Slow Cooker Taco Filling

Ingredients
- 500g lean ground beef
- 1 large onion, finely diced
- 1 clove garlic
- 1 bell pepper, chopped finely
- 398ml can diced tomatoes
- 1/4 cup Worcestershire sauce
- 1 pack of taco seasoning e.g. Old El Paso 35g taco seasoning
- 1 jalapeño, finely minced
- 1 tsp. cumin
- 1 tsp. coriander

Making it
1. Place all ingredients in a slow cooker and stir together well (if you prefer your onions browned, then brown them in a teaspoon of oil over a medium heat in a small fry pan before adding them to the slow cooker)
2. Cook on high for 3 hours or low for 6 hours until cooked through. If you notice that there appears to be a lot of surface water on the dish you can remove the lid for the last 30 mins of cooking to allow some to evaporate.
3. Serve with taco shells or rice, salad and avocado

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 290
Fat (g): 14
Carbohydrate (g): 13
Fibre (g): 4
Protein (g): 24

TIPS & HINTS
Mexican food usually comes with lots of dips, some of which can be very high in calories. Better options are salsa, guacamole or lime mixed with plain yogurt and some salt.