

# Spice Blend Taco Meat

6 - 8 Servings

Amount	Size	Description
1	Lb.	Ground Beef or Turkey
2 – 3	TBL	Old Norse World Cuisine Southwest Taco or Midwest Sweet Chili
½	Whole	Sweet Onion
2	TBL	Olive Oil

## Instructions:

1. Add the onion to a skillet on medium heat and a little canola oil.
2. Sweat the onions for a couple minutes.
3. Add the ground beef or turkey and the Southwest Taco or Midwestern Sweet Chili.
4. Brown the meat stirring often.
5. Simmer until almost all the juices are reduced.
6. Note: Add or reduce the spice blend according to taste.

