

Start to Finish: 30 minutes

"This is just a little spin on plain old tacos, plus you get your serving of veggies with the beans."

1 lb ground beef

1 packet taco seasoning mix

1 can refried beans

Sharp cheddar cheese - for topping

Shredded lettuce - for topping

Diced tomato - for topping

Sour cream - for topping

- 1) Brown & drain ground beef. Add taco seasoning - prepare according to directions on packet.
- 2) Heat beans on the stove top or in the microwave.
- 3) Bake tostado shells in oven at 350 for 3-4 minutes.
- 4) Top with beans, taco meat, and toppings of choice: shredded cheddar, shredded lettuce, diced tomatoes, sour cream.