

Baked Taco Cups

Ingredients:

- 2 lb ground beef
- 1 can refried beans
- 1 can tomato sauce
- 1 packet taco seasoning
- 1 cup shredded cheese
- 12 small tortillas (soft taco size)

Directions:

1. Preheat your oven to 375°F (190°C). Lightly grease a muffin tin.
2. Prepare the taco shells by either purchasing them or making your own. To make your own, dampen paper towels and wring them out well. Layer the tortillas with the damp paper towels on a plate and microwave them for about 30 seconds to steam. Lightly spray each side of the tortillas with cooking spray and drape them over two bars of the oven rack. Place a baking sheet below to catch any oil. Bake for 7-10 minutes until golden brown and crispy. Set aside.
3. In a large skillet, brown the ground beef over medium heat. Drain any excess grease and return the beef to the skillet.
4. Reduce the heat to low and add the refried beans, taco seasoning, and about half of the tomato sauce to the skillet. Stir well to combine and heat through.
5. Place the tortilla cups in the prepared muffin tin, standing them up.
6. Spoon the beef and bean mixture into each tortilla cup, filling them to the top.
7. Sprinkle shredded cheese over the top of each taco cup.

8. Bake in the preheated oven for about 10-12 minutes, or until the cheese is melted and bubbly.
9. Remove from the oven and let cool slightly before serving.
10. Garnish with your favorite taco toppings such as lettuce, diced tomatoes, sour cream, and avocado if desired.
11. Enjoy your delicious and convenient Baked Taco Cups!