

 **Prep:** 15 minutes
 **Cook:** 15 minutes
 **Servings:** 5

Beef 'N Bean Taco Skillet

INGREDIENTS

1 lb ground beef
1 packet (1.4 oz) taco seasoning
1 can (~16 oz) Pinto Beans, any variety,
drained
1 can (10.75 oz) condensed tomato soup
½ cup salsa, mild or spicy
¼ cup water
½ cup cheddar cheese, *shredded*
6 (6-inch) flour tortillas

DIRECTIONS

1. Cook beef in a 10-inch skillet over medium-high heat until well browned; break up any clumps of beef. Drain fat.
2. Stir taco seasoning into beef. Add beans, soup, salsa and water. Reduce heat to low; simmer 10 minutes, stirring occasionally. Top with cheese.
3. Serve with flour tortillas.

Nutrition Analysis, per serving

Calories 378

Total Fat 11g

Saturated Fat 5g

Carbohydrate 34g

Fiber 6g

Sugar 6g

Protein 37g

Sodium 833mg

(36% DV)

