



CROCK POT TACO MEAT

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Ingredients:

- 2 lbs. **ground beef** (frozen is fine)
- 1.5 cups of diced tomatoes with juice (or one 14.5 oz. can)
- 1 cup mild green chilies, diced (or one 7 oz. can)
- 1 small onion, diced
- 1 teaspoon ground cumin
- 1.5 teaspoons sea salt
- 1 teaspoon chili powder
- 1.5 teaspoons garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon black pepper

Instructions:

1. Place all ingredients in a slow cooker.
2. Cook for 2-4 hours on HIGH until the meat is completely brown. Checking it once or twice to give it a stir and to break up the meat. If it finished cooking before you need it, turn the crock pot down to LOW or WARM until you're ready to eat.
3. If you are planning ahead, you can cook the taco meat on LOW for 6-8 hours.