

Tacos

Makes 4 servings

Yield: 4

- 4 flour tortillas**
- 1/2 pound ground beef**
- 2 tablespoons taco seasoning mix**
- 1/3 cup water**
- toppings of choice**

1. Wrap tortillas in foil and place in a 350 degree oven for about 10 minutes.
2. Brown meat in skillet over medium heat until thoroughly cooked; drain grease using a colander over a metal bowl. When grease has cooled, wipe out bowl with paper towel and throw away in trash can.
3. Return meat to skillet; add taco seasoning and water; cook and stir until water is gone.
4. Spoon taco meat into tortillas.
5. Top with your choice of toppings such as lettuce, cheese, tomatoes.

Nutrition Facts

<b>Amount per Serving</b>		
<b>Calories</b> 243		Calories from Fat 47
		<b>% Daily Value*</b>
<b>Total Fat</b> 11g		16%
Saturated Fat 6g		30%
<b>Cholesterol</b> 31mg		10%
<b>Sodium</b> 610mg		25%
<b>Total Carbohydrate</b> 25g		8%
Dietary Fiber 0g		0%
Sugars 1g		
<b>Protein</b> 13g		
Vitamin A 2%		Vitamin C 0%
Calcium 6%		Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.