoes, sour cream, jalapeños, cilantro, and a squeeze of lime.

Step 6: Serve & Enjoy

Serve immediately while hot. These tacos are best fresh, but leftovers keep well — see storage notes below.

Recipe Notes & Tips

- Heat control is everything. Medium-high for browning, medium-low for simmering, and low for the cheese sauce. Rushing the cheese sauce over high heat is the #1 cause of grainy queso.
- Don't drain the Rotel. The liquid is flavor — it seasons the beef and keeps it juicy.
- Make it spicier: Use Hot Rotel instead of Original, or add ½ tsp cayenne to the beef.
- Make it milder: Use Mild Rotel and skip the jalapeño topping.
- Cheese swap: If you prefer not to use Velveeta, substitute 8 oz of American cheese or a high-quality melting cheese like Oaxaca, melting over low heat with a splash of milk.
- Tortilla choice: Flour tortillas hold up best to the saucy filling; corn tortillas offer a more traditional flavor but may tear — warm them well first.
- Make-ahead: The beef filling can be made up to 2 days ahead and reheated gently on

the stovetop. The cheese sauce is best made fresh.

Storage: Store beef filling and cheese sauce separately in airtight containers in the refrigerator for up to 4 days. Reheat the beef over medium-low heat with a splash of water; reheat the cheese sauce over low heat with a splash of milk, stirring frequently.

Nutrition Information (Per Serving — 2 Tacos, Without Optional Toppings)

	Nutrient	Amount
Calories		~520 kcal
Total Fat		27 g
Saturated Fat		12 g
Cholesterol		85 mg
Sodium		1,180 mg
Total Carbohydrates		40 g
Dietary Fiber		3 g
Total Sugars		5 g
Protein		26 g