



## Slow-Cooker Party Beef Tacos

 Gluten Free

READY IN



205 min.

SERVINGS



30

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb ground beef 80% lean (at least )
- 2 large onion chopped
- 1 oz taco seasoning
- 1.5 cups salsa thick
- 1 cup water
- 17.2 oz taco shells (36 Count)
- 33 oz corn sweet whole drained canned
- 10 oz lettuce shredded ( )

- 2 cups bell pepper green red yellow chopped
- 0.5 cup spring onion sliced
- 2 cups plum tomatoes italian chopped
- 1 medium avocado pitted peeled chopped
- 1 cup mayonnaise
- 0.5 cup salsa
- 2 cups cheddar cheese shredded finely
- 0.3 cup cilantro leaves fresh chopped

## Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- slow cooker
- glass baking pan

## Directions

- Cook ground beef in 2 batches. For first batch, spray 12-inch skillet with cooking spray.
- Add half of the ground beef and 1 chopped onion. Cook over medium heat 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently.
- Drain.
- Stir in 1 package taco seasoning mix, 3/4 cup salsa and 1/2 cup water. Reduce heat to low; simmer 8 to 10 minutes or until most of liquid is absorbed.
- Cool first batch of beef mixture 15 minutes. Spoon into refrigerator or freezer container; cover tightly. Repeat to make second batch.
- Serve immediately, or refrigerate up to 24 hours or freeze up to 1 week.
- To serve immediately, place beef mixture in slow cooker; keep warm on Low setting. If beef mixture is frozen, thaw before heating.

- Place beef mixture in slow cooker; cover and cook on High setting for 1 hour or until hot. Reduce heat to Low to keep warm. To serve, spoon beef mixture into taco shells. Top with
- Layered Taco Toppings.
- To make
- Layered Taco Toppings, heat oven to 425°F. Spray 15x10x1-inch baking pan with nonstick cooking spray. Dry corn on paper towels; spread corn in sprayed pan.
- Bake at 425°F for 15 minutes. Stir; bake an additional 10 minutes. Cool 5 minutes or until slightly cooled.
- In ungreased 13x9-inch (3 quart) glass baking dish, layer lettuce, bell pepper, roasted corn, onions, tomatoes and avocado.
- In small bowl, combine mayonnaise and salsa; mix well.
- Spread over vegetables.
- Sprinkle with cheese and cilantro. Cover tightly; refrigerate at least 2 hours or overnight.

## Nutrition Facts

**PROTEIN 15.08%** **FAT 60.93%** **CARBS 23.99%**

### Properties

Glycemic Index:11.7, Glycemic Load:6.92, Inflammation Score:-6, Nutrition Score:11.257826157238%

### Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

### Nutrients (% of daily need)

Calories: 321.99kcal (16.1%), Fat: 21.88g (33.66%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 16.62g (6.05%), Sugar: 2.74g (3.05%), Cholesterol: 42.43mg (14.14%), Sodium: 420.29mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.37%), Vitamin K: 24.62µg (23.45%), Vitamin C: 18.18mg (22.04%), Vitamin B12: 1.07µg (17.86%), Phosphorus: 177.47mg (17.75%), Zinc: 2.65mg (17.66%), Vitamin A:

754.1IU (15.08%), Vitamin B3: 3.01mg (15.04%), Vitamin B6: 0.29mg (14.55%), Selenium: 9.14µg (13.06%), Fiber: 2.76g (11.02%), Folate: 43.62µg (10.91%), Potassium: 372.8mg (10.65%), Manganese: 0.2mg (10.15%), Magnesium: 36.15mg (9.04%), Iron: 1.62mg (9%), Calcium: 88.3mg (8.83%), Vitamin B2: 0.14mg (8.37%), Vitamin E: 1.19mg (7.9%), Vitamin B1: 0.09mg (6.2%), Copper: 0.1mg (5.16%), Vitamin B5: 0.46mg (4.56%)