

Taco Meat



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Taco meat is also excellent in taco salad.

Your Key Ingredients:

[NESCO 6 Qt. Roaster Oven](#)

Grocery Ingredients:

- 2 lbs ground beef
- 2 onions, chopped
- 1/2 cup taco sauce
- 1 Tbsp Worcestershire® Sauce
- 1 Tbsp chili powder
- 1 tsp salt
- 1 tsp oregano
- 1/4 tsp cumin

1/4 tsp pepper

1/4 cup water

Instructions:

1. Cook ground beef in skillet until brown and drain.
2. Place ground beef in **NESCO® Roaster Oven** with all remaining ingredients. Stir to blend. Cover and cook at 300°F for 30 minutes. Stir.
3. Reduce heat to 250° F. Continue cooking 30 to 60 minutes, stirring occasionally.
4. To assemble tacos, heat taco shells in 350°F oven for 5 minutes or until hot and crisp. Fill with about 1/4 cup meat. Top with shredded cheese, shredded lettuce, chopped tomato, taco sauce, guacamole, and sour cream. Makes about 16 tacos.

Note: Recipe may be doubled for larger crowds.