

Spicy Ground Beef Taco Filling

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2		onion - minced
1/4	cup	chile powder
3	tablespoons	vegetable oil
6	cloves	garlic - minced
2	teaspoons	ground cumin
2	teaspoons	ground coriander
1	teaspoon	dried oregano
8	ounces	tomato sauce
2	teaspoons	cider vinegar
2	teaspoons	light brown sugar
2	slices	high quality white sandwich bread - torn into quarters
1/4	cup	whole milk
2	pounds	90 percent ground beef
		salt and pepper

Microwave onions, chile powder, oil, garlic, cumin, coriander, and oregano in bowl, stirring occasionally, until onions are softened, about 5 minutes; transfer to slow cooker. Stir tomato sauce, vinegar, and sugar into slow cooker.

Mash bread and milk into paste in large bowl using fork. Mix in ground beef, 1/2 teaspoon salt, and 1/4 tspn pepper using hands. Stir beef mixture into slow cooker, breaking up any large pieces (do not overmix). Cover and cook until beef is tender, 6 to 8 hours on low or 3 to 5 hours on high.

Let beef filling settle for 5 minutes, then remove fat from surface using large spoon. Break up any remaining large pieces of beef with spoon. Season with salt and pepper to taste.