

Kary's Roux Super Hot Zucchini & Beef Tacos

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-roux-recipe>

Ingredients:

- 4 tablespoons chili powder
- 2 tablespoons roux Kary's Dry
- 1 teaspoon cayenne pepper
- 1/2 teaspoon Mexican oregano
- 1 teaspoon paprika
- 1 tablespoon cumin
- 2 teaspoons coarse kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds shredded zucchini combination of, and lean ground beef, I used 1 pound 4 ounces shredded zucchini and 12 ounces of lean ground beef
- 3/4 cup water
- 1 roux recipe of Kary's, Super Hot Taco Seasoning Mix

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 145 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1300 milligrams
9. Sugar: 8 grams

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