

Ingredients



1 1/2 pounds lean ground beef
1 cup chopped onion (yellow or sweet)
2 cans (16 ounces each) Bush's Best Chili Beans (pinto beans – mild chili sauce) – do not drain
8 ounce can Tomato sauce
1 can Original Rotel (10 ounce can) – do not drain – Or use Homemade Rotel, Tomatoes and Green Chilies, taco seasoning packet (1 ounce)
1/2 cup water
Taco Bowl Fixings
Fritos
Rice (optional) – My favorite, Copycat Chipotle Restaurant's Cilantro Lime Rice
Favorite taco toppings suggestions
– cheddar cheese, lettuce, tomato, jalapenos, sour cream, hot sauce, avocado, fresh lime juice, fresh cilantro, etc.

Slow Cooker Smothered Frito Taco Bowls

MOM
fueling
HUNGRY
BOYS

Instructions

- Brown beef and chopped onions in large skillet over medium-high heat until beef is no longer pink and onions are translucent. Add taco seasoning, 1/2 cup of water, mix well – remove from heat. *If you are using higher fat ground beef, be sure to drain excess fat before adding taco seasoning.
- Spray slow cooker with non-stick cooking spray. Pour chili beans, tomato sauce and Rotel in slow cooker. Next add browned beef mixture to the slow cooker and mix well.
- Cover and cook on high for 3-4 hours or on low for 5-6 hours.
- In individual serving bowls, add a handful of Fritos, a small layer of rice (optional), a large spoonful of the beefy taco mixture then top with your favorite taco toppings. Fresh squeezed lime over top is an awesome addition along with fresh cilantro. Enjoy!

