



## Taco Filling

NIBBLEDISH CONTRIBUTOR

### Ingredients

1 lb. ground beef, 7% fat or less  
1 med. onion, chopped  
1 clove garlic (use more if you like)  
1 tsp. salt  
2 tsp. chili powder  
1/8 tsp. cumin

### Instructions

I have used this recipe since I was a kid. This works as a filling for tacos and burritos. If you use a fattier ground beef, you will have grease and taco juice running down your arm.

Brown the ground beef with the onion and garlic. When completely browned, add all the spice. Mix well.

Now you have taco meat! Serve on either corn or flour tortillas, along with lettuce, tomatoes, cheese, sour cream, and some salsa. You can also just place in a serving bowl and let people pt as much in as they wish.

A note of caution: you might want to make a double batch as this stuff never seems to have any leftovers.

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