

# RECIPE: Ground Beef Tacos

## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Dump contents of the freezer bag into a slow cooker. (Do not stir)

**Step 3:** Cook on low 5-6 hours.

**Step 4:** Break apart the meat, stir, and serve in tortillas and top with cheese. **Optional:** Top with your favorite taco toppings.

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

**Step 2:** Set to High Pressure for 12 minutes, followed by a quick release.

**Step 3:** Break apart the meat, stir, and serve in tortillas and top with cheese. **Optional:** Top with your favorite taco toppings.

**Expiration date:** \_\_\_\_\_



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