

Wellness WEDNESDAY



Taco Cups

R3 recipe

Ingredients:

- 1lb of your choice of meat
- 1 packet of taco seasoning
- Shredded cheddar cheese
- Toppings of choice: tomatoes, salsa, sour cream, lettuce, avocado, corn, beans, cilantro

Directions:

- 1. Preheat oven to 450 degrees F.
- 2. Cook meat and add seasoning mix.
- 3. Press the shredded cheese on the bottom and up the sides of a muffin tin. Spoon meat into each cheese cup. Bake for 14-16 minutes.
- 4. Serve with toppings.