

# Ground Beef - Slow Cooker method

September 27th, 2018

Prep Time: 08:00

Cook Time: 06:00

You can save effort by preparing a few pounds of Ground Beef in a Slow Cooker. The meat can be refrigerated for about a week or frozen for up to 6 months. Store in a freezer grade zip-top bag or an air-tight refrigerator dish.

## Ingredients:

1 to 4 lbs Ground Beef

Seasoning: paprika, cinnamon, cumin, garlic, and/or other spices

## Directions:

Take several pounds of ground beef and shred it completely. Place in the slow cooker on low for 6 to 8 hours. Season the meat and mix well.

Ensure that there is no pink left before removing from the heat.

Drain completely before storing.