

Crock Pot Beef Tacos

INGREDIENTS

- 1 pound ground lean ground beef or turkey
- 1/2 onion, chopped
- 1/2 cup salsa of choice
- 2 1/2 TBS Taco seasoning
- 1/4 cup beef broth

DIRECTIONS

1. Spray crockpot with olive oil spray
2. Add all ingredients to your crockpot and gently mix. Place lid on your crockpot and cook on low for 2 hours.
3. Then, break meat apart using a wooden spoon.
4. Replace lid, and allow to cook for about hour or two (It will be done cooking at one hour, but the flavors will just soak in more if you leave it on longer.
5. ****If you are in a time crunch, you can cook on high for 2 hours, and it will be cook through. Stir and break meat apart at the one hour mark**