



## **Beef Soft Taco Recipe**

### Ingredients:

1 Pound lean ground beef  
1 Package taco seasoning mix  
1 Onion chopped  
1 Cup water  
4 Whole wheat soft tortilla shells  
½ Cup fat free sour cream  
½ Cup salsa  
¼ Cup low-fat shredded cheddar cheese  
Diced peppers, onions and tomatoes (or any other desired vegetable)  
Shredded lettuce

### To prepare:

Brown the ground beef and onion in a skillet over medium heat. Stir in the taco seasoning mix and water and let simmer for 4-5 minutes.  
Remove from heat and allow to cool slightly.  
Once cooled, spoon beef into soft tortilla shells and top with sour cream, salsa, cheese, shredded lettuce and diced veggies.  
Wrap and serve.

### Per serving (makes 4):

Calories: 490  
Carbs: 36.75  
Fat: 19.25  
Protein: 40.5