



Instant Pot Taco Meat

“from frozen ground beef”

SERVINGS: 10

PREPPING TIME: 25 MIN

COOKING TIME: 10 MIN

Ingredients

1 1/2 cups + 1/2 cup water	2 teaspoons paprika	1/8 teaspoon cayenne pepper
2 lbs frozen Creekstone Farms or Thousand Hills ground beef (1 lb each)	1 teaspoon salt	
3 teaspoons ground cumin	2 tbsp tomato paste	
2 teaspoons garlic powder	1 teaspoon onion powder	
	1/2 teaspoon black pepper	



Directions

- Pour the water into your Instant Pot (mine is a 6 quart) and add the trivet or a cooking rack.
- Add the ground beef, side by side, on top of the trivet.
- Set the Instant Pot to Manual, high pressure, for 18-20 minutes (18 if your blocks are thinner, 20 for thicker blocks in the middle).
- At the end of the cook time, turn the Instant Pot off. Do a quick release and drain the water from the Instant Pot (I like to use my trivet to hold the meat in the pot as I dump out the water).
- Using a strong metal or wooden spoon, crumble the ground beef. This will take a few minutes! It's okay if your beef isn't cooked right through as we're going to be cooking further.
- Turn the Instant Pot to saute and add the 1/2 cup water, cumin, garlic, paprika, salt, onion powder, black pepper and cayenne and stir until thoroughly combined, adding an additional 1/4 cup water if necessary.
- Serve immediately, refrigerate for up to 3 days, or freeze for up to 3 months.

Recipe adapted by TheRecipeRebel

Tips and Tricks for Making this Instant Pot Taco Meat from frozen ground beef:

If you are feeding a crowd you can stretch this recipe out to make it go farther by adding 1-2 cans of drained beans to the Instant Pot. Mash them in with the taco meat as it cooks on Saute.