

Madison's Beef Tacos



Ingredients for Madison's Beef

Tacos:

- .2 pounds 93% lean ground beef**
- .1 tablespoon cumin**
- .2 teaspoon kosher salt**
- .2 teaspoon chili powder**
- .2 teaspoon paprika**
- .1 teaspoon dried oregano**
- .1 small onion, minced**
- .2 cloves crushed garlic**
- .1/4 cup minced red bell pepper**
- .1/2 cup water**
- .1 cup tomato sauce**
- .1 bay leaf**
- .16 corn taco shells**

Toppings for Madison's Beef Tacos:

- .2 cups shredded romaine lettuce**
- .1 cup shredded cheddar**
- .2 plum tomatoes, diced**

Directions for Madison's Beef Tacos:

1. Brown the beef in a large nonstick skillet over high heat, breaking it into smaller pieces as it cooks. When no longer pink add 2 teaspoons of the cumin along with the remaining dry spices, onion, bell pepper and garlic, stir and cook 2 to 3 minutes until soft, then transfer to the slow cooker along with 1/2 cup water, bay leaf and tomato sauce. Cover and cook on high 3 hours or low 6 to 8. Discard the bay leaf and add the remaining teaspoon of cumin.
2. Heat the taco shells according to the directions, then assemble placing 1/4 cup beef in each shell, topped with lettuce, 1 tablespoon cheese and tomato.

Recipe for Madison's Beef Tacos comes from <https://www.skinnytaste.com/madison-s-favorite-slow-cooker-beef->

tacos/#dBJx1K3r3diMx4zr.99