

Baked Taco Cups with Cilantro

Ingredients:

1 lb. ground turkey, browned and drained
1 can refried beans, vegetarian
15 oz. can diced tomatoes, drained
1 tsp. granulated garlic
1 tsp. onion powder
1 tsp. cumin
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. crushed red pepper flakes
12 6-inch flour tortilla shells (fajita size)
Taco sauce
1 cup prepared guacamole
1 tomato, chopped
2 cups cheddar cheese, grated
1 bunch of cilantro, chopped

Preheat oven to 375 degrees. Brown meat, drain and return to pan.

Stir in diced tomatoes, refried beans, and spices.

Spray muffin tin with non-stick spray. Fold flour tortillas to fit into muffin tins.

Divide meat mixture evenly between tortillas. Top with cheese and desired toppings.

Bake 8-10 minutes or until shells are crispy and browned.

