

The Best Homemade Taco Meat

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 pound meat ground/shredded
- salt
- garlic powder
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1/2 teaspoon oregano
- 1/2 teaspoon smoked paprika
- 1 cup chicken broth or bone broth

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 11 grams
8. Sodium: 290 milligrams

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