

Seasoned Ground Beef Crumbles

4 Servings • 1 Serving = 4 Ounces



INGREDIENTS

- 1 Tablespoon canola oil
- 1 lb lean ground beef
- ½ teaspoon cumin
- ½ teaspoon of dried oregano
- ¼ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 1 Roma tomato, finely diced

DIRECTIONS

1. Add the canola oil to a skillet over medium heat. Add the ground beef and sauté until tender.
2. Add cumin, oregano, chili powder, garlic powder, onion powder, black pepper, and tomato to the pan. Mix well to combine.
3. Cook until beef crumbles reach an internal temperature of 155° F.

Nutrition Facts

servings per container	
Serving size	(141g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 3mg	15%
Potassium 435mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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