

Serves 10 • Serving size: 1 tacos



PREP: 5 minutes
COOK: 5 minutes

date
me

Tupperware®

Chipotle Beef TACOS

- 1 lb./455 g beef round chunks
- 1 medium onion, peeled and quartered
- 2 garlic cloves, peeled
- 1 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 10 hard taco shells

1. Assemble Fusion Master™ with coarse mincer disc. Place bowl underneath hopper.
2. Fill hopper with as much beef as will fit in hopper and turn handle to begin processing.
3. Once there is room in the hopper, add onion and garlic and continue to process.
4. Continue to fill hopper with beef until all has been processed into bowl.
5. Add seasoning blend to beef in bowl and mix together to thoroughly combine.
6. Place beef in TupperWave® Stack Cooker Colander, inserted into 1¾-Qt./1.75 L Casserole. Cover and microwave on high power 8–10 minutes, or until beef has completely cooked through. Stir halfway through.
7. Add beef to taco shells and serve with desired toppings.

Nutritional Information (per serving):

Calories: 130 Total Fat: 4.5g Saturated Fat: 1.5g Cholesterol: 25mg Carbohydrate: 10g Sugar: 1g Fiber: 1g Protein: 11g Sodium: 250mg Vitamin A: 0% Vitamin C: 2% Calcium: 2% Iron: 6%

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