

Ground Beef Soft Tacos

Servings: 10

10 medium/soft flour tortillas
2 pounds lean ground beef
2 packages mild taco seasoning
1 cup water
1 1/4 cups iceberg lettuce, shredded
2/3 cup prepared pico de gallo
2/3 cup pepperjack cheese, shredded

Heat a non-stick, medium saute' pan over medium-high heat.

Brown the ground beef in the pan for approximately 5 to 6 minutes. Drain.

Place the drained beef back into the saute' pan.

Add the taco seasoning and water. Continue to cook until the water is gone and the beef is thoroughly mixed with the seasoning. Set aside and keep warm.

While the beef is cooking, place the tortillas in a microwave. Warm on HIGH for 30 seconds.

Fill one warmed tortilla with approximately 1/3 cup of the taco meat. Top with two tablespoons of lettuce, one tablespoon of pico de gallo and one tablespoon of the shredded cheese.

Repeat for the remaining tortillas.

Per Serving (excluding unknown items): 241 Calories; 19g Fat (72.2% calories from fat); 16g Protein; trace Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 64mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.