

Madison's Favorite Beef Tacos (Serves 8)

Recipe from: Skinnytaste's Fast and Slow Cookbook

Ingredients:

- 2 pounds 93% lean ground beef
- 1 small onion, finely chopped
- 1/4 cup finely chopped red bell pepper
- 2 garlic cloves, crushed
- 3 tsp. ground cumin
- 2 tsp. chili powder
- 2 tsp. sweet paprika
- 1 tsp. dried oregano
- 2 tsp. kosher salt
- 1 cup tomato sauce
- 1 bay leaf
- 16 hard taco shells
- 2 cups shredded lettuce
- 2 plum tomatoes, chopped
- 1 cup shredded cheddar cheese

Directions:

1. In a large nonstick skillet, cook the beef over high heat, using a wooden spoon to break the meat into small pieces as it browns, 4 to 5 minutes. Add the onion, bell pepper, garlic, 2 tsp. of the cumin, the chili powder, paprika, oregano, and salt. Cook, stirring, until the vegetables soften, 2 to 3 minutes. Transfer to a slow cooker and add 1/2 cup water, the tomato sauce, and bay leaf.
2. Cover and cook on high for 3 hours or on low for 6 to 8. Discard the bay leaf and add the remaining 1 tsp. cumin.
3. Heat the taco shells according to the package directions. To assemble, put 1/4 cup of the beef mixture into each shell and divide the lettuce and tomatoes evenly among the tacos. Top each with 1 Tbsp cheddar and serve.

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