

# Taco Meat 5 Ways

## Taco Meat Base Recipe

### Ingredients:

- 1 package ground beef
- 1 onion, diced
- 1 can tomato sauce, or 1-2 diced tomatoes
- 1-2 cups cooked beans
- Taco seasoning

### Instructions:

1. Add cooking oil and diced onions to a pan over medium heat. Cook the onions until softened.
2. Add the ground beef to the pan, breaking the meat up into pieces as it cooks.
3. Add the taco seasoning to the beef and continue to stir and cook for 1-2 more minutes.
4. Add the tomatoes and beans to the pan. Stir the ingredients to combine then cook for 5 minutes on medium-low heat.
5. Use this as a base for several different recipes throughout the week.

### Optional:

#### Seasonings:

- Garlic powder, onion powder, chili powder, cumin, paprika, dried oregano, red pepper flakes

#### Herbs and Toppings:

- Sliced green onion, cilantro, sliced jalapeños, avocado, cherry tomatoes, shredded cheese

#### Sauces:

- Hot sauce or sriracha, sour cream, salsa

## Taco Salad/Burrito Bowl

### Prep:

- Base Taco Meat
- 1 cup cooked rice
- Shredded lettuce
- Handful shredded cheese

### Cook:

1. Layer all the ingredients in a bowl to your liking.
2. Top the dish with shredded cheese and any additional toppings and enjoy!

## Taco Casserole

### Prep:

- Base Taco Meat
- 2-4 cups cooked rice
- 4 ounces cream cheese
- 1 cup cheddar cheese

### Cook:

1. Preheat oven to 350°F and spray a casserole dish with non-stick spray or oil.
2. Layer half of the rice and base taco meat in the dish. Add dollops of cream cheese evenly across the surface, then cover with remaining rice and beef.
3. Cover and bake for 25 minutes, then top with shredded cheese and bake for 5-10 minutes, or until the cheese is melted.
4. Top with any additional toppings and enjoy!

## Chili Cheese Beef Mac

### Prep:

- Base Taco Meat
- 2 tablespoons all-purpose flour
- 1 cup shredded cheddar cheese
- 2 cups broth
- 1 8 oz can tomato sauce, or 1-2 diced tomatoes
- 2 cups dry macaroni noodles

### Cook:

1. Heat 1 tablespoon of oil or butter to a pan on medium heat. Add the base taco meat mixture and cook until browned.
2. Add 2 tablespoons of flour to the pan and cook for one minute while constantly stirring.
3. Add the broth, tomatoes, and any other seasonings to the pan. Stir well.
4. Add the dry pasta and let it come to a simmer. Reduce to low heat and simmer for 15 minutes, or until the pasta is soft and has absorbed all the liquid.
5. Remove pasta from heat and stir in the shredded cheese. Enjoy!