



HG-rific Taco Meat



1/6th of recipe (about 2/3 cup): 152 calories, 4g total fat (1.5g sat. fat), 661mg sodium, 11g carbs, 2.5g fiber, 4g sugars, 18.5g protein

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Prep: 10 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low

Cool: 10 minutes



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Ingredients

1 lb. raw extra-lean ground beef (at least 96% lean)
2 1/2 cups finely chopped white mushrooms
2 1/2 cups finely chopped brown mushrooms
1 cup finely chopped bell pepper
1 cup finely chopped onion
1/3 cup seeded and finely chopped jalapeño pepper
2 tbsp. chili powder
1 tbsp. chopped garlic
1 1/2 tsp. salt
1 tsp. ground cumin
1/4 tsp. black pepper
2 tbsp. cornstarch

Directions

Add all ingredients *except* cornstarch to a [slow cooker](#). Mix thoroughly, breaking up the ground beef.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until beef is fully cooked.

Turn slow cooker to low (if needed). In a small bowl, stir to dissolve cornstarch in 2 tbsp. cold water. Stir mixture into the contents of the slow cooker.

Let sit, uncovered, until slightly thickened, about 10 minutes.

MAKES 6 SERVINGS

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