

Walk Away Taco Meat Recipe (Makes 2/12 to 3 lbs):

Heat in a skillet over medium heat:

3 tablespoons vegetable oil

Add:

1 ½ cup chopped onion

Cook, stirring often, until softened, (4 – 5 minutes). Increase the heat to medium high and add
2 ½ – 3 lbs of ground beef.

Cook, breaking up the meat with a wooden spoon, until it is no longer pink, about 5 minutes. Stir in:

1 to 3 garlic cloves, minced

3 tablespoons chili powder

5 teaspoons ground cumin

Salt to taste

Then add:

3 to 4 cups of tomato sauce (Hunts in the can is fine)

Cook over low heat for 10 minutes and it's done.

Thank you.