

# Spice Blend Taco Meat

2 Cups

## Spice Blend Taco Meat

Amount	Size	Description
1	Lb.	Ground Beef or Turkey
2 – 3	TBL	Old Norse World Cuisine Southwest Taco or Midwest Sweet Chili
¼	Cup	Beef Stock
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.
4. Brown the meat stirring often.
5. Once the meat is browned, add the Southwest Taco or Midwestern Sweet Chili with the beef stock.
6. Reduce the beef stock until a nice rich sauce
7. Note: Add or reduce the spice blend according to taste.

