

Slow Cooker Party Tacos

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Servings: 30

TACOS

3 pounds lean (at least 80 %) ground beef

2 large onions, chopped

2 packages (1 ounce ea) taco seasoning mix

1 1/2 cups chunky salsa

1 cup water

3 boxes (4.7 ounce ea) taco shells

LAYERED TACO

TOPPINGS

3 cans (11 ounce ea) whole kernel sweet corn, drained

1 package (10 ounce) shredded lettuce (5-1/2 cups)

2 cups red, yellow and/or green bell pepper, chopped

1/2 cup green onions, sliced

2 cups Italian plum tomatoes, chopped

1 medium avocado, pitted, peeled and chopped

1 cup mayonnaise

1/2 cup chunky salsa

8 ounces (2 cups) Mexican cheese blend, finely shredded

1/4 cup fresh cilantro, chopped

Preparation Time: 1 hour 25 minutes

Cook Time: 2 hours

Cook the ground beef in two batches. For the first batch, spray a twelve-inch skillet with cooking spray. Add half of the ground beef and one chopped onion. Cook over medium heat for 8 to 10 minutes or until the beef is thoroughly cooked, stirring frequently. Drain.

Stir in one package of the taco seasoning mix, 3/4 cup of the chunky salsa and 1/2 cup of water. Reduce the heat to low and simmer for 8 to 10 minutes or until most of the liquid is absorbed.

Cook the first batch of beef mixture for 15 minutes. Spoon into a refrigerator or freezer container and cover tightly. Repeat to make the second batch. Serve immediately or refrigerate for up to 24 hours or freeze up to one week.

To serve immediately, place the beef mixture in a slow cooker. Keep warm on low setting.

If the beef mixture is frozen, thaw before heating. Place the beef mixture in a slow cooker. Cover and cook on HIGH for one hour or until hot. Reduce the heat to LOW to keep warm.

To serve, spoon the beef mixture into taco shells. Top with layered taco toppings.

To make layered taco toppings. Heat the oven to 425 degrees. Spray a 15x10x1-inch baking pan with nonstick cooking spray. Dry the corn on paper towels; spread the corn in the sprayed pan. Bake for 15 minutes. Stir; bake an additional 10 minutes. Cool for 5 minutes or until or until slightly cooled.

In an ungreased 13x9-inch (three quart) glass baking dish, layer the lettuce, bell pepper, roasted corn, onions, tomatoes and avocado.

In a small bowl, combine the mayonnaise and chunky salsa. Mix well. Spread over the vegetables. Sprinkle with the cheese and cilantro. Cover tightly. Refrigerate at least two hours or overnight.

Per Serving (excluding unknown items): 83 Calories; 8g Fat (78.2% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 205mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	83	Vitamin B6 (mg):	.1mg
% Calories from Fat:	78.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	18.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	11mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Refused:	0.00%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	205mg	Vegetable:	1/2
Potassium (mg):	94mg	Fruit:	0
Calcium (mg):	9mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	457IU		
Vitamin A (r.e.):	48RE		

Nutrition Facts

Servings per Recipe: 30

Amount Per Serving

Calories 83 Calories from Fat: 65

		% Daily Values*
Total Fat	8g	12%
Saturated Fat	1g	5%
Cholesterol	3mg	1%
Sodium	205mg	9%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
	1g	

Protein

Vitamin A	9%
Vitamin C	7%
Calcium	1%
Iron	1%

** Percent Daily Values are based on a 2000 calorie diet.*