

Slow Cooker Taco Meat

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/true-mexican-taco-meat-recipe>

Ingredients:

- 2 pounds ground beef
- 1 onion diced
- 1 taco seasoning 1.25 ounce packet
- 1 sauce 8 ounce Frontera Texas Original Taco Skillet
- 3/4 cup water

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 155 milligrams
4. Fat: 36 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 14 grams
8. Sodium: 920 milligrams
9. Sugar: 7 grams
10. TransFat: 2.5 grams

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