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.