

## OVEN-BAKED CHEESY BEEF TACOS

Prep Time: 20 Minutes - Start to Finish: 30 Minutes

Hot and ready all at once, these tasty oven-baked cheesy beef tacos are good little soldiers that stand up straight and keep taco night tidy!

1 box (4.7 oz) Old El Paso™ Stand 'n Stuff Taco Shells (10 Count)  
1 lb ground beef (at least 80% lean)  
1 package (1 oz) Old El Paso™ Original Taco Seasoning Mix  
2/3 cup water  
2 cups shredded cheddar cheese (8 oz)  
3/4 cup salsa

1. Heat oven to 400°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. Place taco shells standing up and together in dish; set aside.
2. In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water; heat to boiling. Reduce heat; simmer uncovered 2 to 3 minutes, stirring frequently, until mixture has thickened. Remove from heat.
3. To assemble, place 2 tablespoons cheese in bottom of each shell. Top each with about 1/4 cup beef mixture. Sprinkle remaining 3/4 cup cheese over filled tacos.
4. Bake 5 to 7 minutes or until cheese is melted. Top with salsa.

### 10 tacos

**1 Taco** Calories 250 (Calories from Fat 140); Total Fat 16g (Saturated Fat 7g, Trans Fat 0g); Cholesterol 50mg; Sodium 540mg; Total Carbohydrate 12g (Dietary Fiber 1g, Sugars 0g); Protein 14g  
**% Daily Value:** Vitamin A 8%; Vitamin C 0%; Calcium 20%; Iron 8%;  
**Exchanges:** 1 Other Carbohydrate, 1 Medium-Fat Meat, 1 High-Fat Meat, 1/2 Fat  
**Carbohydrate Choice:** 1

Make it your own by adding your favorite taco toppings, like shredded lettuce, chopped tomato, sliced jalapeño chiles, chopped red onion, lime wedges, cilantro leaves, guacamole or sour cream.

Make these tacos a complete meal by adding a side of your favorite rice, such as cilantro-lime rice. Simply cook rice as desired; stir in fresh cilantro leaves and freshly squeezed lime juice with a dash of salt.

For a fresher taste, opt for prepared pico de gallo in place of the salsa.

