

Taco Filling

Ingredients

1 lb Ground Beef (or ground turkey)
1 Onion (finely chopped)
5 clv Garlic (minced)
1 t Vegetable Oil
8 oz Mushrooms (chopped)
1 Green Bell Pepper (chopped)
2 T Chili Powder
1 T Ground Cumin
2 t Cornstarch
1 t Kosher Salt
1 1/2 t Paprika
1 t Ground Coriander
1/8 t Cayenne Pepper
1 t Garlic Powder
2/3 c Chicken Broth

Instructions

1. In a small bowl mix together seasonings: chili powder, cumin, cornstarch, paprika, coriander, cayenne, garlic powder, and 1/2 teaspoon salt.
2. In a large skillet add vegetable oil and put on medium high heat. Once the oil shimmers, add the onion, mushrooms, and pepper and cook until softened and lightly browned around the edges, about 3 to 4 minutes.
3. Add the ground meat, 1/2 teaspoon salt, and garlic. Cook until browned, about 3 to 4 minutes, stirring occasionally, to break up the meat.
4. Add seasoning mix and mix well for 1 minute. Add the chicken broth and bring to a simmer and cook, uncovered, until sauce is slightly thickened, 2 to 3 minutes. Serve as filling for tacos or burritos.

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