

Smash Your Way to Taco Heaven with This Easy Recipe

Get ready to try the hottest new trend in taco-making – the smash taco! This easy-to-make recipe features [Nutrafarms' grass-fed ground beef](#), sautéed onions and peppers, and a homemade taco sauce that will leave your taste buds begging for more.

In just a few simple steps, you can have a delicious and satisfying meal that is perfect for a busy weeknight or a casual get-together with family and friends.

Instructions for Smash Tacos:

- 1 lb [Nutrafarms grass-fed ground beef](#)
- 1 red bell pepper, sliced
- 1 onion, sliced
- 1 cup shredded monterey jack cheese
- 12 small tortillas
- Salt
- Pepper

Taco sauce:

- 1/2 cup sour cream
- 1/4 cup mayo
- Juice of 1 lime
- 1 tsp Mexican style hot sauce
- Salt
- Pepper



Instructions for Smash Tacos:

1. Heat a cast iron pan or griddle top over medium-high heat.
2. Add the sliced onions and peppers to the pan with a light coating of oil and sauté until softened, then remove from the pan and set aside.
3. Divide the ground beef into 2 oz balls and place them directly onto the hot griddle.
4. Sprinkle the beef with salt and pepper, then top with a

small tortilla and some shredded cheese.

5. Use a spatula to press down on top of the tortilla, smashing the beef down flat onto the pan or griddle, ensuring that it gets a nice crust.
6. Cook for about a minute, then flip the beef, cheese, and tortilla over so the tortilla side is flat on the griddle.
7. Top with more shredded cheese and cover with a lid to melt.
8. After 30 seconds or so, remove the smash tacos from the pan to a plate.
9. Top with the sautéed onions and peppers, then drizzle with the taco sauce.
10. Fold the tacos in half and serve immediately.





Final Thoughts:

Whether you're a die-hard taco fan or just looking for a new twist on a classic dish, the smash taco is sure to become a fast favourite. With high-quality ingredients from Nutrafarms and a simple, yet delicious preparation method, you can't go wrong with this recipe.

So fire up your griddle or cast iron pan, gather your favourite toppings and condiments, and get ready to smash your way to taco heaven!