

Crock-Pot Ground Beef Taco Meat

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound ground beef cooked and drained
- 1 cup salsa
- 1/4 cup hot sauce
- 1 teaspoon chili powder

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams
8. Sodium: 840 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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