

 **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 Information (per serving)

Calories 465

Total Fat 14g

Saturated Fat 6g

Carbohydrate 47g

Fiber 5g

Protein 39g

Calcium 215mg

(17% DV)

Iron 20mg (114% DV)

