

Mexican Food

Spicy Beef, (single portion)

This spicy beef recipe is an all time favorite. Once you have made this spicy beef recipe, you use it as the base for the Mexican recipes Beef Enchiladas, Beef Burritos, Beef Tacos, and Beef Quesadillas.

INGREDIENTS

- 1 ½ lbs Lean Ground Beef
- 1 Yellow Onion, finely chopped
- 3 tablespoons Vegetable Oil
- 4 Cloves of Garlic, minced
- 2 ¼ teaspoons Ground Cumin
- ¼ cup Oregano Leaves
- 1 cup Tomato Sauce
- 1 ½ teaspoons Salt

PREPARATION

- In a blender add ¾ cup of water and ¼ cup of Oregano Leaves. Blend for 10 seconds and set aside.
- Heat the oil over medium low heat in a large frying pan. Add the onion and sauté for 3 to 4 minutes. Add the ground sirloin and salt and cook over medium heat until almost done.
- Add 3 or 4 cloves of minced garlic depending on your tolerance and desire for its taste. 3 cloves will be subtle in flavor. Cook an additional 3 minutes, then add the ground cumin and tomato sauce and blended mixture of water and Oregano.
- Cook for 10 minutes and then turn down the heat and simmer for 10 minutes more.

Pre Mix for Recipes - A single portion will make: ___ Beef Enchiladas

___ Beef Tacos

___ Beef Burritos

___ Beef Quesadillas