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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