

## Mexican Beef Crunch



### Ingredients

- 4 pcs. taco shells (30g/each)
- 15ml olive oil
- 250g ground beef
- 10g garlic, chopped
- 25g onion, chopped
- 1g oregano
- 1g cumin
- 50g tomato paste
- 250ml water
- 15g brown sugar
- 1g salt
- 1g pepper
- 75gAnnum Chocolate powder
- 50g Lettuce leaves, shredded
- 45g Tomato, sliced
- 75g Grated cheese

### Directions

1. Heat up oil and sauté beef until brown.
2. Add onion, garlic, oregano, cumin and tomato paste.
3. Continue cooking for 3-5 minutes over medium heat.
4. Deglaze with water and let it simmer until reduced.
5. Add brown sugar and season with salt & pepper. Remove from heat and sprinkle Annum chocolate powder.
6. Mix to combine. Serve with lettuce, tomatoes and cheese in taco shells.

### Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	435.4	19.5
Carbohydrates (g)	39.64	22.7
Proteins (g)	24.22	27.8
Fats (g)	19.63	-

	Per Serve	Per Adequacy
Dietary Fiber (g)	4.351	-
Folate (mcg)	193.1	32.2
Iron (mg)	6.54	17.2
Zinc (mg)	6.615	68.2
Calcium (mg)	405.9	50.7
Vitamin B12 (mcg)	2099	80.7

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