

Pressure Cooker Taco Spiced Beef

9 ingredients · 25 minutes · 4 servings



Directions

1. Turn the pressure cooker to sauté mode, and add the avocado oil along with the onion, chili powder, oregano, paprika, cumin and sea salt. Cook for 3 to 4 minutes. Add the garlic and beef and sauté until the beef is mostly browned.
2. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, let the pressure release naturally. Use a slotted spoon to drain off excess liquid. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Spice

Add cayenne pepper or red chili flakes.

Pressure Cooker

No need to add extra water as the beef releases quite a bit of liquid naturally.

Serve it With

Lettuce wraps, brown rice tortillas, or corn tortillas as tacos. Or, use on top of greens as a taco salad.

Ingredients

- 1 tsp Avocado Oil
- 1/2 cup Red Onion (diced)
- 1 tsp Chili Powder
- 1 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Cumin
- 1/4 tsp Sea Salt
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Beef