

MSG FREE Taco Beef

By Jana Verhaeghe

Ingredients:

- 1 ½ lb ground beef
- 4 cloves garlic, diced or crushed
- 1 small onion, diced
- 1 tbsp. butter
- 1 ½ tablespoon chilli powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

- In a pan over medium heat add the butter, garlic, and onion. Cook for about 5-7 minutes or until onions are translucent, stirring frequently.
- In a bowl combine chilli powder, red pepper flakes, oregano, paprika, cumin, sea salt, and black pepper. Add the onion/garlic mixture when done.
- In a large pan over medium-high heat, brown ground beef and drain off any fat.
- Stir in the seasoning mixture to the cooked, drained beef.
- Add to the pan 175 ml of water, bring to a boil, reduce heat to medium-low and simmer for 10 minutes, stirring occasionally. If the beef is still watery, continue to simmer until the majority of the water has evaporated.

3 Delicious ways to use the taco beef...

- In corn tortilla tacos.
- Put inside omelettes or pill on-top of scrambled eggs with diced tomatoes, cheddar cheese, and chives, along with sour cream and salsa on the side.
- Top your oven baked nachos with the taco beef, diced green onion, diced tomatoes, diced jalapeno, sliced black olives, shredded cheddar cheese, salt and pepper.